

CARIFTA GAMES 2026

Grenada 2026 CARIFTA Games at the Kirani James Athletic Stadium – 4th – 6th April

	Male U20	Female U20	Male U17	Female U17
100m	10.50	11.78	10.83	11.90
200m	21.25	24.35	22.03	24.60
400m	47.40	55.20	48.94	56.27
800m	1:53.02	2:12.11	1:58.57	2:18.19
1500m	4:04.00	4:50.77	4:16.00	4:54.14
3000m		10:42.41	9:33.07	
5000m	16:13.27			
100m Hurdles		14.78		14.62
110m Hurdles	14.25		14.50	
400m Hurdles	53.00	1:00.75	54.37	1:05.29
Long Jump	7.00m	5.75m	6.74m	5.48m
Triple Jump	14.67m	12.28m	13.71m	11.50m
High Jump	1.93m	1.70m	1.90m	1.64m
Pole Vault	3.40m	2.40m		
Discus Throw	47.47m	47.44m	41.99m	32.75m
Shot Put	15.65m	13.01m	14.44m	12.55m
Javelin Throw	60.01m	41.26m	51.56m	37.86m
Decathlon	6151pts			
Heptathlon		4221pts		
Octathlon			4417pts	