



World Junior Championships Standards 2016

Events	Male	Female
	MEN	WOMEN
100m	10.45	11.65
200m	21.20	23.70
400m	47.30	54.00
800m	1.49.50	2.09.20
1500m	3.48.00	4.28.20
3000m		9.35.00
5000m	14.15.00	16.40.00
10,000m	31.00.00	
10, 000RW	44.20.00	51.00.00
3000s/c	9.10.00	10.45.00
100m H		13.80
110m H	13.80(0.995m)	
400m H	52.50	58.00
High Jump	2.16	1.83
Pole Vault	5.10	4.05
Long Jump	7.55	6.20
Triple Jump	15.60	13.00
Shot Put	18.25	15.00
Discus	55.00	48.00
Hammer	68.00	57.50
Javelin	68.70	49.50
Heptathlon		5300
Octathlon		
Decathlon	7200	

Qualifying Period

World Jrs - 1 January - 26 June 2016

20-Apr-16