

WTFUSA 2014 JUNIOR TRACK STANDARDS

The charts below contain the Junior standards for track for 2014. If a field for a class/age group has a number, a "0", or "NoStd" it is a legal event for that class or age group. If the field is blank then that event is not available for that class/age group.

If you have any questions please e-mail Phil Galli, WTFUSA Chairman, at philg1234@comcast.net.

WTFUSA 2014 JUNIOR TRACK STANDARDS

Wednesday, June 25, 2014

T11	FUTURES		U11		U14		U16		U18		U20		U23	
	M	F	M	F	M	F	M	F	M	F	M	F	M	F
100 Meters	29.85	36.08	29.85	36.08	27.56	33.3	25.26	30.53	22.97	27.75	20.67	24.98	18.37	22.2
1500 Meters							9:58	11:16	9:04	10:15	8:09	9:13	7:15	8:12
200 Meters	1:01	1:13	1:01	1:13	56.7	1:07	51.98	1:02	47.25	56.25	42.53	50.63	37.8	45
400 Meters	2:24	2:56	2:24	2:56	2:13	2:42	2:02	2:29	1:51	2:15	1:40	2:01	1:29	1:48
5000 Meters											25:00	27:00	25:00	27:00
60 Meters	21	24	:21	:24										
800 Meters					5:37	7:23	5:09	6:46	4:41	6:09	4:13	5:32	3:45	4:55

T12	FUTURES		U11		U14		U16		U18		U20		U23	
	M	F	M	F	M	F	M	F	M	F	M	F	M	F
100 Meters	29.13	35.1	29.13	35.1	26.89	32.4	24.65	29.7	22.41	27	20.17	24.3	17.93	21.6
1500 Meters							9:07	11:16	8:17	10:15	7:27	9:13	6:37	8:12
200 Meters	1:00	1:13	1:00	1:13	55.69	1:07	51.05	1:02	46.41	56.25	41.77	50.63	37.13	45
400 Meters	2:13	2:44	2:13	2:44	2:03	2:31	1:53	2:19	1:42	2:06	1:32	1:53	1:22	2:00
5000 Meters											25:00	27:00	25:00	27:00
60 Meters	18.5	20.5	:18.5	:20.5										
800 Meters					4:45	4:45	4:21	4:20	3:57	4:20	3:33	4:10	3:10	4:00

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T31	FUTURES		U11		U14		U16		U18		U20		U23	
	M	F	M	F	M	F	M	F	M	F	M	F	M	F
100 Meters					1:32	2:39	1:15	1:25	1:15	1:25	0:49	0:59	1:15	1:25
20 Meters	35	35	:35	:35										
60 Meter Wea					1:30	1:30	1:15	1:20	1:15	1:20	50	01:00	50	01:00
60 Meters	1:00	1:00	1:00	1:00										

T32	FUTURES		U11		U14		U16		U18		U20		U23	
	M	F	M	F	M	F	M	F	M	F	M	F	M	F
100 Meters	02:00.	02:15.0	2:00	2:15	1:54	1:18	1:01	1:45	1:01	1:18	1:01	1:18	1:01	1:18
20 Meters	01:00.	01:15.0	1:00	1:15	0:22	0:25								
200 Meters					5:13	2:53	2:04	2:53	2:06	2:53	2:43	2:45	2:15	2:06
400 Meters							6:26	6:30	4:16	6:30	6:10	6:00	6:10	6:00
60 Meters	1:20	1:30	1:20	1:30	1:01	0:42								
800 Meters							14:25	13:25	14:25	13:25	10:30	11:30	10:30	11:30

