

USA TRACK & FIELD
2006 Youth Outdoor National Championships
Greensboro, NC
June 27 – July 2
Terms and Conditions

1. Athletes who are 18 years old and will reach their 19th birthday before August 1, 2006 are not eligible to compete in Youth Athletics competition at any time during the 2006 competition year. Those who reach their 19th birthday on or after August 1 are eligible to compete as Young Men/Young Women in competitions held before August 1.
2. Qualification for this meet requires performances equal to or better than the published qualification standards. Qualifying performances must have been achieved in a meet held after July 5, 2005 with at least 5 athletes competing in the event. (Qualification standards are a long-term average of eighth place performance in this Championship.)
3. Starting heights for high jump will be 10 centimeters below the stated standard; starting heights for pole vault will be 30 centimeters below the standard.
4. Times submitted in hundredths of seconds must be Fully Automatic Times (FAT). Hand times must be rounded up to the next tenth of a second.
5. Composite scores may be computed for combined events using point scores for the athlete's best performance in each individual event since July 5, 2005.
6. No standards are published for the 2000 meter Steeplechase (Intermediate Girls, Young Women) or the hammer throw (Intermediate Boys/Girls, Young Men/Women). These are relatively new events and insufficient data are available to establish standards.

For Further Information

For entry packets or information about the meet, contact Roy Thompson at (336) 334-7374

2006 Boys' Youth Outdoor Performance Standards

BANTAM BOYS – (Born 1996 or later)

<u>EVENTS</u>	<u>FAT</u>	<u>MANUAL</u>
100m	15.74	15.5
200m	29.64	29.4
400m	1:10.74	1:10.6
800m	2:44.00	2:44.0
1500m	5:26.00	5:26.0
1600m	5:48.00	5:48.0
1500m Race Walk	11:44.00	11:44.0
High Jump	1.15	3-9
Long Jump	3.76	12-4
Shot Put (6 lb)	6.63	21-9
Mini Javelin Throw	18.75	61-6
400m Relay	1:00.14	1:00.0
1600m Relay	5:15.00	5:15.0
Triathlon	431	

MIDGET BOYS - (Born 1994-95)

<u>EVENTS</u>	<u>FAT</u>	<u>MANUAL</u>
100m	13.44	13.2
200m	27.64	27.4
400m	1:03.94	1:03.8
800m	2:34.00	2:34.0
1500m	5:00.00	5:00.0
1600m	5:20.00	5:20.0
3000m	11:03.00	11:03.0
3200m	11:48.00	11:48.0
1500m Race Walk	10:43.00	10:43.0
80m Hurdles (30")	14.64	14.4
High Jump	1.35	4-5
Long Jump	4.48	14-8
Shot Put (6 lb)	9.33	30-7
Discus Throw (1 kg)	21.94	72-0
Mini Javelin Throw	25.67	84-3
400m Relay	55.44	55.3
1600m Relay	4:31.00	4:31.0
3200m Relay	11:13.00	11:13.0
Pentathlon	1693	

YOUTH BOYS - (Born 1992-93)

<u>EVENTS</u>	<u>FAT</u>	<u>MANUAL</u>
100m	12.24	12.0
200m	24.84	24.6
400m	55.74	55.6
800m	2:13.00	2:13.0
1500m	4:34.00	4:34.0
1600m	4:53.00	4:53.0
3000m	10:10.00	10:10.0
3200m	10:52.00	10:52.0
3000m Race Walk	20:25.00	20:25.0
100m Hurdles (33")	16.04	15.8
200m Hurdles (30")	29.34	29.1
Pole Vault	2.55	8-4
High Jump	1.55	5-1
Long Jump	5.34	17-6
Triple Jump	9.80	32-2
Shot Put (4 kg)	11.64	38-2
Discus (1 kg)	34.10	111-11
Javelin (600 g)	30.94	101-6
400m Relay	49.74	49.6
1600m Relay	3:58.00	3:58.0
3200m Relay	9:47.00	9:47.0
Pentathlon	2162	

INTERMEDIATE BOYS – (Born 1990-91)

<u>EVENTS</u>	<u>FAT</u>	<u>MANUAL</u>
100m	11.54	11.3
200m	23.14	22.9
400m	51.84	51.7
800m	2:04.00	2:04.0
1500m	4:20.00	4:20.0
1600m	4:37.00	4:37.0
3000m	9:45.00	9:45.0
3200m	10:25.00	10:25.0
5000m Race Walk	32:43.00	32:43.0
110m Hurdles (39")	16.94	16.7
300m Hurdles (36")	45.84	45.7
400m Hurdles (36")	1:03.64	1:03.5
2000m Steeplechase	7:47.00	7:47.0
Pole Vault	3.60	11-10
High Jump	1.75	5-9
Long Jump	5.94	19-6
Triple Jump	11.59	38-0
Shot Put (12 lb)	12.73	41-9
Discus Throw (1.6 kg)	37.78	123-11
Javelin Throw (800 g)	38.88	127-7
Hammer Throw (12 lb)	New Event	
400m Relay	45.34	45.2
1600m Relay	3:42.00	3:42.0
3200m Relay	9:20.00	9:20.0
Decathlon	4056	

YOUNG MEN – (Born 1988-89)

