



# Jamaica Athletics Administrative Association

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## CARIFTA TRIALS – QUALIFICATION STANDARDSS

<b>GIRLS</b>		<b>EVENTS</b>	<b>BOYS</b>	
<b>Under 20</b>	<b>Under 17</b>		<b>Under 20</b>	<b>Under 17</b>
11.90	12.30	<b>100 metres</b>	10.75	11.00
24.60	25.00	<b>200 metres</b>	21.80	22.52
56.00	57.50	<b>400 metres</b>	48.50	49.96
2:19.00	2:21.00	<b>800 metres</b>	1:55.50	2:03.00
5:00.00	5:05.00	<b>1,500 metres</b>	4:12.00	4:18.00
14.85	15.64	<b>100/110 Hurdles</b>	14.70	14.24
1:06.00		<b>400 Hurdles</b>	56.00	58.00
5.50 m	5.45 m	<b>Long Jump</b>	6.80 m	6.60 m
1.63 m	1.55 m	<b>High Jump</b>	1.95 m	1.90 m
11.50 m	11.83 m	<b>Shot Put</b>	14.80 m	15.30 m
35.00 m	32.41 m	<b>Discus</b>	45.00 m	40.00 m
38.00 m	37.80 m	<b>Javelin</b>	54.45 m	50.00 m
12.00 m	11.70 m	<b>Triple Jump</b>	14.30 m	13.70 m
11:15.00	NOT OFFERED	<b>3000/5000 metres OPEN</b>	17:00.00	9:45.00
NOT OFFERED	NOT OFFERED	<b>Pole Vault OPEN</b>	3.20 m	
<b>BORN:</b> 1999 or after	<b>BORN:</b> 2002 or after		<b>BORN:</b> 1999 or after	<b>BORN:</b> 2002 or after