T33	FUTURES		U11		U14		U16		U18		U20		U23	
	M	F	M	F	M	F	M	F	M	F	M	F	M	F
100 Meters	56.55	1:13	56.55	1:13	52.2	1:07	47.85	1:02	43.5	56.25	39.15	50.63	34.8	45
1500 Meters					9:45	10:30	9:30	9:45	12:09	9:45	9:00	10:16	8:45	8:28
20 Meters	0:15	01:00.0	0:15	1:00										
200 Meters	1:41	1:59	1:41	1:59	1:33	1:50	1:26	1:41	1:18	1:32	1:10	1:23	1:02	1:13
400 Meters					2:38	4:53	2:24	4:40	2:11	4:40	1:58	2:15	1:45	2:15
5000 Meters					15:50	20:00	15:50	20:00	15:50	20:00	15:50	20:00	15:50	20:00
60 Meters	0:39	0:45	0:39	0:45	0:30	0:38								
800 Meters					6:56	10:46	6:56	10:15	5:54	10:15	4:44	4:31	4:58	4:29

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T34	FUTURES		U11		U14		U16		U18		U20		U23	
	M	F	M	F	M	F	M	F	M	F	M	F	M	F
100 Meters	56.55	1:13	56.55	1:13	52.2	1:07	47.85	1:02	43.5	56.25	39.15	50.63	34.8	45
1500 Meters					9:30	7:28	8:50	7:28	8:06	7:28	8:06	9:01	7:10	9:01
200 Meters	1:41	1:59	1:41	1:59	1:33	1:50	1:26	1:41	1:18	1:32	1:10	1:23	1:02	1:13
400 Meters	2:51	2:13	2:51	2:13	2:38	1:48	2:24	1:48	2:11	1:48	1:58	2:00	1:45	2:36
5000 Meters					15:50	20:00	15:50	20:00	15:50	20:00	15:50	20:00	25:00	20:00
60 Meters	01:00	0:33	1:00	0:33	0:31	0:30								
800 Meters	5:17	4:45	5:17	4:45	4:53	3:55	4:28	3:55	4:04	3:55	3:39	4:54	3:15	4:54

T35	FUTURES		U11		U14		U16		U18		U20		U23	
	M	F	M	F	M	F	M	F	M	F	M	F	M	F
100 Meters	38.03	1:07	38.03	1:07	35.1	1:02	32.18	56.73	29.25	51.57	26.33	46.41	23.4	41.26
1500 Meters							12:00	12:30	12:00	12:30	9:04	12:00	12:09	12:00
20 Meters	0:11	0:08	0:11	0:08	0:09	0:09								
200 Meters	1:25	1:50	1:25	1:50	1:19	1:41	1:12	1:33	1:06	1:24	58.98	1:16	52.43	1:07
400 Meters	4:15	4:30	4:15	4:30	2:54	2:40	4:37	2:40	2:41	2:40	1:57	3:06	2:32	3:06
5000 Meters							25:00	25:00	25:00	25:00	25:00	25:00	25:00	25:00
60 Meters	0:30	0:22	0:30	0:22	0:20	0:20	0:28	0:35	0:30	0:35				
800 Meters					8:00	7:43	7:30	7:43	6:48	7:43	4:29	8:59	5:44	8:59

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T35a	FUTURES		U11		U14		U16		U18		U20		U23	
	M	F	M	F	M	F	M	F	M	F	M	F	M	F
100 Meters	0:45	1:20	0:45	1:20	0:55	0:49	1:15	1:00	0:44	0:47	0:44	2:03	1:24	1:20
20 Meters	0:09	0:11	0:09	0:11	0:13	0:11								
200 Meters	2:51	3:21	2:51	3:21	2:09	1:51	2:30	2:22	1:46	1:41	1:46	3:24	2:15	2:45
400 Meters							4:40	6:25	4:47	4:16	4:19	6:48	4:15	5:00
60 Meters	0:26	0:30	0:26	0:30	0:32	0:29	:50	1:00	0:26	0:28				

