

PAN AM Juniors Standards 2007

Girls Events	2007 PAN AM Junior Champs
100 m	11.9
200 m	24.0
400 m	55.5
800 m	2:10.0
1500 m	04:45.0
3000m	10:30.0
5000 m	17:45.0
10000 m	52:50.0
100m H	14.3
400m H	01:05.5
High Jump	1.75
Long Jump	5.80
Triple Jump	12.00
Shotput	13.00
Discus	42.00
Javelin	42.00
Heptathlon	4400

Boys Events	2007 PAN AM Junior Champs
100 m	10.6
200 m	21.5
400 m	48.4
800 m	1:54.0
1500 m	04:00.0
3000m	
5000 m	15:30.0
10000 m	32:00.0
110m H	14.9
400m H	53.4
High Jump	2.03
Long Jump	7.10
Triple Jump	14.50
Shotput	16.00
Discus	50.00
Javelin	57.00
Decathlon	6400