



ATHLETE DEVELOPMENT | 2026/2027

AIS TALENT PATHWAY STANDARDS

A clear, consistent benchmark guide across track and field disciplines.

DISCOVERY PROGRAMME | Ages 8-10

RISING POTENTIAL | Ages 11-13

COMPETITION PATHWAY | Entry standards

PERFORMANCE PATHWAY | Progression standards

ELITE DEVELOPMENT | Advanced standards

HOW TO READ THE STANDARDS

Track events use maximum times ($\leq$). Jumps and throws use minimum distances or heights ($\geq$). A dash means no standard is listed for that event.



TRACK EVENTS

Sprint Standards

Times shown are maximum qualifying times. Athletes must meet or better the listed standard.

COMPETITION SPRINTS

Event	Female	Male
80 m (U14)	≤ 11.25 s	≤ 10.50 s
100 m	≤ 13.99 s	≤ 12.99 s
150 m (U14)	≤ 21.5 s	≤ 20.2 s
200 m	≤ 29.99 s	≤ 27.99 s

PERFORMANCE SPRINTS

Event	Female	Male
100 m	≤ 12.95 s	≤ 11.90 s
200 m	≤ 27.3 s	≤ 25.00 s
400 m	≤ 63.5 s	≤ 56.3 s

ELITE DEVELOPMENT SPRINTS

Event	Female	Male
100 m	≤ 12.65 s	≤ 11.3 s
200 m	≤ 26.1 s	≤ 23.1 s
400 m	≤ 59.95 s	≤ 51.8 s



TRACK EVENTS

Middle Distance Standards

Times shown are maximum qualifying times. Minute-based times are written as minutes:seconds.

COMPETITION MIDDLE DISTANCE

Event	Female	Male
400 m	≤ 71.0 s	≤ 65.0 s
600 m (U14)	≤ 2:03	≤ 1:55
800 m	≤ 2:50	≤ 2:40
1000 m (U14)	≤ 3:39	≤ 3:26
1500 m	≤ 6:10	≤ 5:40

PERFORMANCE MIDDLE DISTANCE

Event	Female	Male
400 m	≤ 63.5 s	≤ 56.3 s
800 m	≤ 2:25	≤ 2:16
1500 m	≤ 4:55	≤ 4:35

ELITE DEVELOPMENT MIDDLE DISTANCE

Event	Female	Male
400 m	≤ 59.95 s	≤ 51.8 s
800 m	≤ 2:20	≤ 2:01
1500 m	≤ 4:47	≤ 4:12



TRACK EVENTS

Hurdles Standards

Times shown are maximum qualifying times. A dash indicates that no standard was listed in the source document.

COMPETITION HURDLES

Event	Female	Male
75 m hurdles	≤ 14.9 s	—
80 m hurdles	≤ 14.9 s	≤ 13.99 s
100 m hurdles	≤ 18.0 s	≤ 16.3 s

PERFORMANCE HURDLES

Event	Female	Male
80 m hurdles	≤ 12.9 s	≤ 12.7 s
100 m hurdles	≤ 16.2 s	≤ 15.4 s
110 m hurdles	—	≤ 16.3 s

ELITE DEVELOPMENT HURDLES

Event	Female	Male
80 m hurdles	≤ 12.5 s	—
100 m hurdles	≤ 15.30 s	≤ 14.00 s
110 m hurdles	—	≤ 15.40 s

FIELD EVENTS

Jumps Standards

Heights and distances shown are minimum qualifying marks. Athletes must meet or exceed the listed standard.

COMPETITION JUMPS

Event	Female	Male
High Jump	≥ 1.40 m	≥ 1.45 m
Long Jump	≥ 4.00 m	≥ 4.25 m
Triple Jump	≥ 6.90 m	≥ 7.90 m

PERFORMANCE JUMPS

Event	Female	Male
High Jump	≥ 1.54 m	≥ 1.60 m
Long Jump	≥ 4.75 m	≥ 5.50 m
Triple Jump	≥ 9.80 m	≥ 12.00 m

ELITE DEVELOPMENT JUMPS

Event	Female	Male
High Jump	≥ 1.62 m	≥ 1.84 m
Long Jump	≥ 5.20 m	≥ 6.20 m
Triple Jump	≥ 10.90 m	≥ 13.00 m



FIELD EVENTS

Competition Throws Standards

Distances shown are minimum qualifying marks. Implement weights are listed for each Competition age group.

