



## JUNIOR STANDARDS

### CARIFTA GAMES 2026

Events	BU17	BU20	GU17	GU20
100m	10.90	10.56	11.98	11.82
200m	22.10	21.40	24.60	24.20
400m	49.45	48.35	57.00	55.00
800m	1.59.50	1.55.40	2.21.00	2.16.00
1500m	4.17.00	4.07.00	5.00.00	4.55.00
3000m	9.40.00			10.50.00
5000m		16.30.00		
10,000m				
3000stp				
100m Hurdles			14.80	14.30
110m Hurdles	14.80	14.20		
400m Hurdles	55.50	54.50	66.00	63.00
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	11.25m	12.10m
Shot Put	14.90m	15.00m	12.40m	12.40m
Discus	43.40m	48.25m	34.00m	42.00m
Hammer				
Javelin	51.00m	58.00m	35.00m	39.00m
Heptathlon OPEN				4035pts
Octathlon BOYS U17	4300pts			
Decathlon OPEN**		6000pts		

Qualifying Period 1st January 2026 - **OC Entry Deadline 2026**

#### Combined Events - 53rd 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(5kg); 400m

Day 2 - 110m Hurdles(0.914m); High Jump; Javelin Throw(700g); 1500m

##### **DECATHLON BOYS UNDER 20 (NEW FROM 2025)**

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 U17 - 100m H(0.76m): 400m H(0.76m): Shot(3.00kg): Disc(1.00kg): Jav(500g)

Boys U17- 110m H(0.914m): 400m H(0.84m): Shot(5.00kg): Disc(1.50kg): Jav(700g)

##### **Hurdle Heights and Throwing Event Weights for the U20 Age Category**

Girls U20 - 100m H(0.84m): 400m H(0.76m): Shot(4.00kg): Disc(1.00kg): Jav(600g)

Boys U20 - 110m H(0.99m): 400m H(0.914m): Shot(6.00kg): Disc(1.75kg): Jav(800g)

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