

2024 BLUNT E.C.I – Suggested Performance Guidelines (In Meters)

Events	8&Under		9-10		11-12		13-14		15-16		17-18	
	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Women	Men
100	16.35	16.20	14.85	14.50	13.70	13.40	13.00	12.00	12.70	11.50	12.65	11.30
200	35.80	34.00	31.50	30.50	28.50	27.50	26.80	24.50	25.50	23.00	25.80	22.60
400	1:25.30	1:20.50	1:12.50	1:10.50	1:05.50	1:03.00	1:01.80	56.00	59.80	52.20	59.85	51.00
800	3:22.20	3:09.80	2:50.80	2:45.00	2:42.00	2:29.00	2:30.00	2:12.50	2:29.00	2:06.50	2:20.00	2:01.70
1500	7:20.50	6:32.00	5:55.50	5:29.00	5:20.0	5:03.50	5:10.50	4:30.00	5:10.0	4:20.50	5:13.00	4:14.00
3000	-----				12:18.00	10:59.00	11:40.00	9:59.00	11:37.00	9:50.00	11:40.00	9:50.00
High Hurdles	-----	-----	-----	-----	16.50	15.50	16.80	17.45	16.80	17.50	15.70	15.40
					80/30"	80/30"	100/30"	100/33"	100/33"	110/39"	100/33"	110/39"
Inter. Hurdles	-----	-----	-----	-----	-----	-----	30.90	29.80	1:13.00	1:05.00	1:08.50	59.00
							200/30"	200/30"	400/30"	400/36"	400/30"	400/36"
4X100	1:13.80	1:10.00	1:03.50	1:03.50	57.55	56.00	54.00	50.50	51.75	45.80	50.50	44.50
4X400	6:05.00	5:50.00	5:32.00	5:18.00	4:48.50	4:30.50	4:30.00	4:05.00	4:18.00	3:44.90	4:14.00	3:34.00
4x800 **	-----	-----	-----	-----	-----	-----	11:00.00	9:58.00	-----	-----	10:30.00	8:29.0
LJ ***	2.40m	2.78m	3.40m	3.77m	4.20m	4.38m	4.50m	5.00m	4.85m	5.60m	5.15m	6.32m
TJ ***	-----	-----	-----	-----	-----	-----	9.14m	9.50m	9.90m	11.06m	10.38m	12.40m
HJ ***	-----	-----	1.05m	1.05m	1.30m	1.30	1.40m	1.55m	1.50m	1.70m	1.55m	1.80m
Pole Vault ***	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	2.90	4.10m
Shot Put ***	3.00m	3.46m	5.10m	5.40m	7.25m	8.50m	10.20m	10.30m	9.88m	12.00m	10.50m	14.00m
	2kg	2kg	6lbs	6lb	6 lb	6 lb	6 lb	4 kg	4 kg	12 lbs	4 kg	12 lb
Discus ***	-----	-----	-----	-----	15.40m	18.00m	24.90m	31.70m	30.80m	36.00m	33.50m	40.80m
					1kg	1kg	1kg	1kg	1kg	1.6kg	1kg	1.6kg
Mini Jav ***	7.00m	12.50m	11.50m	19.90m	-----	-----	-----	-----	-----	-----	-----	-----
	300g	300g	300g	300g								
Aero Jav ***					10.40	15.30						
					450g	450g.						
Javelin ***	-----	-----	-----	-----	-----	-----	22.00m	29.35m	25.00m	34.00m	26.60m	41.02m
							600g	600g	600g	800g	600g	800g

- ** The 11-12 & 13-14 age groups athletes will be combined to form 11-14 4x800m relay teams. The 15-16 & 17-18 age groups will be combined to form 15-18 4x800 m relay teams.

***Starting Heights and Minimum “Distances to Measure” (In Meters)

Events	8&Under		9-10		11-12		13-14		15-16		17-18	
	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Women	Men
LJ	2.1	2.48	3.10	3.47	3.90	4.08	4.20	4.70	4.55m	5.30	4.85	6.02
TJ	-----	-----	-----	-----	-----	-----	8.84	9.20	9.60	10.76	10.08	12.10
HJ	-----	-----	1.00	1.00	1.20	1.20	1.30	1.45	1.40	1.60	1.45	1.70
Pole Vault							-----	-----	-----	-----	2.60	3.80
Shot Put	2.70	3.16	4.80	5.10	6.95	8.20	9.90	10.00	9.58	11.70	10.20	13.70
	2kg	2kg	6lbs	6lb	6 lb	6 lb	6 lb	4 kg	4 kg	12 lbs	4 kg	12 lb
Discus	-----	-----	-----	-----	15.10	17.70	24.60	31.40	30.50	35.70	33.20	40.50
					1kg	1kg	1kg	1kg	1kg	1.6kg	1kg	1.6kg
Mini Jav	6.70	12.20	11.20	19.60	-----	-----	-----	-----	-----	-----	-----	-----
	300g	300g	300g	300g								
Aero Jav					10.10	15.00						
					450g	450g						
Javelin	-----	-----	-----	-----	-----	-----	21.70	29.05	24.70	33.70	26.30	40.72
							600g	600g	600g	800g	600g	800g

*First jump/throw will be measured; all others must meet minimum to be measured.
Entries in the Pole Vault will be combined and contested as 18 & Under.*