

## QRSS – Track and Field State Title Records (Female)

### Track Events

[100m](#) | [200m](#) | [400m](#) | [800m](#) | [1500m](#) | [3000m](#) | [5000m](#) | [Hurdles \(80m-110m\)](#) | [200mH](#)  
[400mH](#) | [2000m Steeplechase](#) | [3000m Steeplechase](#) | [3000m Race Walk](#) | [5000m Race Walk](#) | [4x100m](#)

### Field Events

[Shot Put](#) | [Discus](#) | [Javelin](#) | [Hammer Throw](#)  
[Long Jump](#) | [Triple Jump](#) | [High Jump](#) | [Pole Vault](#)

### Multi Class Events (13-19 years TBC)

[100m](#) | [200m](#) | [400m](#) | [800m](#) | [1500m](#) | [Mixed 4x100](#) | [Shot Put](#) | [Discus](#) | [Javelin](#)  
[Long Jump](#)

### TRACK EVENTS

Event Group	Distance	Age	Time	Year	Region
Sprints	100m	10	13.20	1980	Northern
		11	12.90	1986 / 1995	Northern / Metropolitan West
		12	12.4(H) 12.53(E)	1980 / 2016	North West / Met. West
		13	12.28	2018	South Coast
		14	11.80	2018	Metropolitan West
		15	11.67	2007	Metropolitan East
		16	11.39	2016	South Coast
		17	11.81	2009	Metropolitan West
		18-19	11.92	1992	Northern
Sprints	200m	10	27.50	1982	Brisbane South
		11	26.61	2007	Metropolitan North
		12	25.82	2017	South Coast
		13	24.79	2018	South Coast
		14	24.54	2014	South Coast
		15	24.06	2018	South Coast
		16	23.51	2016	South Coast
		17	24.20	2017	Sunshine Coast
		18-19	24.11	1992	Northern
Sprints	400m	13	56.57	2018	South Coast
		14	55.77	2018	Metropolitan West
		15	54.58	2018	South Coast
		16	55.16	2018	South Coast
		17	55.10	2004	Darling Downs
		18-19	56.01	1994	Capricornia

\*H=Handheld Timing; E=Electronic Timing

Event Group	Distance	Age	Time	Year	Region
Distance	800m	10	2:27.66	2017	Metropolitan East
		11	2:20.08	2013	South Coast
		12	2:15.60 (H)	1986	Brisbane North
		13	2:11.89	1987	Brisbane North
		14	2:10.26	1988	Brisbane North
		15	2:09.31	1994	Capricornia
		16	2:07.58	1999	South Coast



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		17	2:08.05	2018	South Coast
		18-19	2:10.10	2001	South Coast
Distance	1500m	10	5:24.16	2019	Peninsula
		11	4:51.07	2018	Metropolitan East
		12	4:45.21	2018	Met. West / South Coast
		13	4:27.19	1987	Brisbane North
		14	4:27.98	1996	Metropolitan West
		15	4:28.13	1989	Brisbane North
		16	4:26.52	2016	Metropolitan East
		17	4:28.77	2015	South Coast
		18-19	4:19.09	2001	South Coast
Distance	3000m	14	10:08.96	2019	Metropolitan North
		15	9:45.77	2015	Metropolitan East
		16	9:27.78	2016	Metropolitan East
		17	9:16.83	2017	Metropolitan East
	5000m	18-19	18:06.65	2016	Metropolitan East

\*H=Handheld Timing

Event Group	Distance	Age	Time	Year	Region
Hurdles	80m	13	12.63	2016	Metropolitan East
		14	13.08	2010	Metropolitan East
		15	12.76	2007	South Coast
	100m	16	13.58	2002	South Coast
		17	13.42	2003	South Coast
		18-19	13.89	1995	Metropolitan East
Hurdles	200m	13	30.78	2019	Sunshine Coast
		14	28.49	2018	Metropolitan West
		15	28.14	2001	South Coast
	400m	16	1:03.70	2018	Sunshine Coast
		17	1:00.57	2011	South Coast
		18-19	1:01.79	1995	South Coast

Event Group	Distance	Age	Time	Year	Region
Steeplechase	2000m	14	6:45.05	2006	South Coast
		15	6:37.63	1998	South Coast
		16	6:37.51	2016	Metropolitan North
		17	6:32.23	2000	South Coast
	3000m	18-19	11:38.10	2019	Sunshine Coast

Event Group	Distance	Age	Time	Year	Region
Race Walk	3000m	13	14:25.11	2018	South Coast
		14	14:19.31	2019	South Coast
		15	13:46.59	2015	South Coast
	5000m	16	21:39.03	2016	South Coast
		17	21:51.29	2017	South Coast
		18-19	25:35.64	2009	Metropolitan North

Event Group	Distance	Age	Time	Year	Region
Relay	4x100m	10	55.50	1983	Wide Bay
		11	53.17	1984	Wide Bay



		12	51.24	2002	Metropolitan East
		13-15	48.14	2019	Metropolitan West
		16-19	47.75	2017	South Coast

