

13th Asian Junior Championships, Jakarta (INA), 12 – 15 June 2008

Qualifying Standards (2008)		
Women	Events	Men
12.37	100m	10.88
25.56	200m	21.87
57.68	400m	48.02
2:27.27	800m	1:54.34
5:23.28	1500m	4:46.30
20:30.00	5000m	16:00.00
N.A.	10000m	36:00.00
N.A.	3000m S/C	10:00.00
16.82	(0.84m) 100mH / 110mH (0.99m)	14.94
68.26	(0.762m) 400mH (0.914m)	54.39
49.58	4x100m	42.47
4:09.55	4x400m	3:29.25
1.62m	High Jump	2.00m
3.00m	Pole Vault	4.52m
11.77m	Triple Jump	14.59m
5.37m	Long Jump	6.95m
40.49m	(1 kg) Discus Throw (1.75 kg)	45.00m
38.04m	(600g) Javelin Throw (800g)	58.88m
12.00m	(4kg) Shot Put (6kg)	16.29m

- **Please note that performances indicated are guidelines for athletes and coaches to train towards.**
- **Final list of athletes selected will also take into consideration performance consistency through participation in SAA sanctioned competitions.**
- Qualifying period 01 September 2007 – 30 April 2008