

2018 Youth Outdoor Performance Guidelines

Girls

7-8 Girls (born 2010 +)

100m	16.37
200m	35.57
400m	1:25.28
800m	3:21.58
1500m	7:13.28
Long Jump	2.44
Shot Put (2 kg)	3.17
Mini Javelin Throw	7.08
4x100m	1:12.79
4x400m	6:02.37

9-10 Girls (born 2008-2009)

100m	15.18
200m	31.26
400m	1:11.09
800m	2:49.88
1500m	5:58.13
1500m Race Walk	11:22.72
High Jump	1.10
Long Jump	3.40
Shot Put (6 lb)	4.99
Mini Javelin	12.92
400m Relay	1:03.81
1600m Relay	5:31.69
Triathlon	487

11-12 Girls (born 2006-2007)

100m	13.76
200m	28.30
400m	1:05.37
800m	2:40.78
1500m	5:19.10
3000m	12:18.58
1500m Race Walk	10:42.58
80m H (30")	16.35
High Jump	1.30
Long Jump	4.15
Shot Put (6 lb)	7.21
Discus (1 kg)	14.59
Mini Javelin	17.27
400m Relay	58.28
1600m Relay	4:49.4
3200m Relay	11:34.22
Pentathlon	1677

13-14 Girls I (born 2004-2005)

100m	13.16
200m	26.70
400m	1:01.69
800m	2:29.72
1500m	5:02.41
3000m	11:13.52
3000m Race Walk	22:30.48
100m H (30")	16.76
200m H (30")	31.85
Pole Vault	2.20
High Jump	1.40
Long Jump	4.56
Triple Jump	9.14
Shot Put (6 lb)	9.90
Discus (1 kg)	24.96
Javelin (600 g)	22.32
400m Relay	54.63
1600m Relay	4:32.40
3200m Relay	11:00.06
Pentathlon	1851

15-16 Girls (born 2002-2003)

100m	12.77
200m	26.01
400m	59.69
800m	2:31.56
1500m	5:14.37
3000m	11:37.96
3000m Race Walk	20:13.10
100m H (33")	17.34
400m H (30")	1:13.65
2000m SC	9:30.50
Pole Vault	2.50
High Jump	1.50
Long Jump	4.85
Triple Jump	9.94
Shot Put (4 kg)	9.88
Discus (1 kg)	30.84
Hammer Throw	22.82
Javelin (600 g)	25.18
400m Relay	53.19
1600m Relay	4:16.93
3200m Relay	10:58.63
Heptathlon	2746

17-18 Women (born 2000-2001) *

100m	12.65
200m	25.67
400m	59.43
800m	2:30.51
1500m	5:13.08
3000m	12:08.43
3000m Race Walk	19:55.27
100m H (33")	15.70
400m H (30")	1:08.68
2000m SC	9:24.32
Pole Vault	2.90
High Jump	1.55
Long Jump	5.15
Triple Jump	10.38
Shot Put (4 kg)	10.41
Discus (1 kg)	33.63
Hammer Throw	26.98
Javelin (600 g)	26.32
400m Relay	50.71
1600m Relay	4:15.81
3200m Relay	10:31.99
Heptathlon	3095

* 1999 if born on or after July 29

2018 Youth Outdoor Performance Guidelines

Boys

7-8 Boys (born 2010+)

100m	16.3
200m	34.79
400m	1:20.62
800m	3:10.8
1500m	6:31.9
Long Jump	2.77
Shot Put (2 kg)	3.53
Mini Javelin Throw	11.48
4x100m	1:13.09
4x400m	5:56.58

9-10 Boys (born 2008-2009)

100m	14.52
200m	30.17
400m	1:11.82
800m	2:47.75
1500m	5:29.54
1500m RaceWalk	12:10.15
High Jump	1.05
Long Jump	3.65
Shot Put (6 lb)	5.32
Mini Javelin	20.54
400m Relay	1:01.75
1600m Relay	5:08.35
Triathlon	346

11-12 Boys (born 2006-2007)

100m	13.50
200m	27.66
400m	1:03.10
800m	2:29.52
1500m	5:03.22
3000m	10:59.02
1500m RaceWalk	11:13.17
80m H (30")	15.83
High Jump	1.30
Long Jump	4.38
Shot Put (6 lb)	8.48
Discus (1 kg)	16.97
Mini Javelin	26.57
400m Relay	56.87
1600m relay	4:40.17
3200m Relay	11:18.38
Pentathlon	1575

13-14 Boys (born 2004-2005)

100m	12.24
200m	24.60
400m	56.16
800m	2:12.86
1500m	4:30.87
3000m	9:59.77
3000m Race Walk	21:55.08
100m H (33")	19.07
200m H (30")	29.28
Pole Vault	2.65
High Jump	1.55
Long Jump	4.99
Triple Jump	9.46
Shot Put (4 kg)	10.17
Discus (1 kg)	30.71
Javelin (600 g)	29.33
400m Relay	50.57
1600m Relay	4:05.35
3200m Relay	9:58.71
Pentathlon	1595

15-16 Boys (born 2002-2003)

100m	11.62
200m	23.25
400m	52.07
800m	2:06.76
1500m	4:20.59
3000m	9:45.30
3000m Race Walk	19:43.77
110m H (39")	18.13
400m H (36")	1:06.56
2000m SC	7:58.41
Pole Vault	3.55
High Jump	1.70
Long Jump	5.61
Triple Jump	11.02
Shot Put (12 lb)	11.46
Discus (1.6 kg)	34.20
Hammer Throw	30.95
Javelin (800 g)	33.86
400m Relay	45.89
1600m Relay	3:44.86
3200m Relay	8:53.74
Decathlon	3842

17-18 Men (born 2000-2001)*

100m	11.30
200m	22.64
400m	50.09
800m	2:01.75
1500m	4:14.02
3000m	9:50.42
3000m Race Walk	18:16.33
110m H (39")	15.39
400m H (36")	1:00.92
2000m SC	7:15.11
Pole Vault	4.10
High Jump	1.80
Long Jump	6.31
Triple Jump	12.36
Shot Put (12 lb)	13.97
Discus (1.6 kg)	42.63
Hammer Throw	40.69
Javelin (800 g)	40.73
400m Relay	44.95
1600m Relay	3:34.13
3200m Relay	8:29.57
Decathlon	3799

*1999 if born on or after July 29