

JAAA/Puma National Junior Championships 2024 Entry Standards

GIRLS		EVENTS	BOYS	
Under 20	Under 18		Under 20	Under 18
11.90	12.10	100 metres	10.75	11.00
24.60	24.80	200 metres	21.80	22.42
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
5.50m	5.45m	Long Jump	6.80m	6.60m
1.63m	1.55m	High Jump	1.95m	1.90m
12.00m	11.80m	Triple Jump	14.30m	13.90m
12.00m	12.10m	Shot Put	14.80m	15.30m
40.00m	36.50m	Discus Throw	48.00m	44.00m
38.00m	37.80m	Javelin Throw	54.45m	50.00m
11:15.00	NOT OFFERED	3000/5000 metres OPEN	17:00.00	9:45.00
NOT OFFERED	NOT OFFERED	Pole Vault OPEN	3.20m	
BORN:	BORN:		BORN:	BORN:
2005 or 2006	2007 to 2009		2005 or 2006	2007 to 2009

Notes

1. The 2024 JAAA Puma National Junior Championships dates are **Thursday, June 27 to Sunday, June 30, 2024**, at the National Stadium in Kingston. The [Order of Events](#) can be downloaded from the JAAA website.
2. The qualifying period is from **June 27, 2023, to June 15, 2024**. All performances entered will be checked and verified. **Entering false performances will render the athlete ineligible and may be excluded from that event.**
3. **Entries close Friday, June 14, 2024 at 4:00 pm.** All entries must be on time to be processed. Entry Fee is \$500 per Junior athlete. **NO** Late Entries
4. Entry Form - Online Visit: <http://www.athleticsja.org/> Entries portal opens May 14, 2024
5. A Valid Jamaican Passport expiring after February 1, 2025, is needed to complete the Entry.
6. Athletes born after 2009 will not be allowed to participate. Class=1-aged athletes (born in 2004) are not U20 but will be allowed to participate in the preliminary rounds of the various events.