

## 2017 USATF Youth Outdoor Performance Guidelines

### Girls

7-8 Girls	(born 2009 +)	13-14 Girls (born 2001-2002)	(born 2003-2004)	17-18 Women (born 1999-2000)*	
100m	16.35	100m	13.14	100m	12.64
200m	35.61	200m	26.47	200m	25.65
400m	1:24.85	400m	1:01.70	400m	59.34
800m	3:18.37	800m	2:30.32	800m	2:28.63
1500m	7:03.89	1500m	5:03.33	1500m	5:15.67
Long Jump	2.48	1600m	5:23.96	1600m	5:37.14
Shot Put (2 kg)	3.01	3000m	11:14.93	3000m	12:12.29
Mini Javelin Throw	7.05	3200m	12:00.03	3200m	13:02.09
4x100m	1:12.79	3000m Race Walk		3000m Race Walk	20:15.30
4x400m	6:02.37	100m H (30")		100m H (33")	15.66
		200m H (30")		300m H (30")	49.20
9-10 Girls (born 2006-2007)	(born 2007-2008)	Pole Vault		400m H (30")	1:08.24
100m	14.93	High Jump		2000m SC	9:25.51
200m	30.45	Long Jump		Pole Vault	2.95
400m	1:10.44	Triple Jump		High Jump	1.55
800m	2:47.67	Shot Put (6 lb)		Long Jump	5.20
1500m	5:50.99	Shot Put (4 kg)		Triple Jump	10.43
1600m	6:14.86	Discus (1 kg)		Shot Put (4 kg)	10.97
1500m Race Walk		Javelin (600 g)		Discus (1 kg)	35.00
High Jump	1.10	400m Relay		Hammer Throw	28.53
Long Jump	3.45	1600m Relay		Javelin (600 g)	27.70
Shot Put (6 lb)	5.20	3200m Relay		400m Relay	50.50
Mini Javelin	12.50	Pentathlon		1600m Relay	4:14.84
400m Relay	1:03.34			3200m Relay	10:28.27
1600m Relay	5:31.69	15-16 Girls (born 1999-2000)	(born 2001-2002)	Heptathlon	3005
Triathlon	549	100m	12.74		
		200m	25.95		

## Girls

11-12 Girls (born 2004-2005)	(born 2005-2006)	400m	59.46	* 1998 if born on or after July 30	
100m	13.70	800m	2:29.91		
200m	28.06	1500m	5:07.72		
400m	1:05.27	1600m	5:28.64		
800m	2:39.65	3000m	11:24.31		
1500m	5:15.73	3200m	12:10.84		
1600m	5:37.20	3000m Race Walk	20:26.96		
3000m	12:07.56	100m H (33")	16.92		
3200m	12:57.03	300m H (30")	51.82		
1500m Race Walk	11:01.0	400m H (30")	1:11.88		
80m H (30")	15.84	2000m SC	9:23.43		
High Jump	1.30	Pole Vault	2.50		
Long Jump	4.20	High Jump	1.50		
Shot Put (6 lb)	7.72	Long Jump	4.94		
Discus (1 kg)	15.41	Triple Jump	10.03		
Mini Javelin	18.18	Shot Put (4 kg)	9.96		
400m Relay	57.06	Discus (1 kg)	31.50		
1600m Relay	4:43.60	Hammer Throw	22.78		
3200m Relay	11:34.22	Javelin (600 g)	25.21		
Pentathlon	1708	400m Relay	52.94		
		1600m Relay	4:16.77		
		3200m Relay	10:58.63		
		Heptathlon	2740		

## Boys

7-8 Boys (born 2008+)	(born 2009+)	13-14 Boys (born 2003-2004)		17-18 Men (born 1999-2000)*	
100m	15.98	100m	12.22	100m	11.32
200m	33.84	200m	24.42	200m	22.56
400m	1:19.34	400m	55.08	400m	50.04

## Boys

800m	3:11.00	800m	2:12.38	800m	2:01.53
1500m	6:27.10	1500m	4:30.11	1500m	4:12.52
Long Jump	2.79	1600m	4:48.48	1600m	4:29.69
Shot Put (2 kg)	3.46	3000m	9:57.07	3000m	9:49.06
Mini Javelin Throw	11.04	3200m	10:37.67	3200m	10:29.11
4x100m	1:12.04	3000m Race Walk	21:55.08	3000m Race Walk	18:32.11
4x400m	5:56.58	100m H (33")	17.58	110m H (39")	15.35
		200m H (30")	29.84	300m H (36")	43.70
9-10 Boys (born 2006-2007)	(born 2007-2008)	Pole Vault	2.65	400m H (36")	1:00.97
100m	14.44	High Jump	1.55	2000m SC	7:17.63
200m	29.91	Long Jump	5.01	Pole Vault	4.10
400m	1:10.14	Triple Jump	9.71	High Jump	1.80
800m	2:48.69	Shot Put (4 kg)	10.52	Long Jump	6.36
1500m	5:28.80	Discus (1 kg)	32.08	Triple Jump	12.43
1600m	5:51.19	Javelin (600 g)	29.90	Shot Put (12 lb)	14.28
1500m RaceWalk	12:36.49	400m Relay	51.05	Discus (1.6 kg)	43.32
High Jump	1.05	1600m Relay	4:03.70	Hammer Throw	40.78
Long Jump	3.79	3200m Relay	9:56.31	Javelin (800 g)	41.55
Shot Put (6 lb)	5.87	Pentathlon	1521	400m Relay	44.48
Mini Javelin	19.85			1600m Relay	3:33.31
400m Relay	1:01.79	15-16 Boys (born 2001-2002)		3200m Relay	8:27.34
1600m Relay	5:07.21	100m	11.58	Decathlon	3887
Triathlon	335	200m	23.23		
		400m	52.04		
11-12 Boys (born 2005-2006)		800m	2:06.20	*1998 if born on or after July 30	
100m	13.42	1500m	4:20.54		
200m	27.30	1600m	4:38.26		
400m	1:02.95	3000m	9:44.62		
800m	2:29.34	3200m	10:24.38		
1500m	5:03.39	3000m Race Walk	20:14.38		
1600m	5:24.02	110m H (39")	17.02		

## Boys

3000m	10:56.93	300m H (36")	46.79			
3200m	11:41.60	400m H (36")	1:04.90			
1500m RaceWalk	11:13.17	2000m SC	8:03.11			
80m H (30")	15.65	Pole Vault	3.55			
High Jump	1.30	High Jump	1.70			
Long Jump	4.40	Long Jump	5.60			
Shot Put (6 lb)	8.65	Triple Jump	11.06			
Discus (1 kg)	18.40	Shot Put (12 lb)	12.09			
Mini Javelin	27.77	Discus (1.6 kg)	36.24			
400m Relay	56.87	Hammer Throw	31.50			
1600m relay	4:40.17	Javelin (800 g)	34.71			
3200m Relay	11:18.38	400m Relay	45.82			
Pentathlon	1389	1600m Relay	3:44.86			
		3200m Relay	8:53.74			
		Decathlon	3813			