

## Performance Guidelines

Boys		Girls	
<b><u>7-8yr Boys</u></b> (born 2010+)		<b><u>7-8yrs Girls</u></b> (born 2010+)	
100m	15.20	100m	15.69
200m	32.43	200m	33.81
400m	01:19.64	400m	01:21.32
800m	03:01.18	800m	03:08.94
1500m	06:09.26	1500m	06:25.35
Long Jump	2.76	Long Jump	2.08
Shot Put (2 kg)	4.77	Shot Put (2 kg)	4.21
Mini Javelin Throw	15.88	Mini Javelin Throw	11.70
4x100m	01:01.57	4x100m	01:05.09
4x400m	05:36.20	4x400m	05:56.70
<b><u>9-10yrs Boys</u></b> (born 2008-09)		<b><u>9-10yrs Girls</u></b> (born 2008-09)	
100m	14.08	100m	14.51
200m	29.74	200m	30.45
400m	01:08.65	400m	01:10.25
800m	02:42.52	800m	02:48.53
1500m	05:31.77	1500m	05:48.36
1600m	05:54.33	1600m	06:12.85
1500m Race Walk	11:21.32	1500m Race Walk	11:01.82
High Jump	1.10	High Jump	1.10
Long Jump	3.82	Long Jump	3.56
Shot Put (6 lb)	7.81	Shot Put (6 lb)	6.50
Mini Javelin Throw	23.75	Mini Javelin Throw	19.94
4x100m	57.31	4x100m	01:00.34
4x400m	04:46.50	4x400m	04:56.18
Triathlon	603	Triathlon	867
<b><u>11-12yrs Boys</u></b> (born 2006-07)		<b><u>11-12yrs Girls</u></b> (born 2006-07))	
100m	13.05	100m	13.61

<b>200m</b>	27.62	<b>200m</b>	28.59
<b>400m</b>	01:02.30	<b>400m</b>	01:04.94
<b>800m</b>	2:28.80	<b>800m</b>	2:36.40
<b>1500m</b>	5:01.68	<b>1500m</b>	05:20.93
1600m	05:22.19	1600m	05:34.21
<b>3000m</b>	10:59.51	<b>3000m</b>	11:45.28
3200m	11:44.36	3200m	12:33.24
<b>1500m Race Walk</b>	10:36.86	<b>1500m Race Walk</b>	9:47.71
<b>80m Hurdles (30")</b>	14.01	<b>80m Hurdles (30")</b>	14.44
<b>High Jump</b>	1.35	<b>High Jump</b>	1.30
<b>Long Jump</b>	4.63	<b>Long Jump</b>	4.23
<b>Shot Put (6 lb)</b>	10.75	<b>Shot Put (6 lb)</b>	9.16
<b>Discus Throw (1 kg)</b>	20.05	<b>Discus Throw (1 kg)</b>	20.91
<b>Mini Javelin Throw</b>	30.41	<b>Mini Javelin Throw</b>	18.97
<b>4x100m</b>	52.72	<b>4x100m</b>	54.51
<b>4x400m</b>	04:37.45	<b>4x400m</b>	04:42.75
<b>4x800m</b>	10:56.81	<b>4x800m</b>	11:27.31
<b>Pentathlon</b>	2078	<b>Pentathlon</b>	2080
<b><u>13-14yrs Boys</u> (born 2004-05)</b>		<b><u>13-14yrs Girls</u> (born 2004-05)</b>	
<b>100m</b>	12.10	<b>100m</b>	12.91
<b>200m</b>	24.44	<b>200m</b>	27.12
<b>400m</b>	55.43	<b>400m</b>	01:01.18
<b>800m</b>	02:11.91	<b>800m</b>	02:26.29
<b>1500m</b>	04:31.27	<b>1500m</b>	04:59.94
1600m	04:49.72	1600m	05:19.27
<b>3000m</b>	10:00.77	<b>3000m</b>	11:07.75
3200m	10:41.62	3200m	11:53.16
<b>3000m Race Walk</b>	21:38.84	<b>3000m Race Walk</b>	20:59.26
<b>100m Hurdles (33")</b>	14.86	<b>100m Hurdles (30")</b>	15.70
<b>200m Hurdles (30")</b>	28.58	<b>200m Hurdles (30")</b>	30.42
<b>High Jump</b>	1.60	<b>High Jump</b>	1.40
<b>Pole Vault</b>	2.60	<b>Pole Vault</b>	2.15

