

2026 BLUNT E.C.I – Suggested Performance Guidelines (In Meters)

Events	8&Under		9-10		11-12		13-14		15-16		17-18	
	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Women	Men
100	16.35	16.20	14.85	14.50	13.70	13.40	13.00	12.00	12.70	11.50	12.65	11.30
200	35.80	34.00	31.50	30.50	28.50	27.50	26.80	24.50	25.50	23.00	25.80	22.60
400	1:25.30	1:20.50	1:12.50	1:10.50	1:05.50	1:03.00	1:01.80	56.00	59.80	52.20	59.85	51.00
800	3:22.20	3:09.80	2:50.80	2:45.00	2:42.00	2:29.00	2:30.00	2:12.50	2:29.00	2:06.50	2:20.00	2:01.70
1500	7:20.50	6:32.00	5:55.50	5:29.00	5:20.0	5:03.50	5:10.50	4:30.00	5:10.0	4:20.50	5:13.00	4:14.00
3000	-----	-----	-----	-----	12:18.00	10:59.00	11:40.00	9:59.00	11:37.00	9:50.00	11:40.00	9:50.00
High Hurdles	-----	-----	-----	-----	16.50 80/30"	15.50 80/30"	16.80 100/30"	17.45 100/36"	16.80 100/33"	17.50 110/39"	15.70 100/33"	15.40 110/39"
Inter. Hurdles	-----	-----	-----	-----	-----	-----	30.90 200/30"	29.80 200/30"	1:13.00 400/30"	1:05.00 400/36"	1:08.50 400/30"	59.00 400/36"
4X100	1:13.80	1:10.00	1:03.50	1:03.50	57.55	56.00	54.00	50.50	51.75	45.80	50.50	44.50
4X400	6:05.00	5:50.00	5:32.00	5:18.00	4:48.50	4:30.50	4:30.00	4:05.00	4:18.00	3:44.90	4:14.00	3:34.00
4x800 **	-----	-----	-----	-----	-----	-----	11:00.00	9:58.00	-----	-----	10:30.00	8:29.0
LJ ***	2.40m	2.78m	3.40m	3.77m	4.20m	4.38m	4.50m	5.00m	4.85m	5.60m	5.15m	6.32m
TJ ***	-----	-----	-----	-----	-----	-----	9.14m	9.50m	9.90m	11.06m	10.38m	12.40m
HJ ***	-----	-----	1.05m	1.05m	1.30m	1.30	1.40m	1.55m	1.50m	1.70m	1.55m	1.80m
Pole Vault ***	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	2.90	4.10m
Shot Put ***	3.00m 2kg	3.46m 2kg	5.10m 6lbs	5.40m 6lb	7.25m 6 lb	8.50m 6 lb	10.20m 6 lb	10.30m 4 kg	9.88m 4 kg	12.00m 12 lbs	10.50m 4 kg	14.00m 12 lb
Discus ***	-----	-----	-----	-----	15.40m 1kg	18.00m 1kg	24.90m 1kg	31.70m 1kg	30.80m 1kg	36.00m 1.6kg	33.50m 1kg	40.80m 1.6kg
Mini Jav ***	7.00m 300g	12.50m 300g	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----
Aero Jav ***	-----	-----	11.50m 250g	19.90m 250g	10.40 450g	15.30 450g.	-----	-----	-----	-----	-----	-----
Javelin ***	-----	-----	-----	-----	-----	-----	22.00m 600g	29.35m 600g	25.00m 600g	34.00m 800g	26.60m 600g	41.02m 800g

- ****The 11-12 and 13-14 age group athletes will be combined to form 11-14 4x800m relay teams. ** The 15-16 & 17-18 age groups will be combined to form 15-18 4x800 m relay teams.**
- **The 100-meter hurdle height for 13-14 boys will be 36", per USATF rule change.**

***Starting Heights and Minimum "Distances to Measure" (In Meters)

Events	8&Under		9-10		11-12		13-14		15-16		17-18	
	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Women	Men
LJ	2.1	2.48	3.10	3.47	3.90	4.08	4.20	4.70	4.55m	5.30	4.85	6.02
TJ	-----	-----	-----	-----	-----	-----	8.84	9.20	9.60	10.76	10.08	12.10
HJ	-----	-----	1.00	1.00	1.20	1.20	1.30	1.45	1.40	1.60	1.45	1.70
Pole Vault	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	2.60	3.80
Shot Put	2.70 2kg	3.16 2kg	4.80 6lbs	5.10 6lb	6.95 6 lb	8.20 6 lb	9.90 6 lb	10.00 4 kg	9.58 4 kg	11.70 12 lbs	10.20 4 kg	13.70 12 lb
Discus	-----	-----	-----	-----	15.10 1kg	17.70 1kg	24.60 1kg	31.40 1kg	30.50 1kg	35.70 1.6kg	33.20 1kg	40.50 1.6kg
Mini Jav	6.70 300g	12.20 300g	11.20 250g	19.00 250g	-----	-----	-----	-----	-----	-----	-----	-----
Aero Jav	-----	-----	-----	-----	10.10 450g	15.00 450g	-----	-----	-----	-----	-----	-----
Javelin	-----	-----	-----	-----	-----	-----	21.70 600g	29.05 600g	24.70 600g	33.70 800g	26.30 600g	40.72 800g

*The first jump/throw will be measured; all others must meet the minimum to be measured.
Entries in the Pole Vault will be combined and contested as 18 & Under.*