

**2009 JUNIOR OLYMPIC PERFORMANCE STANDARDS
GIRLS**

Bantam Girls (born 1999 or later)

| | |
|--------------------|----------|
| 100m | 14.20 |
| 200m | 30.35 |
| 400m | 1:06.98 |
| 800m | 2:43.52 |
| 1500m | 5:28.21 |
| 1500m Race Walk | 10:06.68 |
| 4x100 Relay | 58.20 |
| 4x400 Relay | 4:56.93 |
| High Jump | 1.17 |
| Long Jump | 3.88 |
| Shot Put (6 lb) | 7.63 |
| Mini Javelin Throw | 21.74 |
| Triathlon | 868 |

Midget Girls (born 1997-98)

| | |
|---------------------|----------|
| 100m | 13.15 |
| 200m | 26.81 |
| 400m | 1:01.33 |
| 800m | 2:28.50 |
| 1500m | 5:04.03 |
| 3000m | 11:16.65 |
| 80m Hurdles (30") | 13.99 |
| 1500m Race Walk | 9:56.38 |
| 4x100 Relay | 54.12 |
| 4x400 Relay | 4:22.73 |
| 4x800 Relay | 10:39.37 |
| High Jump | 1.40 |
| Long Jump | 4.58 |
| Shot Put (6 lb) | 10.08 |
| Discus Throw (1 kg) | 22.45 |
| Mini Javelin Throw | 29.69 |
| Pentathlon | 2390 |

Youth Girls (born 1995-96)

| | |
|---------------------|----------|
| 100m | 12.56 |
| 200m | 25.70 |
| 400m | 1:00.01 |
| 800m | 2:22.76 |
| 1500m | 4:54.16 |
| 3000m | 10:51.18 |
| 100m Hurdles (30") | 15.22 |
| 200m Hurdles (30") | 29.24 |
| 3000m Race Walk | 19:55.41 |
| 4x100 Relay | 49.51 |
| 4x400 Relay | 4:03.75 |
| 4x800 Relay | 10:20.41 |
| High Jump | 1.53 |
| Pole Vault | 2.68 |
| Long Jump | 5.12 |
| Triple Jump | 10.25 |
| Shot Put (6 lb) | 12.48 |
| Discus Throw (1 kg) | 31.17 |
| Javelin Throw | 28.52 |
| Pentathlon | 2754 |

Intermediate Girls (born 1993-94)

| | |
|----------------------|----------|
| 100m | 12.22 |
| 200m | 24.70 |
| 400m | 57.67 |
| 800m | 2:22.86 |
| 1500m | 4:52.00 |
| 3000m | 10:52.94 |
| 100m Hurdles (30") | 15.69 |
| 400m Hurdles (30") | 1:05.93 |
| 2000m Steeplechase | 8:03.80 |
| 3000m Race Walk | 21:13.61 |
| 4x100 Relay | 48.63 |
| 4x400 Relay | 4:00.31 |
| 4x800 Relay | 10:01.05 |
| High Jump | 1.60 |
| Pole Vault | 3.37 |
| Long Jump | 5.39 |
| Triple Jump | 11.42 |
| Shot Put (4 kg) | 11.54 |
| Discus Throw (1 kg) | 36.28 |
| Hammer Throw (4 kg) | 31.76 |
| Javelin Throw (600g) | 34.18 |
| Heptathlon | 3962 |

Young Women (born 1991-92)*

| | |
|----------------------|----------|
| 100m | 11.97 |
| 200m | 24.35 |
| 400m | 56.11 |
| 800m | 2:25.51 |
| 1500m | 4:56.10 |
| 3000m | 10:57.27 |
| 100m Hurdles (33") | 14.56 |
| 400m Hurdles (30") | 1:04.34 |
| 2000m Steeplechase | 8:05.20 |
| 3000m Race Walk | 20:25.59 |
| 4x100 Relay | 49.09 |
| 4x400 Relay | 3:51.70 |
| 4x800 Relay | 10:02.58 |
| High Jump | 1.62 |
| Pole Vault | 3.47 |
| Long Jump | 5.57 |
| Triple Jump | 11.57 |
| Shot Put (4 kg) | 12.52 |
| Discus Throw (1 kg) | 38.71 |
| Hammer Throw (4 kg) | 36.12 |
| Javelin Throw (600g) | 34.98 |
| Heptathlon | 4104 |

*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.