

**2009 JUNIOR OLYMPIC PERFORMANCE STANDARDS
BOYS**

Bantam Boys (born 1999 or later)

| | |
|--------------------|----------|
| 100m | 13.82 |
| 200m | 28.03 |
| 400m | 1:06.13 |
| 800m | 2:34.89 |
| 1500m | 5:15.30 |
| 1500m Race Walk | 12:22.81 |
| 4x100 Relay | 55.95 |
| 4x400 Relay | 4:39.94 |
| High Jump | 1.27 |
| Long Jump | 4.29 |
| Shot Put (6 lb) | 8.57 |
| Mini Javelin Throw | 29.45 |
| Triathlon | 578 |

Midget Boys (born 1997-98)

| | |
|---------------------|----------|
| 100m | 12.82 |
| 200m | 26.65 |
| 400m | 1:04.43 |
| 800m | 2:29.51 |
| 1500m | 4:51.21 |
| 3000m | 10:37.31 |
| 80m Hurdles (30") | 13.11 |
| 1500m Race Walk | 9:49.18 |
| 4x100 Relay | 51.43 |
| 4x400 Relay | 4:15.53 |
| 4x800 Relay | 10:24.57 |
| High Jump | 1.43 |
| Long Jump | 4.82 |
| Shot Put (6 lb) | 11.59 |
| Discus Throw (1 kg) | 28.27 |
| Mini Javelin Throw | 36.79 |
| Pentathlon | 1972 |

Youth Boys (born 1995-96)

| | |
|---------------------|----------|
| 100m | 11.74 |
| 200m | 23.72 |
| 400m | 53.05 |
| 800m | 2:08.99 |
| 1500m | 4:24.24 |
| 3000m | 9:47.28 |
| 100m Hurdles (33") | 14.56 |
| 200m Hurdles (30") | 27.00 |
| 3000m Race Walk | 21:17.49 |
| 4x100 Relay | 47.03 |
| 4x400 Relay | 3:42.90 |
| 4x800 Relay | 9:16.15 |
| High Jump | 1.68 |
| Pole Vault | 3.00 |
| Long Jump | 5.80 |
| Triple Jump | 11.88 |
| Shot Put (4kg) | 13.91 |
| Discus Throw (1 kg) | 42.96 |
| Javelin Throw | 44.18 |
| Pentathlon | 2472 |

Intermediate Boys (born 1993-94)

| | |
|----------------------|----------|
| 100m | 11.07 |
| 200m | 22.20 |
| 400m | 49.75 |
| 800m | 2:06.28 |
| 1500m | 4:11.32 |
| 3000m | 9:19.22 |
| 110m Hurdles (39") | 18.12 |
| 400m Hurdles (36") | 59.33 |
| 2000m Steeplechase | 6:44.75 |
| 3000m Race Walk | 19:47.16 |
| 4x100 Relay | 45.94 |
| 4x400 Relay | 3:38.44 |
| 4x800 Relay | 8:40.73 |
| High Jump | 1.87 |
| Pole Vault | 4.15 |
| Long Jump | 6.60 |
| Triple Jump | 13.27 |
| Shot Put (12 lb) | 14.68 |
| Discus Throw (1 kg) | 43.33 |
| Hammer Throw (4 kg) | 39.55 |
| Javelin Throw (600g) | 47.72 |
| Decathlon | 4867 |

Young Men (born 1991-92)*

| | |
|----------------------|----------|
| 100m | 10.85 |
| 200m | 21.89 |
| 400m | 50.15 |
| 800m | 1:59.08 |
| 1500m | 4:07.86 |
| 5000m | 16:14.82 |
| 110m Hurdles (39") | 14.33 |
| 400m Hurdles (36") | 56.03 |
| 2000m Steeplechase | 6:26.27 |
| 3000m Race Walk | 20:28.79 |
| 4x100 Relay | 42.35 |
| 4x400 Relay | 3:20.53 |
| 4x800 Relay | 8:08.29 |
| High Jump | 1.98 |
| Pole Vault | 4.65 |
| Long Jump | 7.04 |
| Triple Jump | 14.28 |
| Shot Put (12 lb) | 15.97 |
| Discus Throw (1 kg) | 49.48 |
| Hammer Throw (4 kg) | 48.35 |
| Javelin Throw (600g) | 51.32 |
| Decathlon | 5908 |

*1990 if born on or after August 2

* These standards are used solely to determine if the fourth place regional finisher may advance in place of a qualifier who is unable to do so. Opening heights are determined by the Youth Nationals standards.