



**2021 JAAA National Junior Championships
ENTRY STANDARDS**

GIRLS		EVENTS	BOYS	
Under 20	Under 18		Under 20	Under 18
11.90	12.30	100 metres	10.80	11.10
24.60	25.00	200 metres	22.20	22.80
56.00	57.50	400 metres	49.00	52.00
2:20.00	2:25.00	800 metres	2:00.00	2:03.00
5:03.00	5:14.00	1,500 metres	4:15.00	4:18.00
15.00	15.00	100/110 Hurdles	14.80	15.0
1:06.00	1:06.00	400 Hurdles	56.00	56.0
5.40 m	5.20 m	Long Jump	6.80 m	6.40 m
1.55 m	1.45 m	High Jump	1.80 m	1.70 m
11.50 m	10.00 m	Shot Put	14.00 m	13.50 m
35.00 m	28.00 m	Discus	40.00 m	40.00 m
30.00 m	27.00 m	Javelin	45.00 m	40.00 m
11.00 m		Triple Jump	14.00 m	13.50 m
13:00.00		3000/5000 m OPEN	17:00.00	
		Pole Vault OPEN	3.20 m	
BORN:			BORN:	
2005, 2004, 2003 or 2002	2004 or 2005 and after		2005, 2004, 2003 or 2002	2004 or 2005 and after