T36	FUTURES		U11		U14		U16		U18		U20		U23	
	M	F	M	F	M	F	M	F	M	F	M	F	M	F
100 Meters	35.84	45.34	35.84	45.34	33.08	41.85	30.33	38.36	27.57	34.88	24.81	31.39	22.06	27.9
1500 Meters					12:56	13:16	11:52	11:00	10:47	11:31	9:42	11:00	8:38	10:40
20 Meters	0:07	:18	0:07	:18										
200 Meters	1:11	1:34	1:11	1:34	1:05	1:27	59.81	1:20	54.38	1:12	48.94	1:05	43.5	57.9
400 Meters	2:51	3:30	2:51	3:30	2:38	2:19	2:24	3:00	2:11	2:45	1:58	2:40	1:45	2:40
5000 Meters							25:00	25:00	25:00	25:00	37:06	25:00	37:06	25:00
60 Meters	0:19	0:22	0:19	0:22	0:17	0:18								
800 Meters					6:00	5:45	5:30	5:45	5:00	5:45	4:30	5:25	4:00	5:25

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T37	FUTURES		U11		U14		U16		U18		U20		U23	
	M	F	M	F	M	F	M	F	M	F	M	F	M	F
100 Meters	31.94	41.07	31.94	41.07	29.48	37.91	27.03	34.75	24.57	31.59	22.11	28.43	19.66	25.27
1500 Meters					11:26	10:54	10:29	10:53	9:32	9:45	8:35	11:52	7:38	9:15
200 Meters	1:05	1:25	1:05	1:25	1:00	1:19	55.37	1:12	50.34	1:06	45.31	59.06	40.27	52.5
400 Meters	2:41	3:26	2:41	3:26	2:29	3:10	2:16	2:54	2:04	2:38	1:51	2:23	1:39	2:07
5000 Meters							25:00	25:00	25:00	25:00	37:06	25:00	37:06	25:00
60 Meters	0:18	0:18	0:18	0:18	0:16	0:17								
800 Meters	5:53		5:53		5:26	5:31	4:59	5:28	4:32	4:40	4:05	5:30	3:37	4:20

T38	FUTURES		U11		U14		U16		U18		U20		U23	
	M	F	M	F	M	F	M	F	M	F	M	F	M	F
100 Meters	31.69	40.23	31.69	40.23	29.25	37.13	26.81	34.04	24.38	30.95	21.94	27.85	19.5	24.76
1500 Meters					11:26	10:00	0.436	9:30	9:32	9:30	8:35	9:10	7:38	9:10
200 Meters	1:05	1:24	1:05	1:24	59.63	1:17	54.66	1:11	49.7	1:04	44.73	57.89	39.76	51.46
400 Meters	2:28	2:00	2:28	2:00	2:17	2:34	0.087	2:40	1:54	2:40	1:43	2:15	1:31	2:23
5000 Meters							1.041	25:00	25:00	25:00	37:06	25:00	37:06	25:00
60 Meters	0:17	:35	0:17	:35	0:16	0:19								
800 Meters					7:30	6:09	4:50	4:20	4:18	4:20	4:19	5:43	3:45	4:10

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T43	FUTURES		U11		U14		U16		U18		U20		U23	
	M	F	M	F	M	F	M	F	M	F	M	F	M	F
100 Meters	32.66	41.44	32.66	41.44	30.15	38.25	27.64	35.06	25.13	31.88	22.61	28.69	20.1	25.5
1500 Meters							9:00	10:20	9:00	10:20	8:50	10:00	8:40	9:40
200 Meters	1:05	1:19	1:05	1:19	59.63	1:13	54.66	1:07	49.7	1:01	44.73	54.85	39.76	48.76
400 Meters	2:28	3:31	2:28	3:31	2:17	3:14	2:06	2:58	1:54	2:42	1:43	2:26	1:31	2:10
60 Meters	40	0:22	:40	0:22										

