



## Jamaica Athletics Administrative Association

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### Entry Standards for National Senior Championships 2023

EVENTS	WOMEN	MEN
100 M	11.70	10.60
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	10:30.0	15:00.0
10000 M		35:00.0
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	6.10	7.25
High Jump	1.70	1.90
Triple Jump	12.50	14.50
Shot Put	13.50	17.00
Discus Throw	45.00	51.00
Javelin	45.00	63.00
Hep / Dec	4500	7000

#### NOTES

1. The dates for the JAAA SENIOR Championships are **Thursday July 6 to Sunday July 9, 2023** at the National Stadium in Kingston. The Order of Events can be downloaded from the JAAA website.
2. The qualifying period is July 9, 2022 to July 1, 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.
3. Entries close Friday, June 23, 2023 at 4:00pm. No late entries will be processed. Entry Fee is \$1,000 per athlete.
4. **Entry Form Online**  
Visit: <http://www.athleticsja.org/> Entries portal opens May 18, 2023
5. A Valid Jamaican Passport expiring after January 1, 2024 is needed to complete the Entry.
6. Team Selection for:
  - a. World Athletics Championships, Budapest Hungary – August 19-27, 2023
  - b. NACAC U23 Championships, San Jose Costa Rica – July 21-23, 2023
  - c. PANAM Games, Santiago de Chile, Chile – Oct 20 – Nov 5, 2023

NOTE: CAC Games (July 2-8) & World University Games are not being selected from the Championships.