

Junior Standards 2022

Events	Pan Am Junior		World U20 Championships	
	BU20	GU20	MEN	WOMEN
100m	10.50	11.70	10.48	11.65
200m	21.25	23.90	21.20	23.85
400m	47.40	54.80	47.35	54.00
800m	1.51.50	2.11.00	1.51.00	2.09.00
1500m	3.59.00	4.42.00	3.48.50	4.29.00
3000M		10.40.00	8.15.00	9.32.00
5000m	15.40.00	17.48.00	14.15.00	16.40.00
10,000m	33.00.00			
3000stp	9.30.00	11.30.00	9.08.00	10.36.00
100m Hurdles		13.80		13.68
110m Hurdles	13.80 (0.991)		13.75	
400m Hurdles	52.60	59.50 (0.762)	52.00	58.00
10,000M Race W			43.50.00	50.40.00
High Jump	2.10	1.75	2.15	1.81
Pole Vault	4.85	3.75	5.05	4.05
Long Jump	7.45	5.95	7.55	6.12
Triple Jump	15.50	12.85	15.55	12.85
Shot Put	17.50 (6kg)	14.30 (4kg)	18.20	14.50
Discus	53.00 (1.75kg)	48.00 (1kg)	56.50	48.50
Hammer	60.00 (6kg)	55.10 (4kg)	68.30	57.50
Javelin	62.50 (800g)	48.00 (600g)	69.00	50.00
Heptathlon		4720 points		5300points
Decathlon	6000points		7050points	
Octathlon open				
4x100m Relay			No Standards	No Standards
4x400m Relay			No Standards	No Standards