

VIRGIN ISLANDS CARIFTA GAMES 2024 QUALIFICATION STANDARDS				
EVENT	U17 GIRLS	U20 GIRLS	U17 BOYS	U20 BOYS
100m	12:15	11.80	11.10	10.70
200m	24:65	24.20	22.30	21.60
400m	58.25	56.40	49.80	49.10
800m	2:22:00	2:19:00	2:00.00	1:57.00
1500m	5:07:00	5:00:00	4:20:00	4.12.00
3000m/5000m	11:00	11:00	10:55	16:30
100mH/110mH	14:85	14.50	14.90	14.50
400mH	1.05.50	01.02.70	56.00	54.00
LJ	5.35m	5.30m	6.10m	7.20m
HJ	1.55m	1.64m	1.80m	1.90m
TJ	10.00m	11.50m	13.50m	14.80m
DISCUS	31.00m 1kg	38.65m 1kg	41.50m 1.75kg	45.00m 1.75kg
JAVELIN	35.00m 500 gram	40.00m 600 gram	45.00m 700 gram	51.00m 800 gram
SHOT PUT	11.00m 3kg	12.50m 4kg	13.40m 5kg	15.00m 6kg
POLE VAULT (Open)	2.70m	2.70m	3.50m	3.50m
HEPTATLON (Open)		3800 PTS	OCTATHLON (Open)	4500PTS
Subject to revision....				