



# Jamaica Athletics Administrative Association

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## CARIFTA TRIALS – ENTRY STANDARDS

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
11.50 m	11.83 m	Shot Put	14.80 m	15.30 m
35.00 m	32.41 m	Discus	45.00 m	40.00 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	
<b>BORN:</b> 2003 or after	<b>BORN:</b> 2006 or after		<b>BORN:</b> 2003 or after	<b>BORN:</b> 2006 or after

### NOTE:

- All entries will be verified based on the Standards listed above
- Athletes entered with performance below the entry standards may be invited based on their rankings in the JAAA/ISSA National Ranking System <https://issasports.com/appv1/standings.php> as follows:

- 100m – 800m            Top 24
- 1500m – 5000m        Top 15
- Field Events            Top 16

**ATHLETES NOT ENTERED WILL NOT BE INVITED**

**ENTRIES CLOSE - MARCH 8, 2022 AT 12 MIDDAY**

<https://athleticsja.org/events/carifta-trials>