



Jamaica Athletics Administrative Association

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

CARIFTA TRIALS – ENTRY STANDARDS 2023

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: 2004 or after	BORN: 2007 or after		BORN: 2004 or after	BORN: 2007 or after

NOTES

1. The dates for the JAAA CARIFTA Trials are **Friday March 10 to Sunday March 12, 2023** at the National Stadium in Kingston. The Order of Events can be downloaded from the JAAA website.
2. 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.
3. The qualifying period is March 11, 2022 to March 4, 2023. **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.
4. Entries close Monday, March 6, 2023 at 4:00pm. No late entries will be processed.
5. Athletes born **after 2009** will not be allowed to participate.
6. **Entry Form Online**
Visit: <https://form.jotform.com/230188567876876>
7. A Valid Jamaican Passport expiring after November 1, 2023 is needed to complete the Entry.