



AUSTRALIAN ATHLETICS

2025-26 AUSTRALIAN CHAMPIONSHIP ENTRY STANDARDS

Men	Open	Under 23	Under 20	Under 18	Under 17	Under 16	Under 15	Under 14
100 metres	10.84	10.84	10.84	11.04	11.24	11.64	11.84	12.84
200 metres	21.54	21.74	21.84	22.24	22.94	23.54	24.24	26.44
400 metres	48.64	48.94	49.64	51.14	52.14	54.14	55.64	60.94
800 metres	1:52.0	1:54.0	1:55.0	1:59.0	2:01.0	2:04.0	2:12.0	2:15.0
1500 metres	3:50.0	3:52.0	3:55.0	4:00.0	4:05.0	4:12.0	4:20.0	4:32.0
mile	4:08.0	4:11.0	4:14.0	4:19.0	4:24.0	4:32.0	4:40.0	4:54.0
3000 metres	8:10.0	8:10.0	8:30.0	8:50.0	9:00.0	9:10.0	9:40.0	NO EVENT
5000 metres	14:05.0	14:30.0	15:15.0					
10000 metres	29:45.0	29:45.0						
90 m Hurdles								15.44
100 m Hurdles						15.44	16.44	
110 m Hurdles	15.54	16.94	17.24	16.74	17.24			
200 m Hurdles						30.24	31.54	NO EVENT
400 m Hurdles	54.54	58.14	60.14	61.64	62.64			
2000 m Steeple				6:40.0	6:40.0	6:45.0	7:00.0	NO EVENT
3000 m Steeple	9:05.0	9:20.0	10:20.0					
3000 m Walk						16:30.0	17:00.0	17:30.0
5000 m Walk			28:00.0	29:30.0	30:30.0			
10,000 m Walk	52:00.0	52:00.0						
Half Marathon Walk	2:05:00							
Marathon Walk	3:40:00							
High Jump	2.06	1.98	1.95	1.90	1.87	1.82	1.78	1.60
starting height	1.85	1.85	1.75	1.70	1.70	1.65	1.60	1.45
Pole Vault	4.80	4.60	3.80	3.20	3.00	2.40	2.20	2.00
starting height	4.60	4.60	3.60	3.00	2.80	2.20	2.00	1.80
Long Jump	7.30	7.20	7.00	6.80	6.60	6.20	5.90	5.30
Triple Jump	14.50	14.50	13.50	13.20	12.80	12.30	12.00	11.00
take-off board(s)	13m	13m	11/13m	11/13m	11/13m	9/11m	9/11m	9/11m
Shot Put	14.50	13.00	12.40	14.40	14.00	14.40	14.00	13.20
weight	7.26kg	7.26kg	6kg	5kg	5kg	4kg	4kg	3kg
Discus Throw	47.00	37.00	40.00	46.00	43.50	47.00	44.00	36.50
weight	2kg	2kg	1.75kg	1.5kg	1.5kg	1kg	1kg	1kg
Hammer Throw	50.00	40.00	36.50	40.00	37.00	32.00	28.00	28.00
weight	7.26kg	7.26kg	6kg	5kg	5kg	4kg	4kg	3kg
Javelin Throw	64.00	55.00	51.00	53.00	51.00	47.00	41.00	36.00
weight	800g	800g	800g	700g	700g	700g	700g	600g
Heptathlon						3200	3000	NO EVENT
Decathlon	6100	5800	4600	4800	4800			

- The qualifying period for the Combined Events, 10,000m and 10,000mW began on 1 October 2024. 10,000m and 10,000mW may qualify on track or road.
- The qualifying period for all other events began on 1 January 2025
- Wind readings of qualifying performances may be up to 4m/s for Under-Age events and 3m/s for Open events.
- An athlete must achieve the standard with the correct implement weight or hurdle/steeple height/distance for the applicable age group.
- Under 23 standards are for Australian athletes (foreign athletes cannot qualify via the U23 standards) to qualify in open events and only apply to athletes born in 2004, 2005 and 2006
- There must be three (3) or more entries at the time of close of entries for an event to be contested in its own right
- Athletes must be turning at least 14 years of age in the year of competition in order to enter any steeplechase event.
- Athletes must be turning 16 years of age in the year of competition in order to enter any event in excess of 5000 metres or any men's open throwing, hurdles or steeplechase event.
- Under 13 athletes (turning 12 in the year of competition) may only enter Under 14 events in Pole Vault and Hammer Throw and only where they are suitably qualified - using either the Under 14 standards or Under 14 Member Association Championship first three placings [Note: there is no eligibility by any notional determination of the first three Under 13 athletes in MA Under 13 Championships].
- Athletes (who turn 11 or younger in the year of the competition) may not enter any events.
- There is no restriction on athletes competing in both the Australian Athletics Championships and ALAC.
- The first three athletes in their own State/Territory Championships (not for events over 5,000m) may enter without meeting the standards above, but as events will be conducted using the vertical jumps starting heights and triple jump take-off boards indicated above this should be taken into account when considering using that method of entry qualification. The starting heights/take-off boards will not be reduced.
- Performances used for seeding purposes in any Championship competition is the best performance since 1 January in the year of the Championship.

