

JAAA/Puma National Senior Championships 2025
Entry Standards

EVENTS	WOMEN	MEN
100 M	11.70	10.6
200 M	23.70	21.00
400 M	53.70	47.30
800 M	2:10.00	1:50.00
1500 M	4:40.00	4:00.00
3000/ 5000 M	10:30.00	15:00.00
10000 M		35:00.00
3000 M SC	9:30.00	10:30.00
100 M /110 M Hurdles	13.75	14.30
400M Hurdles	59.00	53.00
Long Jump	6.10m	7.25m
High Jump	1.70m	1.90m
Triple Jump	12.50m	14.50m
Shot Put	13.50m	17.00m
Discus Throw	45.00m	51.00m
Javelin	45.00m	63.00m
Hep / Dec	4500pts	7000pts

Notes

1. The 2024 JAAA Puma National Senior Championships dates **Thursday, June 26 to Sunday, June 29, 2025**, 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, 2024 to June 16, 2025**. 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 **Sunday, June 15th, 2025 at 11:59 pm**. All entries must be on time to be processed. Entry Fee is **\$1,000** per athlete. **NO** late entries.
4. Entry Form - Online Visit: <https://www.athleticsja.org/>
5. A Valid Jamaican Passport expiring after February 1, 2026, is needed to be eligible for selection.
6. Team Selection for:
 - i. World Athletics Championships, Toyko, Japan

JAAA/Puma National Junior Championships 2025
Entry Standards

GIRLS Under 20	EVENTS	Boys Under 20
11.90	100 metres	10.75
24.60	200 metres	21.80
56.00	400 metres	48.50
2:19.00	800 metres	1:55.50
5:00.00	1,500 metres	4:12.00
14.85	100/110 Hurdles	14.70
1:06.00	400 Hurdles	56.00
5.50m	Long Jump	6.80m
1.63m	High Jump	1.95m
12.00m	Triple Jump	14.30m
12.00m	Shot Put	14.80m
40.00m	Discus Throw	48.00m
38.00m	Javelin Throw	54.45m
11:15.00	3000/5000 metres OPEN	17:00.00
NOT OFFERED	Pole Vault OPEN	3.20m
BORN:		
2006 to 2007		

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2. The qualifying period is from **June 27, 2024, to June 16, 2025**. 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 **Sunday, June 15th, 2025 at 11:59 pm**. All entries must be on time to be processed. Entry Fee is **\$500** per athlete. **NO** late entries.
4. Entry Form - Online Visit: <https://www.athleticsja.org/> Entries portal open May 5, 2025.
5. A Valid Jamaican Passport expiring after February 1, 2026, is needed to be eligible for selection.
6. Athletes born after 2010 will not be allowed to participate. Class=1-aged athletes (born in 2005 are not U20 but will be allowed to participate in the preliminary rounds of the various events.