

**2008 JUNIOR OLYMPIC PERFORMANCE STANDARDS**  
**GIRLS**

**Bantam Girls (born 1998 or later)**

100m	14.17
200m	30.25
400m	1:07.19
800m	2:40.73
1500m	5:26.25
1500m Race Walk	10:00.63
4x100 Relay	58.14
4x400 Relay	4:54.76
High Jump	1.18
Long Jump	3.88
Shot Put (6 lb)	7.60
Mini Javelin Throw	21.38
Triathlon	889

**Midget Girls (born 1996-97)**

100m	13.14
200m	26.51
400m	1:02.10
800m	2:31.45
1500m	5:03.38
3000m	11:08.03
80m Hurdles (30")	13.35
1500m Race Walk	9:01.10
4x100 Relay	55.12
4x400 Relay	4:20.21
4x800 Relay	10:43.04
High Jump	1.40
Long Jump	4.67
Shot Put (6 lb)	10.15
Discus Throw (1 kg)	22.84
Mini Javelin Throw	29.90
Pentathlon	2400

**Youth Girls (born 1994-95)**

100m	13.12
200m	25.71
400m	1:00.21
800m	2:20.96
1500m	4:52.28
3000m	10:47.98
100m Hurdles (30")	15.40
200m Hurdles (30")	28.86
3000m Race Walk	18:55.24
4x100 Relay	49.52
4x400 Relay	4:03.94
4x800 Relay	10:16.29
High Jump	1.53
Pole Vault	2.65
Long Jump	5.15
Triple Jump	10.27
Shot Put (6 lb)	12.30
Discus Throw (1 kg)	30.44
Javelin Throw	29.88
Pentathlon	2767

**Intermediate Girls (born 1992-93)**

100m	12.14
200m	24.82
400m	57.33
800m	2:21.81
1500m	4:48.76
3000m	10:49.43
100m Hurdles (30")	15.04
400m Hurdles (30")	1:06.04
2000m Steeplechase	8:10.32
3000m Race Walk	20:54.33
4x100 Relay	48.39
4x400 Relay	4:00.27
4x800 Relay	9:55.44
High Jump	1.62
Long Jump	5.41
Triple Jump	11.40
Shot Put (4 kg)	11.61
Discus Throw (1 kg)	36.13
Hammer Throw (4 kg)	30.07
Javelin Throw (600g)	32.90
Heptathlon	3997

**Young Women (born 1990-91)\***

100m	12.18
200m	24.43
400m	56.39
800m	2:22.46
1500m	4:57.29
3000m	11:11.10
100m Hurdles (33")	14.47
400m Hurdles (30")	1:04.12
2000m Steeplechase	8:08.77
3000m Race Walk	20:29.32
4x100 Relay	46.99
4x400 Relay	3:50.72
4x800 Relay	10:03.78
High Jump	1.63
Pole Vault	3.45
Long Jump	5.49
Triple Jump	11.54
Shot Put (4 kg)	12.43
Discus Throw (1 kg)	38.51
Hammer Throw (4 kg)	32.54
Javelin Throw (600g)	34.79
Heptathlon	4246

\*1989 if born on or after July 30

**2008 JUNIOR OLYMPIC PERFORMANCE STANDARDS  
BOYS**

**Bantam Boys (born 1998 or later)**

100m	13.68
200m	27.97
400m	1:04.71
800m	2:45.09
1500m	5:11.60
1500m Race Walk	11:34.44
4x100 Relay	55.55
4x400 Relay	4:38.50
High Jump	1.27
Long Jump	4.24
Shot Put (6 lb)	8.50
Mini Javelin Throw	29.39
Triathlon	623

**Midget Boys (born 1996-97)**

100m	12.74
200m	26.84
400m	1:04.83
800m	2:27.00
1500m	4:50.57
3000m	10:31.48
80m Hurdles (30")	14.18
1500m Race Walk	9:38.93
4x100 Relay	51.51
4x400 Relay	4:12.93
4x800 Relay	10:21.26
High Jump	1.45
Long Jump	4.81
Shot Put (6 lb)	11.59
Discus Throw (1 kg)	28.62
Mini Javelin Throw	37.12
Pentathlon	2088

**Youth Boys (born 1994-95)**

100m	12.63
200m	23.56
400m	53.03
800m	2:08.67
1500m	4:23.27
3000m	9.48.68
100m Hurdles (33")	14.37
200m Hurdles (30")	26.61
3000m Race Walk	20:05.80
4x100 Relay	47.19
4x400 Relay	3:41.73
4x800 Relay	9:15.15
High Jump	1.70
Pole Vault	3.10
Long Jump	5.80
Triple Jump	11.74
Shot Put (6 lb)	13.49
Discus Throw (1 kg)	43.21
Javelin Throw	42.24
Pentathlon	2488

**Intermediate Boys (born 1992-93)**

100m	11.56
200m	21.99
400m	50.18
800m	2:06.10
1500m	4:09.85
3000m	9:21.42
110m Hurdles (39")	16.43
400m Hurdles (36")	57.89
2000m Steeplechase	6:51.11
3000m Race Walk	20:10.60
4x100 Relay	44.73
4x400 Relay	3:37.95
4x800 Relay	8:30.59
High Jump	1.85
Long Jump	6.56
Triple Jump	13.17
Shot Put (4 kg)	14.54
Discus Throw (1 kg)	45.03
Hammer Throw (4 kg)	38.97
Javelin Throw (600g)	46.41
Heptathlon	4951

**Young Men (born 1990-91)\***

100m	10.91
200m	21.81
400m	49.63
800m	1:58.14
1500m	4:05.80
5000m	16:09.10
110m Hurdles (39")	14.50
400m Hurdles (36")	56.77
2000m Steeplechase	6:34.01
3000m Race Walk	19:54.20
4x100 Relay	42.11
4x400 Relay	3:19.33
4x800 Relay	8:03.94
High Jump	1.98
Pole Vault	4.57
Long Jump	6.93
Triple Jump	14.40
Shot Put (4 kg)	16.25
Discus Throw (1 kg)	48.95
Hammer Throw (4 kg)	46.72
Javelin Throw (600g)	34.48
Heptathlon	4246lk

\*1989 if born on or after July 30