



## 2021 JUNIOR STANDARDS

Events	CARIFTA				NACAC - U18		Pan Am Junior	
	BU17	BU20	GU17	GU20	B U18	G U18	BU20	GU20
<b>100m</b>	10.80	10.55	11.95	11.80	10.68	11.85	10.50	11.65
<b>200m</b>	21.80	21.40	24.30	24.00	21.65	24.10	21.20	23.90
<b>400m</b>	48.90	48.25	56.50	56.00	48.50	56.00	47.40	54.80
<b>800m</b>	1.57.50	1.55.00	2.19.50	2.15.00	1.55.00	2.15.00	1.51.50	2.11.00
<b>1500m</b>	4.14.00	4.03.00	5.02.00	4.55.00	4.05.00	4.55.00	3.59.00	4.42.00
<b>3000M</b>	<i>9.30.00</i>			11.00.00	9.20.00	11.00.00		10.40.00
<b>5000m</b>		16.10.00					15.40.00	17.48.00
<b>10,000m</b>							33.00.00	
<b>3000stp</b>							9.30.00	11.30.00
<b>100m Hurdles</b>			14.40 (0.762)	14.00 (0.838)		13.90 (0.762)		13.68 (0.838)
<b>110m Hurdles</b>	14.50 (0.914)	14.10 (0.991)			14.00 (0.914)		13.70 (0.991)	
<b>400m Hurdles</b>	55.50 (0.838)	53.50 (0.914)	63.50 (0.762)	61.00 (0.762)	53.50 (0.838)	61.50 (0.762)	<i>52.00 (0.914)</i>	<i>59.50 (0.762)</i>
<b>High Jump</b>	1.95	2.05	1.65	1.70	2.03	1.70	2.10	1.75
<b>Pole Vault</b>							4.85	3.75
<b>Long Jump</b>	6.75	7.20	5.55	5.80	7.00	5.80	7.45	5.95
<b>Triple Jump</b>	14.00	14.80	11.70	12.30	14.40	12.00	15.50	12.85
<b>Shot Put</b>	15.50 (5kg)	15.50 (6kg)	13.00 (3kg)	13.00 (4kg)	17.00 (5kg)	14.30 (3kg)	17.50 (6kg)	14.30 (4kg)
<b>Discus</b>	45.00 (1.5kg)	48.50 (1.75kg)	35.00 (1kg)	39.70 (1kg)	50.00 (1.5kg)	40.00 (1kg)	53.00 (1.75kg)	48.00 (1kg)
<b>Hammer</b>							60.00 (6kg)	55.10 (4kg)
<b>Javelin</b>	57.00 (700g)	59.00 (800g)	37.00g (500g)	39.50 (600g)	60.00 (700g)	42.00 (500g)	62.50 (800g)	48.00 (600g)
<b>Heptathlon</b>				4150 pnts		4500 pnts.		4720 pnts.
<b>Decathlon</b>							6000pnts	
<b>Octathlon open</b>		5300pnts						

### Qualifying Period

July 9th -11th- NACAC U18 - Qualifying Period - 1st January - 27th June 2021

August 13th -15th - Carifta Games - Qualifying Period -1st January - 25th July 2021

July 16th -18th -Pan Am Junior - Qualifying Period 1st January - 27th June 2021

### 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](http://aab.sports.bb)

6-May-21