

2025 Junior Olympic Combined Events Performance Standards

Age Group	Event	Standard
9-10 Girls	Triathlon	954
11-12 Girls	Pentathlon	2227
13-14 Girls	Pentathlon	2602
15-16 Girls	Heptathlon	3727
17-18 Women	Heptathlon	4237
9-10 Boys	Triathlon	534
11-12 Boys	Pentathlon	1855
13-14 Boys	Pentathlon	2374
15-16 Boys	Decathlon	4538
17-18 Men	Decathlon	5619

2025 Youth Outdoor Performance Standards

8&Under Girls

Event	2025 STD
100m	16.67
200m	36.45
400m	01:27.32
800m	03:30.26
1500m	07:28.47
Long Jump	02:44:00 AM
Shot Put (2kg)	3.24
Mini Javelin	6.25
4X100m	01:12.90
4X400m	06:09.20

9 – 10 Girls

Event	2025 STD
100m	15.18
200m	32.39
400m	01:12.85
800m	02:50.74
1500m	05:54.31
1500m Walk	12:13.02
High Jump	1.06
Long Jump	3.27
Shot Put (2kg)	4.53
Mini Javelin	11.99
4X100m	01:01.61
4X400m	05:29.86
Triathlon	481

11 - 12 Girls

Event	2025 STD
100m	13.63
200m	28.22
400m	01:05.64
800m	02:42.31
1500m	05:19.36
1500m Walk	12:15.56
3000m	11:16.43
80m Hurdles	16.51
High Jump	1.26
Long Jump	4.01
Shot Put (61b)	6.46
Discus	15.3
Aero Javelin	15.95
4X100m	57.52
4X400m	04:46.10
4X800m	11:39.00
Pentathlon	1515

13 - 14 Girls

Event	2025 STD
100m	13.14
200m	26.99
400m	01:01.77
800m	02:23.27
1500m	05:03.04
3000m	11:22.55
3000m Race Walk	21:23.29
100m H(33")	18.36
200m H(30")	32.15
2000m Steeplechase	09:37.80
Pole Vault	2.41
High Jump	1.4
Triple Jump	4.48
Long Jump	8.65
Shot Put (4kg)	8.97
Discus(1kg)	21.61
Javelin(600g)	19
4X100m	53.68
4X400m	04:38.46
4X800m	11:04.00
Pentathlon	1526

15 - 16 Girls

Event	2025 STD
100m	12.7
200m	26.21
400m	01:00.33
800m	02:31.82
1500m	05:17.06
3000m	12:06.97
3000m Race Walk	22:46.11
110m H(39")	17.14
400m H(36")	01:12.86
2000m Steeplechase	10:01.68
Pole Vault	2.51
High Jump	1.43
Triple Jump	9.84
Long Jump	4.83
Shot Put (12lb)	8.85
Discus(1.6kg)	26.98
Javelin(800g)	24.95
Hammer Throw	23.09
4X100m	52.94
4X400m	04:26.85
4X800m	10:47.46
Decathlon	2607

17 - 18 Girls

Event	2025 STD
100m	12.74
200m	26.01
400m	59.7
800m	02:30.38
1500m	05:23.41
3000m	12:28.54
3000m Race Walk	19:15.24
110m H(39")	16.29
400m H(36")	01:11.38
2000m Steeplechase	09:36.52
Pole Vault	2.88
High Jump	1.51
Triple Jump	10.09
Long Jump	4.99
Shot Put (12lb)	9.75
Discus(1.6kg)	31.34
Javelin(800g)	24.13
Hammer Throw	26.65
4X100m	50.77
4X400m	04:11.00
4X800m	10:37.20
Decathlon	2814

