



Jamaica Athletics Administrative Association

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

CARIFTA TRIALS – ENTRY STANDARDS 2026

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
12.00 m	12.10 m	Shot Put	14.80 m	15.30 m
40.00 m	36.00 m	Discus	48.00 m	44.00 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:
2007, 2008, 2009	2010, 2011, 2012		2007 2008, 2009	2010, 2011, 2012

NOTES

- The dates for the JAAA CARIFTA Trials are **Friday March 6 to Sunday March 8, 2026** at the National Stadium in Kingston. The Order of Events can be downloaded from the JAAA website.
- The JAAA reserves the right to use the JAAA/ISSA Ranking System to approve the participation of athletes, who were entered, but their performance is below the qualifying standards established.
- The qualifying period is February 28, 2025 to February 21, 2026. **All performances entered will be checked and verified.** Entering false performances will render the athlete ineligible and the athlete may be excluded from that event. No entry performance is required for the Octathlon U17 Boys.
- Entries close Sunday, February 15, 2026 at 8:00pm. No late entries will be processed.
- Athletes born **after December 31, 2012** will not be allowed to participate as per CARIFTA Games rules.
- Entry Form Online**
Visit: <https://form.jotform.com/260282819120856> . NO ENTRY FEE for 2026.
- A Valid Jamaican Passport expiring after November 1, 2026 is needed to complete the Entry. The passport bio page must be uploaded with the entry. Uploading false information will be treated as an incomplete entry and the athlete may be barred from competing.