

JAAA/Puma National Senior Championships 2024 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 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 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: <http://www.athleticsja.org/>
5. A Valid Jamaican Passport expiring after February 1, 2025, is needed to be eligible for selection.
6. Team Selection for:
 - i. XXXIII Olympic Games, Paris France - August 1-11, 2024