



Events	CARIFTA 2017				Pan Am Junior 2017	
	BU18	BU20	GU18	GU20	MEN	WOMEN
100m	10.75	10.55	11.90	11.80	10.50	11.60
200m	21.75	21.40	24.20	24.00	21.20	23.80
400m	48.80	48.25	56.30	56.00	47.40	54.50
800m	1.57.00	1.55.00	2.18.50	2.15.00	1.51.50	2.11.00
1500m	4.10.00	4.03.00	5.00.00	4.55.00	3.57.00	4.42.00
3000M	9.20.00			11.00.00		10.40.00
5000m		16.10.00			15.30.00	
10,000m					33.00.00	
3000stp					9.30.00	11.30.00
100m Hurdles			14.35	14.00		13.60
110m Hurdles	14.40	14.10			13.90	
400m Hurdles	54.50	53.70	63.00	61.00	52.00	59.50
High Jump	2.00	2.05	1.68	1.70	2.10	1.75
Pole Vault					4.85	3.75
Long Jump	6.85	7.20	5.60	5.80	7.50	5.95
Triple Jump	14.20	14.80	12.00	12.30	15.70	12.90
Shot Put	15.50	15.50 (6k)	13.25	13.00	17.00	14.30
Discus	45.50	48.50 (1.75k)	36.00	39.70	52.00	45.00
Hammer					60.00	50.00
Javelin	58.00	59.00 (800g)	39.00	39.50	65.00	48.00
Octathlon		5300				
Decathlon					6000	
Heptathlon				4150		4700

Qualifying Period

Carifta Games - 1st January - 15 March 2017

Pan Am Junior - 1st January - 26 June 2017

Combined Events Carifta

Girls Heptathlon Open

1st Day - 100m Hurdles(0.838m); High Jump; Shot Put (4kg); 200m

2nd Day - Long Jump; Javelin Throw(600g); 800m

Octathlon Boys (Open)

1st Day - 100m; Long Jump; Shot Put(6kg); 400m

2nd Day - 110m Hurdles (0.991m); High Jump; Javelin Throw (800g); 1000m

Hurdle Heights and Throwing Event Weights for the U18 Age Category

Girls U 18 - 100m Hur (0.762m); Shot Put(3.00kg); Discus (1.00kg); Javelin Throws (500g)

Boys U 18 - 110m Hur (0.914m); Shot Put (5.00kg); Discus (1.500kg); Javelin Throws (700g)

Full Criteria for Selection to be found on AAB website aabarbados.com

19-Jan-17