T44	FUTURES		U11		U14		U16		U18		U20		U23	
	M	F	M	F	M	F	M	F	M	F	M	F	M	F
100 Meters	30.48	41.44	30.48	41.44	28.13	38.25	25.79	35.06	23.45	31.88	21.1	28.69	18.76	25.5
1500 Meters						10:46	9:00	10:20	9:00	10:00	8:50	10:00	8:40	9:40
200 Meters	1:09	1:19	1:09	1:19	1:04	1:13	58.58	1:07	53.25	1:01	47.93	54.85	42.6	48.76
400 Meters	2:28	3:31	2:28	3:31	2:17	3:14	2:06	2:58	1:54	2:42	1:43	2:26	1:31	2:10
60 Meters	0:17	0:21	0:17	0:21										
800 Meters					5:00	5:08	4:55	5:40	4:55	5:40	4:50	5:20	4:45	5:00

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T45	FUTURES		U11		U14		U16		U18		U20		U23	
	M	F	M	F	M	F	M	F	M	F	M	F	M	F
100 Meters	1:00	38.03	1:00	38.03	:55	35.1	:50	32.18	:50	29.25	19.58	26.33	17.4	23.4
10000 Meters														
1500 Meters							8:57	10:20	8:08	10:20	7:19	10:00	6:31	9:40
200 Meters	57.9	1:07	57.9	1:07	53.44	1:02	48.99	56.93	44.54	51.75	40.08	46.58	35.63	41.4
400 Meters	2:09	2:56	2:09	2:56	1:59	2:42	1:50	2:29	1:40	2:15	1:30	2:01	1:20	1:48
5000 Meters							27:30	30:00	27:30	30:00	27:30	30:00	27:30	30:00
60 Meters	40	45	:40	:45										
800 Meters					4:44	6:00	4:20	5:40	3:56	5:40	3:33	5:20	3:09	5:00

T46	FUTURES		U11		U14		U16		U18		U20		U23	
	M	F	M	F	M	F	M	F	M	F	M	F	M	F
100 Meters	28.28	38.03	28.28	38.03	26.1	35.1	23.93	32.18	21.75	29.25	19.58	26.33	17.4	23.4
10000 Meters														
1500 Meters							8:57	10:20	8:08	10:20	7:19	10:00	6:31	9:40
200 Meters	57.9	1:13	57.9	1:13	53.44	1:07	48.99	1:02	44.54	56.25	40.08	50.63	35.63	45
400 Meters	2:09	2:56	2:09	2:56	1:59	2:42	1:50	2:29	1:40	2:15	1:30	2:01	1:20	1:48
5000 Meters							27:30	30:00	27:30	30:00	27:30	30:00	27:30	30:00
60 Meters	40	0:20	:40	0:20										
800 Meters		6:51		6:51	4:44	6:11	4:20	5:40	3:56	5:40	3:33	5:01	3:09	5:00

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T51	FUTURES		U11		U14		U16		U18		U20		U23	
	M	F	M	F	M	F	M	F	M	F	M	F	M	F
100 Meters	1:15	1:10	1:15	1:10	1:20	1:05	1:03	59.4	57.42	54	51.68	48.6	45.94	43.2
1500 Meters							11:10	14:00	10:09	14:00	9:08	13:34	8:07	13:30
200 Meters	2:09	1:55	2:09	1:55	1:59	1:46	1:49	1:37	1:39	1:28	1:29	1:19	1:19	1:11
400 Meters					2:44	5:15	2:31	5:00	2:17	5:00	2:03	3:32	1:49	4:45
5000 Meters	15:50	20:00	15:50	20:00	15:50	20:00	15:50	20:00	15:50	20:00	15:50	20:00	15:50	20:00
60 Meters	55	1:05	:55	1:05	:45	0:43	0:40	:40	0:40	0:37				
800 Meters							5:09	6:56	4:41	6:18	4:13	5:40	3:45	5:02

