



2020 CARIFTA STANDARDS

Events	BU17	BU20	GU17	GU20
100m	10.80	10.55	11.95	11.80
200m	21.80	21.40	24.30	24.00
400m	48.90	48.25	56.50	56.00
800m	1.57.50	1.55.00	2.19.50	2.15.00
1500m	4.14.00	4.03.00	5.02.00	4.55.00
3000M	9.30.00			11.00.00
5000m		16.10.00		
10,000m				
3000stp				
100m Hurdles			14.40 (0.762)	14.00 (0.838)
110m Hurdles	14.50 (0.914)	14.10 (0.991)		
400m Hurdles	55.50 (0.838)	53.50 (0.914)	63.50 (0.762)	61.00 (0.762)
High Jump	1.95	2.05	1.65	1.70
Pole Vault				
Long Jump	6.75	7.20	5.55	5.80
Triple Jump	14.00	14.80	11.70	12.30
Shot Put	15.50 (5kg)	15.50 (6kg)	13.00 (3kg)	13.00 (4kg)
Discus	45.00 (1.5kg)	48.50 (1.75kg)	35.00 (1kg)	39.70 (1kg)
Hammer				
Javelin	57.00 (700g)	59.00 (800g)	37.00g (500g)	39.50 (600g)
Heptathlon				4150 pnts
Decathlon				
Octathlon open		5300pnts		

Qualifying Period

Carifta Games - 1st January - 15 March 2020

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); 1500m

Hurdle Heights and Throwing Event Weights for the U17 Age Category

Girls U 17 - 100m Hur (0.762m); Shot Put(3.00kg); Discus (1.00kg); Javelin Throws (500g)

Boys U 17- 110m Hur (0.914m); Shot Put (5.00kg); Discus (1.500kg); Javelin Throws (700g)

Full Criteria for Selection to be found on AAB website aab.sports.bb

February 3 2020