



2022 JUNIOR STANDARDS

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