



The Bermuda National Athletics Association

Bermuda Registered Charity #180

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Carifta Games Standards 2023

Nassau, Bahamas

April 7-10, 2023

Under 17		Events	Under 20	
Females	Males		Females	Males
12:35	11:20	100m	12:05	10:80
25:25	22:50	200m	24:68	21:80
58:14	50.44	400m	56:64	48.50
2:23	2:00	800m	2:16	1:55
5:06.00	4:20.00	1500m	5:00.00	4:10.00
11:10.00	9:58.00	3000m	11:10.00	
		5000m U20		16:40.00
15:75	15:54	Hurdles 100mh/110mh	15.24	15.44
1:05	56.81	Hurdles 400mh	1:04	56.64
1.60m	1.82m	High Jump	1.68m	1.95m
5.40m	6.40m	Long Jump	5.45m	7.10m
11.25m	13.50m	Triple Jump	12.00m	14.70m
35.00m	45.75m	Javelin	37.00m	55.00m
12.15m	15.00m	Shot Put	12.00m	15.40m
33.50m	40.80m	Discus	37.00m	50.00m
			Heptathlon Open 4000	Octathlon Open 4700

Qualification Deadline: March 10, 2023