

2018 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 2018 USATF season.

BOYS

EVENT	7-8	9-10	11-12	13-14	15-16	17-18
100m	16.30	14.52	13.50	12.24	11.62	11.30
200m	34.79	30.17	27.66	24.60	23.25	22.64
400m	1:20.62	1:11.82	1:03.10	56.16	52.07	50.09
800m	3:10.80	2:47.75	2:29.52	2:12.86	2:06.76	2:01.75
1500m	6:31.90	5:29.54	5:03.22	4:30.87	4:20.59	4:14.02
3000m			10:59.02	9:59.77	9:45.30	9:50.42
4x100m relay	1:13.09	1:01.75	56.87	50.57	45.89	44.95
4x400m relay	5:56.58	5:08.35	4:40.17	4:05.35	3:44.86	3:34.13
4x800m relay			11:18.38	9:58.71	8:53.74	8:29.57
Sprint hurdles			15.83 (80m)	19.07 (100m)	18.13 (110m)	15.39 (110m)
Distance hurdles				29.28 (200m)	1:06.56 (400m)	1:00.92 (400m)
2000m steeple					7:58.41	7:15.11
Race walk		12:10.15 (1500m)	11:13.17 (1500m)	21:55.08 (3000m)	19:43.77 (3000m)	18:16.33 (3000m)
Long jump	2.77	3.65	4.38	4.99	5.61	6.31
Triple jump				9.46	11.02	12.36
High jump		1.05	1.30	1.55	1.70	1.80
Pole vault				2.65	3.55	4.10
Shot put	3.53 (2k)	5.32 (6#)	8.48 (6#)	10.17 (4k)	11.46 (12#)	13.97 (12#)
Discus			16.97 (1k)	30.71 (1k)	34.20 (1.6k)	42.63 (1.6k)
Javelin	11.48 (300g)	20.54 (300g)	26.57 (450g)	29.33 (600g)	33.86 (800g)	40.73 (800g)
Hammer					30.95 (12#)	40.69 (12#)
Multi-event		346 pts (tri)	1,575 (pent)	1,595 (pent)	3,842 (dec)	3,799 (dec)

GIRLS

EVENT	7-8	9-10	11-12	13-14	15-16	17-18
100m	16.37	15.18	13.76	13.16	12.77	12.65
200m	35.57	31.26	28.30	26.70	26.01	25.67
400m	1:25.28	1:11.09	1:05.37	1:01.69	59.69	59.43
800m	3:21.58	2:49.88	2:40.78	2:29.72	2:31.56	2:30.51
1500m	7:13.28	5:58.13	5:19.10	5:02.41	5:14.37	5:13.08
3000m			12:18.58	11:13.52	11:37.96	12:08.43
4x100m relay	1:12.79	1:03.81	58.28	54.63	53.19	50.71
4x400m relay	6:02.37	5:31.69	4:49.40	4:32.40	4:16.93	4:15.81
4x800m relay			11:34.22	11:00.06	10:58.63	10:31.99
Sprint hurdles			16.35 (80m)	16.76 (100m)	17.34 (100m)	15.70 (100m)
Distance hurdles				31.85 (200m)	1:13.65 (400m)	1:08.68 (400m)
2000m steeple					9:30.50	9:24.32
Race walk		11:22.72 (1500m)	10:42.58 (1500m)	22:30.48 (3000m)	20:13.10 (3000m)	19:55.27 (3000m)
Long jump	2.44	3.40	4.15	4.56	4.85	5.15
Triple jump				9.14	9.94	10.38
High jump		1.10	1.30	1.40	1.50	1.55
Pole vault				2.20	2.50	2.90
Shot put	3.17 (2k)	4.99 (6#)	7.21 (6#)	9.90 (6#)	9.88 (4k)	10.41 (4k)
Discus			14.59 (1k)	24.96 (1k)	30.84 (1k)	33.63 (1k)
Javelin	7.08 (300g)	12.92 (300g)	17.27 (450g)	22.32 (600g)	25.18 (600g)	26.32 (600g)
Hammer					22.82 (4k)	26.98 (4k)
Multi-event		487 (tri)	1,677 (pent)	1,851 (pent)	2,746 (hep)	3,095 (hep)