

12<sup>th</sup> January, 2018

**Standards for the 2018 Carifta Athletics .**

<b>STANDARDS FOR CARIFTA GAMES 2018</b>				
EVENTS	GIRLS U17	GIRLS U20	BOYS UNDER 17	BOYS UNDER 20
100m	11.95	11.80	10.80	10.55
200m	24.30	24.00	21.80	21.40
400m	56.50	56.00	48.90	48.25
800m	2.19.50	2.15.00	1.57.50	1.55.00
1500m	5.02.00	4.55.00	4.14.00	4.03.00
3000m		11.00.00 (open)	9.35.00	
5000m				16.10.00
100m Hurdles	14.40	14.00		
110m Hurdles			14.50	14.10
300m Hurdles	43.50			
400m Hurdles	63.50	61.00	55.50	53.70
High Jump	1.65	1.70	1.95	2.05
Long Jump	5.55	5.80	6.75	7.20
Triple Jump	11.70	12.30	14.00	14.80
Shot	13.00	13.00	15.50	15.50
Discus	35.00	39.70	45.00	48.50
Javelin	37.00	39.50	57.00	59.00
Heptathlon		4150 (open)		
Decathlon				5300

Catherine Jordan.