

**Appendix C – Junior Outdoor**

	<b>Elite</b>	<b>HP</b>	<b>Perf</b>	<b>Dev</b>		<b>Elite</b>	<b>HP</b>	<b>Perf</b>	<b>Dev</b>
<b>100m</b>	10.71	10.88	11.23	11.41	<b>100m</b>	12.06	12.32	12.87	13.16
<b>200m</b>	21.71	22.07	22.84	23.24	<b>200m</b>	24.74	25.29	26.44	27.05
<b>400m</b>	48.49	49.31	51.00	51.89	<b>400m</b>	56.63	58.05	1:01.04	1:02.58
<b>800m</b>	1:51.36	1:53.24	1:57.17	1:59.23	<b>800m</b>	2:12.27	2:15.43	2:21.94	2:25.38
<b>1500m</b>	3:51.98	3:56.05	4:04.55	4:09.00	<b>1500m</b>	4:35.14	4:42.28	4:57.03	5:04.58
<b>3000m</b>	8:23.65	8:32.71	8:51.43	9:01.12	<b>3000m</b>	9:51.21	10:07.27	10:41.13	10:59.04
<b>5000m</b>	14:29.86	14:45.22	15:16.95	15:33.38	<b>5000m</b>	17:08.31	17:36.98	18:36.22	19:07.54
<b>10,000m</b>	31:42.86	32:16.21	33:25.81	34:01.39	<b>10,000m</b>	---	39:15.94	41:32.42	42:45.01
<b>10K RR</b>	---	32:21	33:30	34:06	<b>10K RR</b>	---	39:34	41:49	43:01
<b>110m H</b>	14.49	14.79	15.42	15.75	<b>100m H</b>	14.60	15.01	15.87	16.31
<b>400m H</b>	54.29	55.39	57.67	58.88	<b>400m H</b>	1:02.51	1:04.31	1:08.06	1:10.03
<b>3000m SC</b>	9:22.08	9:34.13	9:59.81	10:12.98	<b>3000m SC</b>	11:07.08	11:29.80	12:16.77	12:41.10
<b>10km RW</b>	45:44	47:08	50:06	51:36	<b>10km RW</b>	52:57	54:55	59:02	1:01:11
<b>High Jump</b>	2.10	2.05	1.92	1.86	<b>High Jump</b>	1.78	1.73	1.62	1.56
<b>Long Jump</b>	7.31	7.07	6.58	6.33	<b>Long Jump</b>	5.96	5.72	5.24	5.00
<b>Triple Jump</b>	15.11	14.63	13.66	13.16	<b>Triple Jump</b>	12.50	11.99	10.98	10.47
<b>Pole Vault</b>	4.92	4.73	4.34	4.15	<b>Pole Vault</b>	3.90	3.73	3.41	3.25
<b>Shot Put</b>	17.40	16.54	14.84	13.98	<b>Shot Put</b>	13.79	13.10	11.70	11.01
<b>Discus</b>	52.38	49.70	44.39	41.76	<b>Discus</b>	45.64	43.34	38.69	36.33
<b>Hammer</b>	64.65	61.36	54.76	51.46	<b>Hammer</b>	54.70	51.96	46.41	43.60
<b>Javelin</b>	66.25	62.83	56.13	52.70	<b>Javelin</b>	47.11	44.67	39.91	37.47
<b>Decathlon</b>	6870	6539	5881	5546	<b>Heptathlon</b>	5052	4808	4318	4076

**Note:** Men’s event specifications used for standards are 110mH @99cm, 400mH @91cm, 3000mSC @91cm, SP @6kg, DT @1.75kg, HT @6kg, JT @800g, and Dec the same as these individual events.

**Note:** Women’s event specifications used for standards are 100mH @84cm, 400mH @76cm, 3000mSC @76cm, SP @4kg, DT @1kg, HT @4kg, JT @600g, and Hept the same as these individual events.