<u>EVENTS</u>	<u>FAT</u>	<u>MANUAL</u>
100m	11.34	11.1
200m	22.44	22.2
400m	50.24	50.1
800m	2:04.00	2:04.0
1500m	4:18.00	4:18.0
1600m	4:35.00	4:35.0
5000m	17:24.00	17:24.0
5000m Race Walk	33:16.00	33:16.0
110m Hurdles (39")	15.54	15.3
300m Hurdles (36")	42.64	42.5
400m Hurdles (36")	58.14	58.0
2000m Steeplechase	7:20.00	7:20.0
Pole Vault	4.03	13-0
High Jump	1.85	6-1
Long Jump	6.53	21-5
Triple Jump	12.92	42-5
Shot Put (12 lb)	14.34	47-1
Discus Throw (1.6 kg)	42.00	137-10
Javelin Throw (800 g)	41.88	137-5
Hammer Throw (12 lb)	New Event	
400m Relay	43.64	43.5
1600m Relay	3:31.00	3:31.0
3200m Relay	8:39.00	8:39.0
Decathlon	4537	

* 1987 if born after August 1st

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2006 Girls' Youth Outdoor Performance Standards

BANTAM GIRLS – (Born 1996 or later)

<u>EVENTS</u>	<u>FAT</u>	<u>MANUAL</u>
100m	15.04	14.8
200m	30.84	30.6
400m	1:10.94	1:10.8
800m	2:47.00	2:47.0
1500m	5:49.00	5:49.0
1600m	6:13.00	6:13.0
1500m Race Walk	11:24.00	11:24.0
High Jump	1.05	3-5
Long Jump	3.56	11-8
Shot Put (6 lb)	5.51	18-1
Mini Javelin Throw	12.15	39-10
400m Relay	1:04.94	1:04.8
1600m Relay	5:33.00	5:33.0
Triathlon	598	

MIDGET GIRLS - (Born 1994-95)

<u>EVENTS</u>	<u>FAT</u>	<u>MANUAL</u>
100m	13.64	13.4
200m	27.84	27.6
400m	1:05.64	1:05.5
800m	2:41.00	2:41.0
1500m	5:16.00	5:16.0
1600m	5:37.00	5:37.0
3000m	11:46.00	11:46.0
3200m	12:34.00	12:34.0
1500m Race Walk	10:32.00	10:32.0
80m Hurdles (30")	14.84	14.6
High Jump	1.30	4-3
Long Jump	4.19	13-9
Shot Put (6 lb)	7.81	25-7
Discus Throw (1 kg)	16.61	54-6
Mini Javelin Throw	14.51	47-7
400m Relay	56.94	56.8
1600m Relay	4:42.00	4:42.0
3200m Relay	11:47.00	11:47.0
Pentathlon	1969	

YOUTH GIRLS - (Born 1992-93)

<u>EVENTS</u>	<u>FAT</u>	<u>MANUAL</u>
100m	13.04	12.8
200m	26.34	26.1
400m	59.74	59.6
800m	2:27.00	2:27.0
1500m	5:04.00	5:04.0
1600m	5:24.00	5:24.0
3000m	11:15.00	11:15.0
3200m	12:01.0	12:01.0
3000m Race Walk	21:15.00	21:15.0
100m Hurdles (30")	16.74	16.5
200m Hurdles (30")	31.04	30.8
Pole Vault	1.75	5-9
High Jump	1.45	4-9
Long Jump	4.74	15-7
Triple Jump	9.39	30-10
Shot Put (6 lb)	10.30	33-10
Shot Put (4 kg)	8.31	27-3
Discus (1 kg)	24.38	80-0
Javelin (600 g)	20.53	67-4
400m Relay	52.34	52.2
1600m Relay	4:38.00	4:38.0
3200m Relay	11:01.00	11:01.0
Pentathlon	2131	

INTERMEDIATE GIRLS – (Born 1990-91)

<u>EVENTS</u>	<u>FAT</u>	<u>MANUAL</u>
100m	12.74	12.5
200m	26.34	26.1
400m	58.64	58.5
800m	2:25.00	2:25.0
1500m	5:06.00	5:06.0
1600m	5:26.00	5:26.0
3000m	11:27.00	11:27.0
3200m	12:14.00	12:14.0
5000m Race Walk	35:32.00	35:32.0
100m Hurdles (33")	15.94	15.7
300m Hurdles (30")	52.14	52.0
400m Hurdles (30")	1:12.34	1:12.2
2000m Steeplechase	New Event	
Pole Vault	2.05	6-9
High Jump	1.45	4-9
Long Jump	4.90	16-1
Triple Jump	10.19	33-5
Shot Put (4 kg)	9.73	31-11
Discus Throw (1 kg)	30.28	99-4
Javelin Throw (600 g)	24.24	79-6
Hammer Throw (4 kg)	New Event	
400m Relay	50.54	50.4
1600m Relay	4:11.00	4:11.0
3200m Relay	10:59.00	10:59.0
Heptathlon	3048	

YOUNG WOMEN – (Born 1988-89)

<u>EVENTS</u>	<u>FAT</u>	<u>MANUAL</u>
100m	12.74	12.5
200m	26.04	25.8
400m	59.64	59.5
800m	2:30.00	2:30.0
1500m	5:15.00	5:15.0
1600m	5:36.00	5:36.0
3000m	12:18.00	12:18.0
3200m	13:08.00	13:08.0
5000m Race Walk	36:19.00	36:19.0
100m Hurdles (33")	16.04	15.8
300m Hurdles (30")	49.14	49.0
400m Hurdles (30")	1:08.14	1:08.00
2000m Steeplechase	New Event	
Pole Vault	2.15	7-1
High Jump	1.50	4-11
Long Jump	5.11	16-9
Triple Jump	10.40	34-1
Shot Put (4 kg)	10.07	33-0
Discus Throw (1 kg)	32.11	105-4
Javelin Throw (600 g)	24.75	81-2
Hammer Throw (4 kg)	New Event	
400m Relay	50.94	50.8
1600m Relay	4:12.00	4:12.0
3200m Relay	10:58.00	10:58.0
Heptathlon	2889	

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