<b>Long Jump</b>	5.27	<b>Long Jump</b>	4.89
<b>Triple Jump</b>	10.88	<b>Triple Jump</b>	9.49
<b>Shot Put (4 kg)</b>	11.11	<b>Shot Put (6 lb)</b>	11.38
<b>Discus Throw (1 kg)</b>	31.13	Shot Put (4 kg)	8.38
<b>Javelin Throw (600 g)</b>	31.19	<b>Discus Throw (1 kg)</b>	24.91
<b>4x100m</b>	46.90	<b>Javelin Throw (600 g)</b>	23.08
<b>4x400m</b>	03:58.68	<b>4x100m</b>	51.07
<b>4x800m</b>	09:51.56	<b>4x400m</b>	04:17.58
<b>Pentathlon</b>	2445	<b>4x800m</b>	10:49.43
		<b>Pentathlon</b>	2633
<b><u>15-16yrs Boys</u></b> (born 2002-03)		<b><u>15-16yrs Girls</u></b> (born 2002-03)	
<b>100m</b>	11.48	<b>100m</b>	12.60
<b>200m</b>	23.10	<b>200m</b>	26.28
<b>400m</b>	51.56	<b>400m</b>	58.37
<b>800m</b>	02:05.01	<b>800m</b>	02:25.79
<b>1500m</b>	04:19.71	<b>1500m</b>	05:12.89
1600m	04:37.37	1600m	05:22.42
<b>3000m</b>	09:41.07	<b>3000m</b>	11:19.42
3200m	10:20.58	3200m	12:05.62
<b>3000m Race Walk</b>	19:41.43	<b>3000m Race Walk</b>	21:45.47
<b>110m Hurdles (39")</b>	15.32	<b>100m Hurdles (33")</b>	15.65
<b>400m Hurdles (36")</b>	01:00.76	<b>400m Hurdles (30")</b>	01:10.00
300m Hurdles (36")	40.97	300m Hurdles (30")	47.47
<b>2000m Steeplechase</b>	07:41.68	<b>2000m Steeplechase</b>	09:30.70
<b>High Jump</b>	1.70	<b>High Jump</b>	1.45
<b>Pole Vault</b>	3.55	<b>Pole Vault</b>	2.40
<b>Long Jump</b>	5.81	<b>Long Jump</b>	4.95
<b>Triple Jump</b>	12.62	<b>Triple Jump</b>	10.16
<b>Shot Put (12 lb)</b>	12.77	<b>Shot Put (4 kg)</b>	10.21
<b>Discus Throw (1.6 kg)</b>	40.42	<b>Discus Throw (1 kg)</b>	30.70
<b>Hammer Throw (12 lb)</b>	30.77	<b>Hammer Throw (4 kg)</b>	28.06
<b>Javelin Throw (800 g)</b>	37.53	<b>Javelin Throw (600 g)</b>	29.51

<b>4x100m</b>	44.63	<b>4x100m</b>	49.43
<b>4x400m</b>	03:42.57	<b>4x400m</b>	04:08.88
<b>4x800m</b>	09:07.71	<b>4x800m</b>	10:56.34
<b>Decathlon</b>	4431	<b>Heptathlon</b>	3800
<b>17-18yrs Men</b> (born 1999-01)*			
<b>100m</b>	11.22	<b>100m</b>	12.60
<b>200m</b>	22.38	<b>200m</b>	25.72
<b>400m</b>	49.93	<b>400m</b>	58.60
<b>800m</b>	02:01.38	<b>800m</b>	02:25.73
<b>1500m</b>	04:14.27	<b>1500m</b>	05:11.89
1600m	04:31.56	1600m	05:33.10
<b>3000m</b>	10:17.94	<b>3000m</b>	12:07.29
3200m	10:59.96	3200m	12:56.75
<b>3000m Race Walk</b>			
	19:02.69	<b>3000m Race Walk</b>	21:43.99
<b>110m Hurdles (39")</b>	14.89	<b>100m Hurdles (33")</b>	14.77
<b>400m Hurdles (36")</b>	58.7	<b>400m Hurdles (30")</b>	01:05.04
300m Hurdles (36")	39.32	300m Hurdles (30")	46.06
<b>2000m Steeplechase</b>	07:15.96	<b>2000m Steeplechase</b>	09:46.83
<b>High Jump</b>	1.80	<b>High Jump</b>	1.55
<b>Pole Vault</b>	4.10	<b>Pole Vault</b>	3.10
<b>Long Jump</b>	6.46	<b>Long Jump</b>	5.16
<b>Triple Jump</b>	13.06	<b>Triple Jump</b>	10.93
<b>Shot Put (12 lb)</b>	13.70	<b>Shot Put (4 kg)</b>	10.49
<b>Discus Throw (1.6 kg)</b>	44.76	<b>Discus Throw (1 kg)</b>	33.43
<b>Hammer Throw (12 lb)</b>	47.45	<b>Hammer Throw (4 kg)</b>	32.03
<b>Javelin Throw (800 g)</b>	41.45	<b>Javelin Throw (600 g)</b>	28.51
<b>4x100m</b>	42.15	<b>4x100m</b>	49.03
<b>4x400m</b>	03:21.28	<b>4x400m</b>	03:57.02
<b>4x800m</b>	07:58.48	<b>4x800m</b>	09:36.26
<b>Decathlon</b>	5846	<b>Heptathlon</b>	4031