T52	FUTURES		U11		U14		U16		U18		U20		U23	
	M	F	M	F	M	F	M	F	M	F	M	F	M	F
100 Meters	49.65	1:10	49.65	1:10	45.83	1:05	42.01	59.4	38.19	54	34.37	48.6	30.55	43.2
1500 Meters					12:11	13:00	11:10	14:00	10:09	14:00	9:08	13:34	8:07	13:30
200 Meters	1:31	1:55	1:31	1:55	1:24	1:46	1:17	1:37	1:10	1:28	1:03	1:19	55.87	1:11
400 Meters	2:58	4:00	2:58	4:00	2:44	2:57	2:31	3:40	2:17	3:40	2:03	2:25	1:49	2:32
5000 Meters	15:50	20:00	15:50	20:00	15:50	20:00	15:50	20:00	15:50	20:00	15:50	20:00	15:50	20:00
60 Meters	0:27	0:35	0:27	0:35	0:23	0:25								
800 Meters					5:37	7:34	5:09	6:56	4:41	6:18	4:13	5:40	3:45	5:02

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T53	FUTURES		U11		U14		U16		U18		U20		U23	
	M	F	M	F	M	F	M	F	M	F	M	F	M	F
100 Meters	40.95	57.29	40.95	57.29	37.8	52.88	34.65	48.48	31.5	44.07	28.35	39.66	25.2	35.26
10000 Meters														
1500 Meters					7:07	9:11	6:32	8:25	5:56	7:39	5:21	6:53	4:45	6:07
200 Meters	1:12	1:31	1:12	1:31	1:06	1:24	1:01	1:17	55.13	1:10	49.61	1:03	44.1	56.26
400 Meters	2:16	2:51	2:16	2:51	2:06	2:38	1:56	2:24	1:45	2:11	1:35	1:58	1:24	1:45
5000 Meters	15:50	20:00	15:50	20:00	15:50	20:00	22:21	30:36	20:19	27:49	18:17	25:02	16:15	22:15
60 Meters	0:23	0:24	0:23	0:24										
800 Meters	4:31	5:56	4:31	5:56	4:10	5:29	3:49	5:01	3:28	4:34	3:07	4:06	2:46	3:39

T54	FUTURES		U11		U14		U16		U18		U20		U23	
	M	F	M	F	M	F	M	F	M	F	M	F	M	F
100 Meters	36.56	46.08	36.56	46.08	33.75	42.53	30.94	38.99	28.13	35.45	25.31	31.9	22.5	28.36
10000 Meters														
1500 Meters					7:07	9:11	6:32	8:25	5:56	7:39	5:21	6:53	4:45	6:07
200 Meters	1:06	1:28	1:06	1:28	1:01	1:21	56	1:14	50.91	1:07	45.82	1:01	40.73	54
400 Meters	2:04	2:36	2:04	2:36	1:55	2:24	1:45	2:12	1:36	2:00	1:26	1:48	1:16	1:36
5000 Meters	15:50	20:00	15:50	20:00	15:50	20:00	22:21	30:36	20:19	27:49	18:17	25:02	16:15	22:15
60 Meters	0:22	0:23	0:22	0:23										
800 Meters	4:04	5:12	4:04	5:12	3:45	4:48	3:26	4:24	3:08	4:00	2:49	3:36	2:30	3:12

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TRR1	FUTURES		U11		U14		U16		U18		U20		U23	
	M	F	M	F	M	F	M	F	M	F	M	F	M	F
100 Meters	3:00	3:00	3:00	3:00	2:45	2:45	2:30	2:30	2:30	2:30	2:15	2:15	2:15	2:15
200 Meters	5:00	5:00	5:00	5:00	4:50	4:50	4:40	4:40	4:40	4:40	4:30	4:30	4:30	4:30
400 Meters	6:30	6:30	6:30	6:30	6:20	6:20	6:10	6:10	6:10	6:10	6:00	6:00	6:00	6:00
60 Meters	1:45	1:45	1:45	1:45	1:30	1:30								
800 Meters							9:00	9:00	9:00	9:00	8:45	8:45	8:45	8:45