## FIELD EVENTS

Event Group	Event	Age	Distance	Year	Region
Throws	Shot Put	10	11.64m	2012	Metropolitan East
		11	14.36m	2017	Metropolitan West
		12	12.47m	2010	South West
		13	13.46m	2017	Metropolitan East
		14	14.63m	2016	Metropolitan East
		15	14.95m	2015	Metropolitan West
		16	15.49m	2018	Metropolitan East
		17	16.25m	2014	Metropolitan East
		18-19	13.54m	1993	Metropolitan East
Throws	Discus	10	37.18m	2012	Sunshine Coast
		11	40.25m	2015	Metropolitan West
		12	45.62m	2013	Metropolitan West
		13	42.85m	2015	Metropolitan East
		14	45.21m	2016	Metropolitan East
		15	48.87m	2017	Metropolitan East
		16	49.33m	1999	Metropolitan West
		17	52.39m	2019	Metropolitan East
		18-19	51.40m	2013	Metropolitan West
Throws	Javelin	13	48.25m	2017	Metropolitan West
		14	47.76m	2014	Darling Downs
		15	46.67m	2013	Metropolitan East
		16	49.83m	2016	Darling Downs
		17	49.59m	2015	Metropolitan East
		18-19	46.07m	1999	Darling Downs
Throws	Hammer	13	45.13m	2019	South Coast
		14	53.08m	2015	Metropolitan West
		15	60.41m	2016	Metropolitan West
		16	59.29m	2017	Metropolitan West
		17	64.00m	2018	Metropolitan West
		18-19	52.73m	2010	Darling Downs

Event Group	Event	Age	Distance	Year	Region
Jumps	Long Jump	10	4.75m	2016	South Coast
		11	5.11m	2008	Peninsula
		12	5.43m	1984	Brisbane South
		13	5.63m	1999	Sunshine Coast
		14	5.93m	2018	Metropolitan North
		15	6.02m	1999	Wide Bay
		16	5.97m	2008	Capricornia
		17	6.14m	2018	Metropolitan West
		18-19	6.04m	1995	Metropolitan East
Jumps	Triple Jump	13	11.47m	2009	Metropolitan East
		14	12.56m	1998	Wide Bay



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		15	12.55m	2000	Darling Downs
		16	12.47m	2012	Metropolitan East
		17	12.37m	2004	Metropolitan East
		18-19	12.94m	2005	Metropolitan East
Jumps	High Jump	10	1.44m	2015	Metropolitan East
		11	1.60m	1988	West Moreton
		12	1.64m	1991	Wide Bay
		13	1.72m	2017	Sunshine Coast
		14	1.75m	2014	South Coast
		15	1.76m	1991	Northern
		16	1.78m	2002	Metropolitan North
		17	1.76m	2013	Metropolitan West
		18-19	1.86m	2014	Metropolitan West
Jumps	Pole Vault	13	2.90m	2019	Metropolitan East
		14	3.10m	2018	South Coast
		15	3.70m	2019	South Coast
		16	3.10m	2018	South Coast
		17	3.70m	2003	South Coast
		18-19	3.30m	1998	South Coast

Event Group	Age	Points	Year	Region
Combined Event	10	1048	2016	Metropolitan North
	11	1241	2017	Metropolitan North
	12	1234	2018	Metropolitan North

## MULTI CLASS – TRACK

Event Group	Distance	Age	Percent	Classification	Year	Region
Sprints	100m	10	80.67%	T20	2011	Wide Bay
		11	97.65%	T12	2015	Capricornia
		12	92.93%	T12	2016	Capricornia
		13	TBC			
		14				
		15				
		16				
		17				
		18-19				
Sprints	200m	10	76.67%	T20	2006	Darling Downs
		11	95.65%	T12	2015	Capricornia
		12	91.10%	T12	2016	Capricornia
		13	TBC			
		14				
		15				
		16				
		17				
		18-19				
Sprints	400m	13	TBC			
		14				



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		15	
		16	
		17	
		18-19	
Mixed Relay	4x100m	13-19	TBC

Event Group	Distance	Age	Time	Classification	Year	Region
Distance	800m	10	81.41%	T37	2019	South Coast
		11	87.41%	T38	2019	Metropolitan West
		12	104.02%	T35	2017	Sunshine Coast
		13	TBC			
		14				
		15				
		16				
		17				
		18-19				

Distance	1500m	13	TBC
		14	
		15	
		16	
		17	
		18-19	

## MULTI CLASS - FIELD

Event Group	Distance	Age	Distance	Classification	Year	Region
Throws	Shot Put	10	77.54%	F46	2003	Wide Bay
		11	74.77%	F46	2007	Wide Bay
		12	80.45%	F35	2017	Sunshine Coast
		13	TBC			
		14				
		15				
		16				
		17				
		18-19				

Throws	Discus	10	80.04%	F46	2003	Wide Bay
		11	64.45%	F20	2008	Wide Bay
		12	97.57%	F35	2017	Sunshine Coast
		13	TBC			
		14				
		15				
		16				
		17				
18-19						

Throws	Javelin	13	TBC
		14	
		15	
		16	
		17	



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		18-19				
Jumps	Long Jump	10	63.84%	T01	2008	Metropolitan East
		11	82.40%	T12	2015	Capricornia
		12	101.50%	T35	2017	Sunshine Coast
		13	<b>TBC</b>			
		14				
		15				
		16				
		17				
		18-19				

Records provided by the QRSS 10-12 years and 13-19 years Committees and are current as of 23 February 2022.

