

**13<sup>th</sup> IAAF World Junior Championships**  
**Moncton, Canada – 20-25 July 2010**  
**Entry Standards**

Men	Event	Women
10.4 / 10.64	100m	11.7 / 11.94
21.3 / 21.54	200m	24.3 / 24.54
47.8 / 47.94	400m	55.1 / 55.24
1:51.00	800m	2:09.00
3:48.00	1500m	4:28.00
	3000m	9:35.00
14:15.00 / 8:15.00 (3000m)	5000m	16:30.00
31:00.00	10,000m	
9:10.00	3000m SC	11:00.00
	100mH	13.9 / 14.14
14.4 (1.067m) or 14.0 (0.995m) / 14.64 (1.067m) or 14.24 (0.995m)	110mH	
53.2 / 53.34	400mH	60.5 / 60.64
44:05.00	10,000m Race Walk	50:55.00
No standard	4x100m Relay	No standard
No standard	4x400m Relay	No standard
	Heptathlon	5150
6875 (1.067m; 7.26kg SP; 2kg DT) or 7050 (1.067m; 6kg SP; 1.75kg DT - '05) or 7090 (0.995m; 6kg SP; 1.75kg DT - '06)	Decathlon (Junior)	
2.14	High Jump	1.80
5.05	Pole Vault	3.95
7.50	Long Jump	6.10
15.60	Triple Jump	12.90
18.00 (6kg) or 16.30 (7.26kg)	Shot Put	14.60
54.00 (1.75kg) or 50.50 (2kg)	Discus	47.50
66.00 (6kg) or 60.00 (7.26kg)	Hammer	55.00
66.50	Javelin	49.50

**ENTRY RULES**

- A maximum of two athletes from any one Member can compete in each event (with the exception of the Relays).
- Three athletes can initially be entered per event, provided each has achieved the Entry Standard, but only two will be allowed to compete.
- Members who have no male and/or no female **qualified athletes** whom they wish to enter may enter one unqualified male athlete and/or one unqualified female athlete in one event of

the Championships (except the Combined Events, 10,000m, 3000m Steeplechase and 5000m Women).

- Member Federations who have no male and/or no female qualified athlete but whose best athlete excels in a **field event**, may submit to the IAAF, by the time of the Preliminary Entry deadline, the name(s) of their athlete(s) plus performance(s) they would like to enter in the field events. The Technical Delegates will make the final decision and, to do so, may seek the opinion of the relevant Area Association.
- If the **host country** of the World Junior Championships does not have an athlete qualified in an event, it may enter one athlete in these events regardless of any entry standard.

#### **CONDITIONS FOR VALIDITY OF PERFORMANCES**

- All performances must be achieved during the period **1 January 2009 to 5 July 2010**.
- All performances must be achieved during an official competition organised in **conformity with IAAF Rules**.
- All performances must be achieved during competitions **organised or sanctioned by the IAAF**, its Area Associations or its Member Federations. Thus, results achieved at school competitions must be certified by the Member Federation of the country in which the competition was organised.
- Performances achieved in **mixed events** (between male and female participants), held completely in the stadium, may be accepted under specific circumstances and conditions (see Rule 147).
- **Wind assisted performances** (over 2m/sec) will not be accepted.
- **Indoor performances** will be accepted.
- For the running events of 400m and over, performances achieved on **over-sized tracks** will not be accepted.