



CARIFTA TRIALS – ENTRY REQUIREMENTS

March 3 – 4, 2018 at the National Stadium

1. **ALL ATHLETES ENTERING THE TRIALS MUST BE THE HOLDER OF A JAMAICAN WITH AT LEAST SIX (6) MONTHS VALIDITY. i.e. SEPTEMBER 30, 2018.**
 2. ENTRIES CLOSE AT 3:30 PM ON FRIDAY, FEBRUARY 23, 2018. ALL ENTRIES MUST BE DONE USING THE OFFICIAL ENTRY FORM
 3. NO ENTRY WILL BE ACCEPTED OVER THE TELEPHONE.
 4. NO ATHLETE WILL BE ALLOWED TO ENTER IF HE/SHE HAS NOT REACHED THE QUALIFYING STANDARD, WHICH CAN ONLY BE ATTAINED AT A JAAA SANCTIONED MEET.
 5. COACHES ARE ASKED TO DECLARE ENTRIES FOR SATURDAY'S EVENTS BY 9:00 A.M. ON SATURDAY
 6. THE IAAF RULE PERTAINING TO FALSE START WILL BE OBSERVED, THAT IS ANY ATHLETE RESPONSIBLE FOR A FALSE START WILL BE DISQUALIFIED EXCEPT IN A COMBINED EVENT.
 7. ALL ENTRIES MUST BE ACCOMPANIED BY A COPY OF THE BIO PAGE OF THE ATHLETE'S PASSPORT. ATHLETES WITHOUT PROPER CERTIFICATION WILL NOT BE ALLOWED TO PARTICIPATE IN THE MEET.
 8. PROCESSING FEE IS J\$500 PER ATHLETE. NO ENTRY WILL BE ACCEPTED WITHOUT FULL PAYMENT.
- AND ENTRIES FOR SUNDAY'S EVENTS BY 4:00 P.M. ON SATURDAY.

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	
BORN: 1999 or after	BORN: 2002 or after		BORN: 1999 or after	BORN: 2002 or after