



JUNIOR STANDARDS

CARIFTA GAMES 2023				
Events	BU17	BU20	GU17	GU20
100m	10.90	10.56	11.98	11.82
200m	22.00	21.40	24.60	24.15
400m	49.40	48.35	57.00	56.00
800m	1.58.50	1.55.40	2.20.00	2.17.00
1500m	4.15.00	4.05.00	5.03.00	4.57.00
3000m	9.35.00			11.10.00
5000m		16.30.00		
10,000m				
3000stp				
100m Hurdles			14.50	14.30
110m Hurdles	14.55	14.10		
400m Hurdles	56.00	53.80	64.50	62.00
High Jump	1.90m	2.02m	1.63m	1.68m
Pole Vault				
Long Jump	6.50m	7.20m	5.55m	5.65m
Triple Jump	13.80m	14.80m	11.55m	12.15m
Shot Put	15.00m	15.50m	12.50m	12.50m
Discus	44.00m	48.50m	34.00m	39.70m
Hammer				
Javelin	55.00m	58.00m	35.00m	39.00m
Heptathlon				4035pnts
Decathlon				
Octathlon open		4950pnts		

Qualifying Period 1st January 2023 - 24 March 2023

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