TRR2	FUTURES		U11		U14		U16		U18		U20		U23	
	M	F	M	F	M	F	M	F	M	F	M	F	M	F
100 Meters	2:04	3:00	2:04	3:00	1:38	2:45	2:30	2:30	2:30	2:30	2:15	1:06	0:58	2:15
100 Meters	2:04	3:00	2:04	3:00	1:38	2:45	2:30	2:30	2:30	2:30	2:15	1:06	0:58	2:15
200 Meters	1:28	5:00	4:21	5:00	4:50	4:50	4:40	4:40	4:40	4:40	4:30	2:00	2:15	4:30
400 Meters	6:30	6:30	6:30	6:30	6:20	6:20	6:10	6:10	6:10	6:10	6:00	6:00	6:00	6:00
60 Meters	1:06	1:45	1:06	1:45	1:30	1:30								
800 Meters							8:45	8:45	8:45	8:45	8:30	11:12	8:30	8:30

WTFUSA 2014 JUNIOR TRACK STANDARDS

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TRR3	FUTURES		U11		U14		U16		U18		U20		U23	
	M	F	M	F	M	F	M	F	M	F	M	F	M	F
100 Meters	2:45	2:45	2:45	2:45	0:51	2:30	0:58	2:20	0:55	2:20	2:10	1:14	2:10	2:10
100 Meters	2:45	2:45	2:45	2:45	0:51	2:30	0:58	2:20	0:55	2:20	2:10	1:14	2:10	2:10
100 Meters	2:45	2:45	2:45	2:45	0:51	2:30	0:58	2:20	0:55	2:20	2:10	1:14	2:10	2:10
1500 Meters											10:00	10:00	10:00	10:00
200 Meters	4:40	4:40	4:40	4:40	1:57	4:30	1:59	4:20	1:57	4:20	4:10	2:41	4:10	4:10
400 Meters	6:00	6:00	6:00	6:00	3:52	5:50	3:57	5:40	4:07	5:40	5:30	5:24	5:30	5:30
5000 Meters											20:00	20:00	20:00	20:00
60 Meters	1:30	1:30	1:30	1:30	0:31	1:20								
800 Meters							8:30	8:30	8:30	8:30	8:15	8:15	8:15	8:15

TRR4	FUTURES		U11		U14		U16		U18		U20		U23	
	M	F	M	F	M	F	M	F	M	F	M	F	M	F
100 Meters	2:30	2:30	2:30	2:30	0:49	1:06	2:10	2:10	2:10	2:10	2:00	2:00	2:00	2:00
1500 Meters							10:00	10:00	10:00	10:00	9:45	9:45	9:45	9:45
200 Meters	4:00	4:00	4:00	4:00	1:47	3:50	3:40	3:40	3:40	3:40	3:30	3:30	3:30	3:30
400 Meters	5:30	5:30	5:30	5:30	3:42	5:20	5:10	5:10	5:10	5:10	5:00	5:00	5:00	5:00
5000 Meters											20:00	20:00	20:00	20:00
60 Meters	1:20	1:20	1:20	1:20										
800 Meters					8:00	8:00	7:45	7:45	7:45	7:45	7:30	7:30	7:30	7:30

WTFUSA 2014 JUNIOR TRACK STANDARDS

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TRR5	FUTURES		U11		U14		U16		U18		U20		U23	
	M	F	M	F	M	F	M	F	M	F	M	F	M	F
100 Meters	2:30	2:30	2:30	2:30	2:20	2:20	2:10	2:10	2:10	2:10	0:31	2:10	2:00	2:00
100 Meters	2:30	2:30	2:30	2:30	2:20	2:20	2:10	2:10	2:10	2:10	0:31	2:10	2:00	2:00
1500 Meters							9:45	9:45	9:45	9:45	11:29	9:30	9:30	9:30
200 Meters	4:00	4:00	4:00	4:00	3:50	3:50	3:40	3:40	3:40	3:40	1:06	3:30	3:30	5:00
400 Meters	5:30	5:30	5:30	5:30	5:20	5:20	5:10	5:10	5:10	5:10	2:17	5:00	5:00	5:00
5000 Meters											20:00	20:00	20:00	20:00
60 Meters	1:00	1:00	1:00	1:00										
800 Meters					7:30	7:30	7:15	7:15	7:15	7:15	5:08	7:00	7:00	7:00