

## 2017 USA FIELD & TRACK NATIONAL YOUTH OUTDOOR CHAMPIONSHIPS PERFORMANCE GUIDELINES

To be eligible for a travel stipend to this meet, at least one guideline must be met/surpassed during the 2017 USATF season.

### BOYS

EVENT	7-8	9-10	11-12	13-14	15-16	17-18
100m	15.98	14.44	13.42	12.22	11.58	11.32
200m	33.84	29.91	27.30	24.42	23.23	22.56
400m	1:19.34	1:10.14	1:02.95	55.08	52.04	50.04
800m	3:11.00	2:48.69	2:29.34	2:12.38	2:06.20	2:01.53
1500m	6:27.10	5:28.80	5:03.39	4:30.11	4:20.54	4:12.52
3000m			10:56.93	9:57.07	9:44.62	9:49.06
4x100m relay	1:12.04	1:01.79	56.87	51.05	45.82	44.48
4x400m relay	5:56.58	5:07.21	4:40.17	4:03.70	3:44.86	3:33.31
4x800m relay			11:18.38	9:56.31	8:53.74	8:27.34
Sprint hurdles			15.65 (80m)	17.58 (100m)	17.02 (110m)	15.35 (110m)
Distance hurdles				29.84 (200m)	1:04.90 (400m)	1:00.97 (400m)
2000m steeple					8:03.11	7:17.63
Race walk		12:36.49 (1500m)	11:13.17 (1500m)	21:55.08 (3000m)	20:14.38 (3000m)	18:32.11 (3000m)
Long jump	9' 2"	12' 5¼"	14' 5¼"	16' 5¼"	18' 4½"	20' 10½"
Triple jump				31' 10¼"	36' 3½"	40' 9½"
High jump		3' 5¼"	4' 3¼"	5' 1"	5' 7"	5' 10¾"
Pole vault				8' 8¼"	11' 7¾"	13' 5¼"
Shot put	11' 4¼" (2k)	19' 3¼" (6#)	28' 4½" (6#)	34' 6¼" (4k)	39' 8" (12#)	46' 10¼" (12#)
Discus			60' 4" (1k)	105' 3" (1k)	118' 10" (1.6k)	142' 1" (1.6k)
Javelin	36' 2" (300g)	65' 1" (300g)	91' 1" (450g)	98' 1" (600g)	113' 10" (800g)	136' 4" (800g)
Hammer					103' 4" (12#)	133' 9" (12#)
Multi-event		335 pts (tri)	1,389 (pent)	1,521 (pent)	3,813 (dec)	3,887 (dec)

### GIRLS

EVENT	7-8	9-10	11-12	13-14	15-16	17-18
100m	16.35	14.93	13.70	13.14 ☺	12.74	12.64
200m	35.61	30.45	28.06	26.47	25.95	25.65
400m	1:24.85	1:10.44	1:05.27	1:01.70	59.46	59.34
800m	3:18.37	2:47.67	2:39.65	2:30.32	2:29.91	2:28.63
1500m	7:03.89	5:50.99	5:15.73	5:03.33	5:07.72	5:15.67
3000m			12:07.56	11:14.93	11:24.31	12:12.29
4x100m relay	1:12.79	1:03.34	57.06	54.54	52.94	50.50
4x400m relay	6:02.37	5:31.69	4:43.60	4:31.11	4:16.77	4:14.84
4x800m relay			11:34.22	10:58.49	10:58.63	10:28.27
Sprint hurdles			15.84 (80m)	16.75 (100m)	16.92 (100m)	15.66 (100m)
Distance hurdles				31.16 (200m)	1:11.88 (400m)	1:08.24 (400m)
2000m steeple					9:23.43	9:25.51
Race walk		11:22.72 (1500m)	11:01.00 (1500m)	23:10.52 (3000m)	20:26.96 (3000m)	20:15.30 (3000m)
Long jump	8' 1¾"	11' 4"	13' 9½"	15' 3¼"	16' 2½"	17' ¾"
Triple jump				30' 3¾"	32' 11"	34' 2¾"
High jump		3' 7¼"	4' 3¼"	4' 7"	4' 11"	5' 1"
Pole vault				7' ½"	8' 2½"	9' 8"
Shot put	9' 10½" (2k)	17' ¾" (6#)	25' 4" (6#)	33' 10¼" (6#)	32' 8¼" (4k)	36' 0" (4k)
Discus			50' 6" (1k)	86' 2" (1k)	103' 4" (1k)	114' 10" (1k)
Javelin	23' 1" (300g)	41' 0" (300g)	59' 7" (450g)	76' 3" (600g)	82' 8" (600g)	90' 10" (600g)
Hammer					74' 9" (4k)	93' 7" (4k)
Multi-event		549 (tri)	1,708 (pent)	2,009 (pent)	2,740 (hep)	3,005 (hep)