

2007 Youth Multis Performance Standards

Boys

Bantam Boys (born 1997 or later)

100m	13.85
200m	28.08
400m	1:05.77
800m	2:41.00
1500m	5:11.00
1500m Race Walk	11:06.00
4x100m Relay	55.42
4x400m Relay	4:44.00
High Jump	1.25 m
Long Jump	4.17 m
Shot Put (6 lb.)	8.31 m
Mini Javelin Throw (300 g)	28.10 m
Triathlon	589

Midget Boys (born 1995-1996)

100m	12.85
200m	26.42
400m	1:04.80
800m	2:34.00
1500m	4:47.00
3000m	10:24.00
80m Hurdles (30")	14.23
1500m Race Walk	9:19.00
4x100m Relay	51.93
4x400m Relay	4:15.00
4x800m Relay	10:13.00
High Jump	1.47 m
Long Jump	4.86 m
Shot Put (6 lb.)	11.60 m
Discus Throw (1 kg)	27.30 m
Mini Javelin Throw (300 g)	37.27 m
Pentathlon	2076

Youth Boys (born 1993-1994)

100m	12.56
200m	23.81
400m	52.92
800m	2:06.00

1500m	4:22.00
3000m	9:44.00
100m Hurdles (33")	14.51
200m Hurdles (30")	26.99
3000m Race Walk	19:30.00
4x100m Relay	47.05
4x400m Relay	3:45.00
4x800m Relay	9:14.00
High Jump	1.70 m
Pole Vault	3.05 m
Long Jump	5.77 m
Triple Jump	11.50 m
Shot Put (4 kg)	13.57 m
Discus Throw (1 kg)	43.33 m
Javelin Throw (600 g)	43.12 m
Pentathlon	2606

Intermediate Boys (born 1991-1992)

100m	11.75
200m	22.32
400m	50.41
800m	2:02.00
1500m	4:11.00
3000m	9:16.00
110m Hurdles (39")	16.05
400m Hurdles (36")	58.90
2000m Steeplechase	6:47.00
3000m Race Walk	20:06.00
4x100m Relay	49.91
4x400m Relay	3:37.00
4x800m Relay	8:27.00
High Jump	1.87 m
Pole Vault	4.23 m
Long Jump	6.53 m
Triple Jump	13.20 m
Shot Put (12 lb.)	14.77 m
Discus Throw (1.6 kg)	45.13 m
Hammer Throw (12 lb.)	39.02 m
Javelin Throw (800 g)	44.41 m
Decathlon	5239

Young Men (born 1989-1990)

100m	10.94
200m	21.99

400m	49.79
800m	1:59.00
1500m	4:05.00
5000m	15:49.00
110m Hurdles (39")	14.70
400m Hurdles (36")	56.77
2000m Steeplechase	6:36.00
3000m Race Walk	20:42.00
4x100m Relay	42.18
4x400m Relay	3:19.00
4x800m Relay	8:05.00
High Jump	1.99 m
Pole Vault	4.53 m
Long Jump	6.92 m
Triple Jump	14.49 m
Shot Put (12 lb.)	16.37 m
Discus Throw (1.6 kg)	48.95 m
Hammer Throw (12 lb.)	45.73 m
Javelin Throw (800 g)	52.91 m
Decathlon	6006

Girls

Bantam Girls (born 1997 or later)

100m	13.90
200m	28.72
400m	1:06.86
800m	2:39.00
1500m	5:24.00
1500m Race Walk	10:20.00
4x100m Relay	57.63
4x400m Relay	4:52.00
High Jump	1.17 m
Long Jump	3.93 m
Shot Put (6 lb.)	7.48 m
Mini Javelin Throw (300 g)	20.21 m
Triathlon	895

Midget Girls (born 1995-1996)

100m	13.15
200m	26.71
400m	1:02.18
800m	2:31.00
1500m	5:04.00

3000m	11:04.00
80m Hurdles (30")	14.53
1500m Race Walk	8:44.00
4x100m Relay	54.74
4x400m Relay	4:17.00
4x800m Relay	10:45.00
High Jump	1.42 m
Long Jump	4.68 m
Shot Put (6 lb.)	9.93 m
Discus Throw (1 kg)	22.69 m
Mini Javelin Throw (300 g)	30.64 m
Pentathlon	2465

Youth Girls (born 1993-1994)

100m	13.13
200m	25.97
400m	57.85
800m	2:21.00
1500m	4:50.00
3000m	10:42.00
100m Hurdles (30")	15.54
200m Hurdles (30")	29.43
3000m Race Walk	18:47.00
4x100m Relay	49.46
4x400m Relay	4:04.00
4x800m Relay	10:10.00
High Jump	1.53 m
Pole Vault	2.70 m
Long Jump	5.08 m
Triple Jump	10.33 m
Shot Put (6 lb.)	12.24 m
Discus Throw (1 kg)	29.93 m
Javelin Throw (600 g)	29.88 m
Pentathlon	2683

Intermediate Girls (born 1991-1992)

100m	12.07
200m	25.14
400m	57.89
800m	2:20.00
1500m	4:47.00
3000m	10:40.00
100m Hurdles (33")	14.92
400m Hurdles (30")	1:06.06

2000m Steeplechase	8:11.00
3000m Race Walk	20:00.00
4x100m Relay	48.31
4x400m Relay	3:58.00
4x800m Relay	9:55.00
High Jump	1.60 m
Pole Vault	3.23 m
Long Jump	5.31 m
Triple Jump	11.42 m
Shot Put (4 kg)	11.70 m
Discus Throw (1 kg)	36.27 m
Hammer Throw (4 kg)	27.68 m
Javelin Throw (600 g)	33.20 m
Heptathlon	3967

Young Women (born 1989-1990)

100m	12.31
200m	24.71
400m	56.37
800m	2:20.00
1500m	5:00.00
3000m	11:25.00
100m Hurdles (33")	14.50
400m Hurdles (30")	1:05.65
2000m Steeplechase	8:16.00
3000m Race Walk	20:28.00
4x100m Relay	47.70
4x400m Relay	3:53.00
4x800m Relay	10:03.00
High Jump	1.60 m
Pole Vault	3.40 m
Long Jump	5.45 m
Triple Jump	11.66 m
Shot Put (4 kg)	12.26 m
Discus Throw (1 kg)	38.27 m
Hammer Throw (4 kg)	30.00 m
Javelin Throw (600 g)	35.85 m
Heptathlon	4162