

IYC QUALIFICATION MEETS

DATE	MEET	LOCATION	CONTACT
May 4, 2024	James Woods Developmental Meet	Charlotte, NC	Ph: 704-619-3351 (Coach Pearl)
May 18, 2024	Track Dynamite Youth Invitational	Mesquite, TX	Ph: 469-667-0881 (Coach Rossum)
May 25, 2024	Durham Striders Invitational	Durham, NC	Ph: 919-451-9792 (Coach Davis)
May 25-26, 2024	LA Jets Invitational	Downey, CA	Ph: 213-500-6375 (Coach Evans)
May 28, 2024	V-Tesse Invitational	Baldwin, NY	Ph: 917-674-6718 (Coach Greg)
June 1-2, 2024	2024 DMV Youth Challenge Invitational	Landover, MD	Ph: 301-807-0032 (Coach McCallum)
June 8, 2024	Eastside Steppers Invitational	Oklahoma City, OK	Ph: 405-570-0639 (Coach Wyatt)
June 15, 2024	Jules Lucas Invitational	Tulsa, OK	Ph: 704-657-5960 (Coach White)
June 15-16, 2024	The Jim Law Invitational	Charlotte, NC	Ph: 704-619-3351 (Coach Pearl)
June 29-30, 2024	PVA Invitational	Landover, MD	Ph: 301-807-0032 (Coach McCallum)

***Top eight finishers in each event automatically qualify for the International Youth Track Championships.**

BOYS QUALIFICATION STANDARDS*

	7-8	9-10	11-12	13-14	15-16	17-18
80m Hurdles			15.45			
100m Hurdles				17.45		
110m Hurdles					17.02	15.20
200m Hurdles				29.74		
400m Hurdles					01:04.9	58.10
100m Dash	15.98	14.30	13.10	11.90	11.40	11.10
200m Dash	33.54	29.91	27.30	24.30	22.75	22.30
400m Dash	1:19	1:09	1:02	55.00	52.00	50.04
800m Run	3:08.00	2:43.70	2:28.30	2:12.40	2:06.20	2:01.50
1500m Run	6:27.10	5:28.80	5:03.40	4:30.10	4:20.50	4:12.50
3000m Run			10:59.90	9:57.10	9:50.00	9:45.10

1500m RW		12:30.50	11:10.20			
3000m RW				21:55.10	20:14.40	18:32.10
4x1 Relay	1:08.0	1:01.80	54.50	50.05	45.82	44.48
4x4 Relay	5:35.60	5:03.20	4:28.20	4:03.70	3:44.9	3:33.3
4x8 Relay				9:56.3	8:53.7	8:27.3
Mix 4x4 Relay			N/A	N/A	N/A	N/A
Long Jump	2.79	3.41	4.40	5.01	5.60	4.10
High Jump		1.05	1.20	1.55	1.70	1.80
Triple Jump				9.71	11.06	12.43
Pole Vault				2.65	3.55	4.10
Shot Put	3.46/2kg	5.87/6lb	8.65/6lb	10.52/4kg	12.90/12lb	14.28/12lb
Discus			18.4/1kg	32.08/1kg	36.24/6kg	43.32/6kg
Hammer					29.00/12lb	31.50/12lb
Mini-Jav	11.04	19.85				
Aero-Jav			11.0/450g			
Javelin				27.77/600g	34.71/800g	41.55/800g

*The above qualification standards are recommendations. Coaches and parents should use their judgment and knowledge of their athlete's ability and conditioning when entering them.

GIRLS QUALIFICATION STANDARDS*

	7-8	9-10	11-12	13-14	15-16	17-18
80m Hurdles			15.84			
100m Hurdles				16.50	16.20	15.66
200m Hurdles				32.00		
400m Hurdles					1:12.09	1:08.20
100m Dash	16.35	14.65	13.50	12.90	12.44	12.20
200m Dash	35.61	30.45	27.85	26.47	25.70	25.20
400m Dash	1:24.00	1:10.40	1:05.30	1:01.70	59.46	58.74
800m Run	3:18.40	2:47.70	2:39.60	2:29.30	2:25.00	2:22.60
1500m Run	6:50.90	5:51.00	5:15.70	5:10.30	5:08.70	5:04.70
3000m Run			12:07.60	12:00.00	11:42.00	11:22.00
1500m RW		11:22.70	11:01.00			
3000m RW				23:10.50	20:14.4	18:32.10
4x1 Relay	1:12.80	1:03.30	56.80	53.00	51.50	49.08
4x4 Relay	6:02.40	5:31.70	4:41.60	4:24.00	4:12.80	4:06.00
4x8 Relay			11:34.20	10:58.5	10:58.60	10:28.30
Mix 4x4 Relay				N/A	N/A	N/A
Long Jump	2.48	3.45	4.20	4.65	4.94	5.20
High Jump		1.10	1.30	1.40	1.50	1.55
Triple Jump				9.24	10.03	10.43
Pole Vault				9.15	9.50	9.95
Shot Put	5.2/2k	7.72/6lb	10.32/6lb	8.33/4kg	9.96/4kg	10.97/4kg
Discus			15.41/1kg	26.26/kg	31.50/1kg	28.53/1kg
Hammer					22.78/4k	28.53/4k
Mini-Jav	12.50/300g	18.18/300g				
Aero-Jav			10.0/450g			
Javelin				23.00/600g	25.21/600g	27.70/600g

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