Note: In Under 14/15/16/17/18 events of 1500 metres and over, and all age groups for events over 1500m, if more entries are received than can be accommodated in one race, then those with the slower times may be placed in a "B" division and the results of the event determined on a timed finals basis. (using current year data)

2025-26 AUSTRALIAN CHAMPIONSHIP ENTRY STANDARDS

Women	Open	Under 23	Under 20	Under 18	Under 17	Under 16	Under 15	Under 14
100 metres	12.44	12.44	12.44	12.44	12.54	12.64	12.74	13.24
200 metres	25.14	25.44	25.44	25.74	25.84	26.04	26.24	27.34
400 metres	57.04	57.94	58.34	59.14	59.54	59.94	61.14	63.44
800 metres	2:12.0	2:15.0	2:16.0	2:19.0	2:20.0	2:22.0	2:22.0	2:24.0
1500 metres	4:40.0	4:40.0	4:40.0	4:42.0	4:44.0	4:45.0	4:48.0	4:55.0
mile	5:02.0	5:02.0	5:02.0	5:05.0	5:07.0	5:08.0	5:11.0	5:18.0
3000 metres	9:35.0	9:35.0	10:30.0	10:40.0	10:40.0	10:45.0	10:45.0	NO EVENT
5000 metres	17:00.0	17:30.0	18:30.0					
10000 metres	35:30.0	35:30.0						
80 m Hurdles								13.84
90 m Hurdles						14.64	15.04	
100 m Hurdles	15.74	15.94	16.24	16.24	16.34			
200 m Hurdles						31.24	32.24	NO EVENT
400 m Hurdles	65.14	67.14	71.14	72.14	73.14			
2000 m Steeple				7:45.0	7:45.0	7:55.0	8:15.0	NO EVENT
3000 m Steeple	12:10.0	12:45.0	12:55.0					
3000 m Walk						16:40.0	17:00.0	17:30.0
5000 m Walk			30:00.0	32:00.0	32:00.0			
10,000 m Walk	58:00.0	58:00.0						
Half Marathon Walk	2:15:00							
Marathon Walk	4:10:00							
High Jump	1.71	1.66	1.65	1.63	1.63	1.62	1.60	1.55
starting height	1.60	1.60	1.50	1.50	1.50	1.45	1.45	1.40
Pole Vault	3.70	3.50	3.20	2.70	2.50	2.30	2.20	2.00
starting height	3.50	3.50	3.00	2.50	2.40	2.10	2.00	1.80
Long Jump	5.85	5.80	5.80	5.60	5.50	5.30	5.20	5.00
Triple Jump	11.60	11.50	11.50	11.30	11.30	11.00	10.80	10.50
take-off board(s)	11m	11m	9/11m	9/11m	9/11m	9/11m	9/11m	9/11m
Shot Put	12.50	11.50	11.20	12.65	12.40	12.00	11.50	10.50
weight	4kg	4kg	4kg	3kg	3kg	3kg	3kg	3kg
Discus Throw	45.00	43.00	40.00	40.00	37.00	36.00	34.00	30.00
weight	1kg	1kg	1kg	1kg	1kg	1kg	1kg	1kg
Hammer Throw	44.00	40.00	38.00	36.00	33.00	31.00	28.50	26.00
weight	4kg	4kg	4kg	3kg	3kg	3kg	3kg	3kg
Javelin Throw	42.00	40.00	40.00	42.00	40.00	38.00	34.00	30.00
weight	600g	600g	600g	500g	500g	500g	500g	400g
Heptathlon	4100	4100	3600	3400	3200	3200	3200	NO EVENT

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