



## JUNIOR STANDARDS

CARIFTA GAMES 2025				
Events	BU17	BU20	GU17	GU20
100m	10.90	10.56	11.98	11.82
200m	22.10	21.40	24.60	24.2
400m	49.45	48.35	57.00	55.00
800m	1.59.50	1.55.40	2.21.00	2.17.00
1500m	4.15.00	4.07.00	5.03.00	4.57.00
3000m	9.35.00			11.10.00
5000m		16.30.00		
10,000m				
3000stp				
100m Hurdles			14.60	14.30
110m Hurdles	14.80	14.40		
400m Hurdles	56.10	54.50	64.50	62.00
High Jump	1.85m	1.95m	1.60m	1.65m
Pole Vault				
Long Jump	6.50m	7.10m	5.50m	5.65m
Triple Jump	13.60m	14.40m	11.50m	12.10m
Shot Put	14.75m	15.10m	12.50m	12.40m
Discus	43.40m	48.25m	34.00m	42.00m
Hammer				
Javelin	51.00m	58.60m	35.00m	40.50m
Heptathlon OPEN				4035pts
Octathlon BOYS U17	4950pts			
Decathlon OPEN**		7000pts		

Qualifying Period 1st January 2025 - **05 April 2025**

### Combined Events 52nd Carifta Games

#### Girls Heptathlon Open

Day 1 - 100m Hurdles(0.838m); High Jump; Shot Put (4kg); 200m

Day 2 - Long Jump; Javelin Throw(600g); 800m

#### Octathlon Boys UNDER 17\*

Day 1 - 100m; Long Jump; Shot Put(6kg); 400m

Day 2 - 110m Hurdles (0.991m); High Jump; Javelin Throw (800g); 1500m

#### DECATHLON BOYS UNDER 20 (\*\*NEW EVENT)

Day 1 - 100m; Long Jump; Shot Put(6kg); High Jump; 400m

Day 2 - 110m Hurdles (0.991m); Discus (1.75kg); Pole Vault; Javelin (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 (500g)

Boys U 17- 110m Hur (0.914m); Shot Put (5.00kg); Discus (1.50kg); Javelin (700g)

Full Criteria for Selection to be found on AAB website [aab.sports.bb](http://aab.sports.bb)

Table 3: World Championships in Athletics 2025 Qualifying Standards (Set by WA)

Men	Event	Women
10,00	100m	11,07
20,16	200m	22,57
44,85	400m	50,75
1.44.50	800m	1.59.00
3.33.00 (3.50.00)	1500m (Mile / Road Mile standard)	4.01.50 (4.19.90)
13.01.00	5000m / 5km road	14.50.00
27:00:00	10,000m / 10km road	30:20:00
2:06:30	Marathon	2:23:30
8.15.00	3000m SC	9.18.00
13,27	110mH / 100mH	12,73
48,50	400m H	54,65
2,33	High Jump	1,97
5,82	Pole Vault	4,73
8,27	Long Jump	6,86
17,22	Triple Jump	14,55
21,50	Shot Put	18,80
67,50	Discus Throw	64,50
78,20	Hammer Throw	74,00
85,50	Javelin Throw	64,00
	Heptathlon	6500
8550	Decathlon	
1:19:20	20km Race Walk	1:29:00
2:28:00	35km Race Walk	2:48:00
Top 14 at WRE + 2 from Top Lists	4x100m	Top 14 at WRE + 2 from Top Lists
Top 14 at WRE + 2 from Top Lists	4x400m	Top 14 at WRE + 2 from Top Lists
Top 14 at WRE + 2 from Top Lists	4x400m Mixed	Top 14 at WRE + 2 from Top Lists



**ATHLETICS ASSOCIATION OF BARBADOS**

**STANDARDS 2025**

<b><u>NACAC AREA (SENIOR) CHAMPIONSHIPS</u></b>		
<b><u>AUGUST 15-17, 2025 - NASSAU, BAHAMAS</u></b>		
<b>Events</b>	<b><u>STANDARDS</u></b>	
	<b>Men</b>	<b>Women</b>
100 m	10.35	11.50
200 m	20.70	23.64
400 m	46.07	52.94
800 m	1.49.50	2.06.00
1,500 m	3.47.00	4.26.00
5,000 m	14.10.00	16.40.00
10,000 m	30.10.00	35.51.00
100 m hurdles		13.50
110 m hurdles	13.65	
400 m hurdles	51.00	58.00
3,000 m s/c	9.00.00	10.46.00
High jump	2.20	1.80
Pole vault	5.10	3.80
Long jump	7.65	6.25
Triple jump	16.17	13.10
Shot put	18.14	15.82
Discus throw	54.00	50.94
Javelin throw	72.00	51.50
Hammer throw	63.15	61.85
Heptathlon		5350
Decathlon	7063	
Marathon	2:21:00	2:55:00
20 km race walk	1:30:00	1:42:00
50 km race walk	04:18.0	
4x100m Relay		
4x400m Relay		

**2025 PAN AM U20 JUNIOR ATHLETICS: STANDARDS**

<b>Events</b>	<b>Boys</b>	<b>Girl</b>
	<b>BU20</b>	<b>GU20</b>
<b>100m</b>	10.50	11.65
<b>200m</b>	21.20	23.90
<b>400m</b>	47.40	54.80
<b>800m</b>	1.51.50	2.11.00
<b>1500m</b>	3.59.00	4.42.00
<b>3000m</b>		10.40.00
<b>5000m</b>	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>		13.80 (0.838)
<b>110m Hurdles</b>	13.70 (0.991)	
<b>400m Hurdles</b>	52.00 (0.914)	59.50 (0.762)
<b>High Jump</b>	2.10	1.75
<b>Pole Vault</b>	4.85	3.75
<b>Long Jump</b>	7.30	5.95
<b>Triple Jump</b>	15.40	12.85
<b>Shot Put</b>	17.50 (6kg)	14.50 (4kg)
<b>Discus</b>	53.00 (1.75kg)	48.00 (1kg)
<b>Hammer</b>	60.00 (6kg)	55.10 (4kg)
<b>Javelin</b>	62.50 (800g)	48.00 (600g)
<b>Heptathlon</b>		4720 pts.
<b>Decathlon</b>	6500pts	
<b>Octathlon open</b>		
<b>4x100m</b>		
<b>4x400m</b>		