



*Organiser*  
of the

**Arafura Games**  
incorporating the Oceania Paralympic Championships  
9-17 May 2009



## Athletics Qualifying Standards & Technical Specifications

Please note these standards are subject to change prior to closure of entries

Event	Under 18 yrs		Open	
	Boys	Girls	Men	Women
100 metres	12.44	13.54	11.74	13.27
200 metres	25.24	28.34	24.64	27.94
400 metres	57.74	1.03.94	53.94	1.02.94
800 metres	2.17.00	2.35.00	2.08.00	2.28.00
1500 metres	4.40.00	5.40.00	4.30.00	5.30.00
3000 metres	-	-	10.10.00	11.30.00
5000 metres	-	-	17.30.00	20.30.00
10000 metres	-	-	39.00.00	46.30.00
100 metres hurdles	-	-	N/A	17.34
110 metres hurdles	-	-	17.34	N/A
400 metres hurdles	-	-	1.05.50	1.15.00
Half Marathon	-	-	2:00.00hr	2:15.00hr
Long Jump	-	-	5.90m	5.10m
High Jump	-	-	1.65m	1.45m
Triple Jump	-	-	13.00m	10.00m
Shot Put	9.50m	8.00m	11.00m	9.00m
Discus	28.00m	26.50m	30.00m	28.00m
Javelin	35.00m	25.00m	40.00m	28.00m
Hammer	28.00m	20.00m	30.00m	25.00m

### Hurdles

Sex	Height	Flights	Distance	Run In	Interval	Run Out
Female	84cm	10	100m	13	8.5	10.5
Male	106.7cm	10	110m	13.72	9.14	14.02
Female	76.2cm	10	400m	45	35	40
Male	91.4cm	10	400m	45	35	40

### Throws

	Discus		Shot Put		Javelin		Hammer	
	Male	Female	Male	Female	Male	Female	Male	Female
Open	2.0kg	1.0kg	7.26kg	4.0kg	800g	600g	7.26kg	4.0kg
U18	1.5kg	1.0kg	5.0kg	4.0kg	600g	600g	5.0kg	4.0kg

\* Under 18 Athletes may enter the distance running events and jumping events as an Open athlete

