



JUNIOR STANDARDS

WORLD ATHLETICS UNDER 20, LIMA, PERU, 2024

Events	MEN	WOMEN
100m	10.48	11.65
200m	21.20	23.85
400m	47.35	54.00
800m	1.50.50	2.09.00
1500m	3.48.00	4.27.50
3000m	08:07.0	9.32.00
5000m	14.08.00	16:30.0
3000 SC	09:02.0	10:38.0
100m Hurdles		13.80
110m Hurdles	13.90	
400m Hurdles	52.00	58.00
10,000m RW	43:50.0	49:30.0
High Jump	2.13m	1.80m
Pole Vault	5.10	4:00m
Long Jump	7.56m	6.20m
Triple Jump	15.50m	12.90m
Shot Put	18.20m	14.50m
Discus	55.50m	49.00m
Hammer	67.50	57.50m
Javelin	68.00m	49.50m
Heptathlon		5300pts
Decathlon	7080	
RELAYS	No Standard	No Standard

Qualifying Period: 1st January 2024 - 4th August 2024