



Jamaica Athletics Administrative Association
 6 Tremaine Road, Kingston 6 • Tel: 978-9983/978-7102/927-9366 • Fax: 946-0003

CARIFTA TRIALS – QUALIFICATION STANDARDSS

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