

BARBADOS NATIONAL JUNIOR RECORDS AS AT 24 October 2025

MEN

Event	Time/Distance	Name	Place	Date
100m	10.08(+1.9)	Obadele Thompson	El Paso, USA	16 April 1994
200m	20.49 (0.0)	Obadele Thompson	Ciudad de Guatemala	16 July 1995
400m	45.91	Wilan Louis	Bridgetown, BAR	19 May 2001
800m	1:48.16	Jonathan Jones	Bridgetown, BAR	26 June 2016
1500m	3:53.90	Lennox Ellis	Brenham, USA	31 March 1992
5000m	15:01.3	Louis Trotman	Kingston, JAM	29 October 1973
10000	31:36.4	Louis Trotman	Bridgetown, BAR	21 May 1972
3000SC	9:50.13	Lennox Ellis	Lafayette, USA	20 March 1992
110m H (1.067)	14.06 (-0.6)	Stephen Jones	Sydney, AUS	23 August 1996
110m H (.991)	13.41(+2.0)	Shane Brathwaite	Trinidad, TTO	1 August 2009
400m H (0.914)	50.90	Rivaldo Leacock	Bridgetown, BAR	12 June 2016
High Jump	2.20	Damon Thompson	Bridgetown, BAR	14 April 2001
Pole Vault	3.05	John Wilshire	Bridgetown, BAR	24 July 1982
Long Jump	7.84(+0.0)	Shamar Rock	Bridgetown, BA	21 June 2014
Triple Jump	15.80 (+1.1)	Aren Spencer	Kingston, JAM	18 April 2022
Shot Put(6.00kg)	19.69	Triston Gibbons	Barbados, BAR	18 May 2018
Discus(1.75kg)	57.22	Triston Gibbons	Bridgetown, BAR	15 March 2018
Hammer	20.44	Ronald Hoyte	Bridgetown, BAR	25 July 1982
Javelin(800g)	71.58	Janeil Craig	Bridgetown, BAR	10 June 2012
Decathlon*	6665	Aaron Worrell	Trinidad, TTO	10-11 June 2017
4x100m	40.14	Barbados Team	Bydgoszcz, POL	22 July 2016
		Michael Nicholls, Kentoine Browne Mario Burke, Jaquone Hoyte		
4x400m	3:03.86	Barbados Team	San Jose, CRC	21 July 2019
		Miguel Nicholas, Antoni Hoyte-Small Rasheeme Griffith, Kyle Gale		
4x400m Mixed	3.28.54	Barbados Team	Port of Spain, TTO	19 April 2025
		Keiron Haynes, Ariel Archer Shamari-Greenidge- Lewis, Danya Skeete		

***100m** **Long Jump** **Shot** **High J** **400m** **110m Hur** **Discus** **Pole V** **Javelin** **1500m**
 10.64(1.9) 7.15 (+0.0) 11.66 2.04 50.32 14.81(-1.3) 30.24 2.80 41.27 4.58.05

Date: 24 October 2025

