



Blues Criteria – current as at January 2024

1. Has represented the Club in the following meets during the season in review (where the event is contested, and the Club enters a team):

Track & Field:

UniSport Nationals
NSW State Relay Championships
NSW Club Championships [Treloar Shield Grand Final as at January 2024] (if the club qualifies)
NSW Championships; and
Four (4) rounds of the NSW club premiership [Treloar Shield as at January 2024]

Cross Country and Road Running:

NSW Cross Country Relay Championships
NSW Short Course Championships
NSW Road Relays Championships
NSW Long Course Cross Country Championships
UniSport Nationals; and
achieved the time standard on the track at either 1500m, 3000m, 3000m steeplechase, 5000m or 10000m.

Walking:

NSW team/short and long walks
National Championships; and
UniSport Nationals.

Where an athlete competes in an A-Series Meet [Athletics Australia Track Classic meet or similar], significant clashing domestic competition, National Championships or Overseas/Interstate Tour these events may be counted in place of any of the event's list above

AND

2. Has achieved **at least one** of the following:
 - Attained the appropriate standard listed below (track & field only)
 - Represented Australia at U20 or Senior level
 - Won an Open NSW title or any event deemed an Open State Championship by Athletics NSW
 - Selected in an Australian Universities [UniSport Australia] overseas touring team
 - Selected in an Open NSW team

Standards (Open National qualification times displayed below are used as a guide, refer Athletics Australia Open National Championships Qualifications standards for the particular year)

Event	Men	Women
100	10.84	12.44
200	21.54	25.14
400	48.34	56.64
800	1:51.50	2:10.00
1500	3:50.00	4:40.00
Mile	4:08.00	5:02.00
3000	8:20.00	9:55.00
5000	14:15.00	17:00.00
10000	29:45.00	35:30.00
110m Hurdles	15.54	na
100m Hurdles	N/A	15.74
400 Hurdles	54.34	64.14
3000 Steeple	9:05.00	12:10.00
10000 walk	52:00	58:00
20km walk	1:50:00	2:00:00
High Jump	2.06	1.73
Pole Vault	4.80	3.70
Long Jump	7.30	5.85
Triple Jump	14.50	11.60
Shot Put	14.50	12.50
Discus	47.00	44.00
Hammer	50.00	42.00
Javelin	64.00	42.00
HeptathlonDecathlon	6100	4100

N.B. all times are electronic times.