

## CARIFTA GAMES 2019 QUALIFICATION STANDARDS

| Men     |          |          |          | EVENTS      | Women    |         |         |         |
|---------|----------|----------|----------|-------------|----------|---------|---------|---------|
| U17     |          | U20      |          |             | U17      |         | U20     |         |
| A       | B        | A        | B        |             | A        | B       | A       | B       |
| 11.04   | 11.16    | 10.70    | 10.80    | 100m        | 12.07    | 12.16   | 11.84   | 11.92   |
| 22.19   | 22.38    | 21.40    | 21.59    | 200m        | 24.69    | 25.14   | 24.53   | 24.63   |
| 49.67   | 51.78    | 48.18    | 48.72    | 400m        | 55.74    | 57.02   | 55.34   | 56.14   |
| 2:05.49 | 2:06.18  | 1:56.09  | 1:57.23  | 800m        | 2:23.19  | 2:23.95 | 2:18.35 | 2:20.84 |
| 4:29.35 | 4:30.96  | 4:14.56  | 4:15.49  | 1500m       | 5:06.16  | 5:12.43 | 4:57.09 | 5:00.45 |
| 9:42.21 | 10:20.85 |          |          | 3000m       | 10:55.16 |         |         |         |
|         |          | 16:58.93 | 17:06.16 | 5000m       |          |         |         |         |
| 13.77   | 13.94    | 14.46    | 14.93    | 110/100mh   | 15.71    | 15.80   | 14.02   | 14.77   |
| 54.54   | 56.47    | 52.72    | 54.57    | 400mh       | 1:02.17  | 1:02.56 | 59.83   | 1:00.65 |
| 45.79   |          | 45.00    |          | 4 X 100m    | 51.11    |         | 50.86   |         |
| 3:39.46 |          | 3:27.04  |          | 4X400m      | 4:17.51  |         | 4:00.53 |         |
| 1.85m   | 1.70m    | 2.00m    | 1.95m    | High Jump   | 1.60m    | 1.55m   | 1.79m   | 1.65m   |
| 6.31m   | 5.59m    | 6.91m    | 6.75m    | Long Jump   | 5.47m    | 5.29m   | 5.65m   | 5.54m   |
| 13.74m  | 13.27m   | 14.43m   | 13.98m   | Triple Jump | 11.15m   | 10.53m  | 12.14m  | 12.11m  |
| 14.01m  | 13.60m   | 15.05    | 14.89m   | Shot Put    | 12.00m   | 11.53m  | 12.91m  | 12.51m  |
| 43.72m  | 39.08m   | 47.63m   | 45.34m   | Discus      | 33.58m   | 32.84m  | 37.94m  | 36.99m  |
| 45.24m  | 39.36m   | 51.82m   | 48.52m   | Javelin     | 32.12m   | 30.58m  | 40.18m  | 39.56m  |
|         |          | 3.40m    |          | Pole Vault  |          |         |         |         |
|         |          |          |          | Heptathlon  | 3337 pts |         |         |         |

|         |           |  |
|---------|-----------|--|
| 3023pts | Octathlon |  |
|---------|-----------|--|

**\*\*\*All times are F.A.T\*\*\***