



**Entry Standards
for 2016 National Junior Trials**

EVENTS	WOMEN U18	WOMEN U20	MEN U18	MEN U20
100 M	12.30	11.90	11.20	10.80
200 M	25.00	24.60	22.80	22.00
400 M	57.50	56.00	52.00	49.00
800 M	2:17.90	2:15.40	2:03.00	1:55.00
1500 M	4:53.35	4:46.45	4:11.80	4:10.00
3000 M		10:42.25		
5000 M				16:59.01
100 M Hurdles	14.55	14.30		
110 M Hurdles			14.90	14.50
400M Hurdles	1:03.00	1:01.50	56.45	54.90
High Jump	1.50	1.67	1.91	2.00
Long Jump	5.40	5.70	6.40	6.60
Triple Jump	11.50	12.00	14.00	14.80
Pole Vault			3.20	3.20
Shot Put	11.00	11.50	14.00	14.50
Discus Throw	33.50	40.00	40.00	45.00
Javelin	35.20	40.00	48.00	55.00

U18: Born 1999 and after

U20: Born 1998 or 1997