IAAF WORLD JUNIOR CHAMPIONSHIPS
Bydgoszcz, POL
19-24 July 2016

Entry Standards

Men	Event	Women
10.55	100m	11.80
21.35	200m	24.20
47.70	400m	55.25
1:49.50	800m	2:09.20
3:48.00	1500m	4:28.20
	3000m	9:35.00
14:15.00 / 8:15.00 (3000m)	5000m	16:40.00
31:10.00	10,000m	
9:10.00	3000m SC	10:45.00
	100mH	14.20
14.20 (0.995m)	110mH	
53.20	400mH	60.75
44:20.00	10,000m RW	51:00.00
No standard	4x100 Relay	No standard
No standard	4x400 Relay	No standard
	Heptathlon	5300
7200	Decathlon	
2.16	High Jump	1.83
5.10	Pole Vault	4.05
7.55	Long Jump	6.20
15.60	Triple Jump	13.00
18.25 (6kg)	Shot Put	14.50
55.00 (1.75kg)	Discus	48.00
68.00 (6kg)	Hammer	57.50
68.70	Javelin	49.50

ENTRY RULES
- Only athletes **aged 16, 17, 18 or 19 on 31 December 2016** (born in 1997, 1998, 1999 or 2000) may compete. The maximum number of events in which a Youth athlete (born in 1999 or 2000) can compete is two individual events plus one of the relays. If the two individual events are Track Events, only one of these may be longer than 200m
- 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 female qualified athletes whom they wish to enter in any Championships event, may enter **one unqualified male athlete OR one unqualified female** athlete in one event of the Championships (except the Field Events (see below), Combined Events, 10,000m, 3000m Steeplechase and 5000m Women).
- Members 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 of their athlete plus performance they would like to enter in the Field Event. 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.
- Every Member may enter one team for each **relay race**, composed by a maximum of six athletes. Any four athletes among those entered for the competition, whether for the relay or for any other event, may then be used in the composition of the team for the first round.

CONDITIONS FOR VALIDITY OF PERFORMANCES
- All performances must be achieved during the period **1 October 2015 to 11 July 2016**. Please note that the Final Entries deadline remains **three Mondays before the first day of competition, i.e. 4 July 2016.**
- 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 competitions** in track events will not be accepted. Exceptionally, in accordance with IAAF Rule 147, performances achieved in events of 5000m and 10,000m may be accepted in circumstances where there were insufficient athletes of one or both genders competing to justify the conduct of separate races and there was no pacing or assistance given by an athlete(s) of one gender to an athlete(s) of the other gender. For Race Walks the results will always be accepted.
- **Wind assisted performances** (over 2m/sec) will not be accepted.
- **Indoor performances** will be accepted.
- **Hand-timed performances** for events up to and including 800m **will not be accepted.**
- For Race Walks:
  - **road performances** will be accepted
  - results of races conducted using the **pit lane** will be accepted
- For the running events of 200m and over, performances achieved on **over-sized tracks** will not be accepted.