

NEE 2024 AUTOMATIC NATIONAL Qualifying Standards USATF YOUTH NATIONALS & AAU CLUB CHAMPIONSHIP

Girls

7-8 Girls (born 2016 +)		13-14 Girls (born 2010-2011)		17-18 Women (born 1 2006-2007) *
100m	16.00	100m		100m
		200m	13.00	
200m	35.00	400m	26.70	200m
400m	1:23.00	800m	1:01.00	400m
800m	3:12.00	1500m	2:28.00	800m
1500m	6:50.00	3000m	5:05.00	1500m
Long Jump	2.44	3000m Race Walk	11:20.00	3000m
Shot Put (2 kg)	3.17	100m H (30")	22:30.00	3000m Race Walk
Mini Javelin Throw	7.08	200m H (30")	16.70	100m H (33")
4x100m	1:12.00	Pole Vault	31.20	400m H (30")
4x400m	6:00.00	High Jump	2.20	2000m SC
		Long Jump	1.40	Pole Vault
		Triple Jump	1.50	High Jump
9-10 Girls (born 2014-2015)		Shot Put (6 lb)	4.50	Long Jump
100m	15.00	Discus (1 kg)	9.90	Triple Jump
200m	31.00	Javelin (600 g)	9.00	
400m	1:10.00	400m Relay	24.96	Shot Put (4 kg)
800m	2:48.00	1600m Relay	22.32	Discus (1 kg)
1500m	5:58.00	3200m Relay	54.63	Hammer Throw
1500m Race Walk	11:22.00	Pentathlon	4:32.40	Javelin (600 g)
High Jump	1.10		11:00.06	400m Relay
Long Jump	3.40			1600m Relay
			1851	
Shot Put (6 lb)	4.90	15-16 Girls (born 2008-2009)		3200m Relay
Mini Javelin	12.90	100m	12.40	Heptathlon
400m Relay	1:03.00	200m	26.00	
1600m Relay	5:31.00	400m	59.00	
Triathlon	487	800m	2:20.00	
		1500m	4:55.00	
11-12 Girls (born 2012-2013)		3000m	11:12.00	
100m	13.50	3000m Race Walk	20:00.00	
200m	28.30	100m H (33")	16.50	
400m	1:05.00	400m H (30")	1:10.00	
800m	2:38.00	2000m SC	8:00.00	
1500m	5:18.00	Pole Vault	2.50	
3000m	12:00.00	High Jump	1.50	
1500m Race Walk	10:40.00	Long Jump	4.85	
80m H (30")	16.30	Triple Jump	9.90	
High Jump	1.30	Shot Put (4 kg)	9.88	
Long Jump	4.15	Discus (1 kg)	30.00	
Shot Put (6 lb)	7.21	Hammer Throw	22.00	
Discus (1 kg)	14.59	Javelin (600 g)	25.00	
Mini Javelin	17.27	400m Relay	51.00	
400m Relay	58.00	1600m Relay	4:05.00	
1600m Relay	4:40.40	3200m Relay	9:30.00	
3200m Relay	11:34.00	Heptathlon	3095	
Pentathlon	1677			

* 2005 if born on or after July 29

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USATF YOUTH NATIONALS & AAU CLUB CHAMPIONSHIP**

Boys

7-8 Boys (born 2016+)

100m	16.00
200m	34.00
400m	1:20.00
800m	3:10.00
1500m	6:30.00
Long Jump	2.77
Shot Put (2 kg)	3.53
Mini Javelin Throw	11.48
4x100m	1:13.00
4x400m	5:56.00

9-10 Boys (born 2014-2015)

100m	14.50
200m	30.00
400m	1:10.00
800m	2:40.00
1500m	5:30.00
1500m RaceWalk	12:10.00
High Jump	1.05
Long Jump	3.65
Shot Put (6 lb)	5.32
Mini Javelin	20.54
400m Relay	1:01.00
1600m Relay	5:08.00
Triathlon	346

11-12 Boys (born 2012-2013)

100m	13.50
200m	27.50
400m	1:03.00
800m	2:29.00
1500m	5:03.00
3000m	10:59.00
1500m RaceWalk	11:15.00
80m H (30")	15.50
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 2010-2011)

100m	12.00
200m	24.00
400m	58.00
800m	2:16.00
1500m	4:52.00
3000m	10:30.00
3000m Race Walk	21:55.00
100m H (33")	19.00
200m H (30")	29.00
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)	30.00
400m Relay	50.00
1600m Relay	4:05.00
3200m Relay	9:58.00
Pentathlon	1595

15-16 Boys (born 2008-2009)

100m	11.30
200m	23.00
400m	51.90
800m	2:05.00
1500m	4:20.00
3000m	9:45.00
3000m Race Walk	19:45.00
110m H (39")	16.00
400m H (36")	59.50
2000m SC	7:30.00
Pole Vault	4.10
High Jump	1.80
Long Jump	5.60
Triple Jump	11.00
Shot Put (12 lb)	13.00
Discus (1.6 kg)	34.20
Hammer Throw	30.90
Javelin (800 g)	45.00
400m Relay	44.80
1600m Relay	3:30.00
3200m Relay	8:50.00
Decathlon	3842

17-18 Men (born 2006-2007)*

100m	11.30
200m	23.00
400m	51.90
800m	2:05.00
1500m	4:20.00
3000m	9:45.00
3000m Race Walk	19:45.00
110m H (39")	16.00
400m H (36")	59.50
2000m SC	7:30.00
Pole Vault	4.10
High Jump	1.80
Long Jump	5.60
Triple Jump	11.00
Shot Put (12 lb)	13.00
Discus (1.6 kg)	34.20
Hammer Throw	30.90
Javelin (800 g)	45.00
400m Relay	44.80
1600m Relay	3:30.00
3200m Relay	8:50.00
Decathlon	3842

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