



**Entry Standards  
for National Junior Trials**

<b>EVENTS</b>	<b>GIRLS U18</b>	<b>GIRLS U20</b>	<b>BOYS U18</b>	<b>BOYS U20</b>
<b>100 M</b>	12.00	11.90	11.20	10.80
<b>200 M</b>	25.00	24.60	22.80	22.00
<b>400 M</b>	57.50	56.00	52.00	49.00
<b>800 M</b>	2:17.90	2:15.40	2:03.00	1:55.00
<b>1500 M</b>	4:53.35	4:46.45	4:11.80	4:10.00
<b>3000/5000 M</b>		10:42.25		16:59.00
<b>100 M/110 M Hurdles</b>	14.55	14.30	14.90	14.50
<b>400M Hurdles</b>	3:00.00	1:01.50	56.45	54.90
<b>High Jump</b>	1.50	1.67	1.91	2.00
<b>Long Jump</b>	5.40	5.70	6.40	6.60
<b>Triple Jump</b>	11.50	12.00	14.00	14.80
<b>Pole Vault</b>			3.20	3.20
<b>Shot Put</b>	11.00	11.50	14.00	14.50
<b>Discus Throw</b>	33.50	40.00	40.00	45.00
<b>Javelin</b>	35.20	40.00	48.00	55.00