COMPETITION THROWS

U14 2 kg shot (F) / 3 kg shot (M) | 0.75 kg discus | 400 g javelin (F) / 500 g javelin (M)

Event	Female	Male
Shot Put	≥ 6.5 m	≥ 7.5 m
Discus	≥ 18.0 m	≥ 20.0 m
Javelin	≥ 18.0 m	≥ 22.0 m

U16 3 kg shot (F) / 4 kg shot (M) | 1 kg discus | 500 g javelin (F) / 600 g javelin (M)

Event	Female	Male
Shot Put	≥ 8.0 m	≥ 9.0 m
Discus	≥ 22.0 m	≥ 28.0 m
Javelin	≥ 24.0 m	≥ 32.0 m

U18 3 kg shot (F) / 5 kg shot (M) | 1 kg discus (F) / 1.5 kg discus (M) | 500 g javelin (F) / 700 g javelin (M)

Event	Female	Male
Shot Put	≥ 9.0 m	≥ 11.0 m
Discus	≥ 28.0 m	≥ 34.0 m
Javelin	≥ 30.0 m	≥ 42.0 m



FIELD EVENTS

Performance & Elite Throws Standards

Performance and Elite Development qualifying distances by age group.

PERFORMANCE THROWS**U16**

Event	Female	Male
Shot Put	≥ 10.0 m	≥ 11.5 m
Discus	≥ 25.0 m	≥ 30.0 m
Javelin	≥ 24.0 m	≥ 32.0 m

U18

Event	Female	Male
Shot Put	≥ 11.5 m	≥ 13.5 m
Discus	≥ 26.0 m	≥ 32.0 m
Javelin	≥ 28.0 m	≥ 42.0 m

ELITE DEVELOPMENT THROWS**U16**

Event	Female	Male
Shot Put	≥ 12.0 m	≥ 13.2 m
Discus	≥ 30.0 m	≥ 37.0 m
Javelin	≥ 30.0 m	≥ 42.0 m

U18

Event	Female	Male
Shot Put	≥ 13.5 m	≥ 14.5 m
Discus	≥ 34.0 m	≥ 40.0 m
Javelin	≥ 38.0 m	≥ 50.0 m

EMERGING TALENT

Rising Potential Standards

Ages 11-13 | Times are maximums; jump and throw marks are minimums.

RISING POTENTIAL | Ages 11-13

Event	Female	Male
80 m	≤ 11.8 s	≤ 10.9 s
100 m	≤ 14.5 s	≤ 13.5 s
150 m	≤ 22.7 s	≤ 20.9 s
300 m	≤ 52.5 s	≤ 51.0 s
400 m	≤ 1:20	≤ 1:16
600 m	≤ 2:13	≤ 2:06
1000 m	≤ 3:54	≤ 3:46
Long Jump	≥ 3.75 m	≥ 4.00 m
High Jump	≥ 1.30 m	≥ 1.35 m
Shot Put (2 kg F / 3 kg M)	≥ 6.95 m	≥ 7.95 m
Javelin (400 g F / 500 g M)	≥ 17.0 m	≥ 18.0 m

Selection: Athletes must achieve 60% of the event standards to be guaranteed a place. Selection also depends on coach assessment of technique, coordination, attitude and potential. This prevents the programmes from becoming too focused on early physical maturity.

EMERGING TALENT

Discovery Programme Standards

Ages 8-10 | Times are maximums; jump marks are minimums.

DISCOVERY PROGRAMME | Ages 8-10

Event	Female	Male
80 m	≤ 12.8 s	≤ 11.9 s
150 m	≤ 24.6 s	≤ 22.9 s
300 m	≤ 58.9 s	≤ 56.9 s
600 m	≤ 2:30	≤ 2:22
1000 m	≤ 4:22	≤ 4:10
Long Jump	≥ 3.20 m	≥ 3.50 m
High Jump	≥ 1.15 m	≥ 1.20 m

Selection: Athletes must achieve 60% of the event standards to be guaranteed a place. Selection also depends on coach assessment of technique, coordination, attitude and potential. This prevents the programmes from becoming too focused on early physical maturity.

BUILDING STRONGER, FASTER AND MORE CONFIDENT ATHLETES

AIS Athletics | Ambition. Inspiration. Sportsmanship.