

## Mosman Little Athletics Club Achievement Levels

The achievement levels are based on performances attained by Qld and local athletics Clubs. A green level is within the reach of 90% of athletes with a little application and reflects a good level of performance. A red level is achievable by about 65% of athletes and represents a very good performance. A blue level performance is achievable by about 20% of athletes and represents an excellent performance. U13s and older can qualify to join the NSW Little Athletics Talent Squad (JETS) with performance benchmarks on the Little A's website.

|                                  | Event                            | BLUE               | RED           | YELLOW        | GREEN         |               |
|----------------------------------|----------------------------------|--------------------|---------------|---------------|---------------|---------------|
| <b>UNDER 6 BOYS</b>              | 50 METRES                        | 11 sec             | 12 sec        | 14 sec        | 16 sec        |               |
|                                  | 100 METRES                       | 22 sec             | 24 sec        | 26 sec        | 28 sec        |               |
|                                  | 400 METRES PACK START            | 1m 39 sec          | 1m 47 .sec    | 1m 55 sec     | 2m 15 sec     |               |
|                                  | 70 METRES                        | 15 sec             | 16 sec        | 17.5 sec      | 19 sec        |               |
|                                  | 350g DISCUS                      | 8.4 m              | 6 m           | 5 m           | 3.8 m         |               |
|                                  | Mat 0.5m LONG JUMP               | 2.3 m              | 2 m           | 1.75 m        | 1.35 m        |               |
|                                  | 1kg blue SHOT PUT                | 4.1 m              | 3 m           | 2.5 m         | 1.9 m         |               |
|                                  | HURDLES 60M 6 flights 15cm micro |                    |               |               |               |               |
|                                  | Event                            | BLUE               | RED           | YELLOW        | GREEN         |               |
|                                  | <b>UNDER 6 GIRLS</b>             | 50 METRES          | 12 sec        | 12 sec        | 14 sec        | 16 sec        |
| 100 METRES                       |                                  | 22 sec             | 24 sec        | 26 sec        | 28 sec        |               |
| 400 METRES PACK START            |                                  | 1m 45sec           | 1m 55sec      | 2m 5 sec      | 2m 23 sec     |               |
| 70 METRES                        |                                  | 15.5 sec           | 17 sec        | 18 sec        | 20 sec        |               |
| 350g DISCUS                      |                                  | 6.8 m              | 5 m           | 4. m          | 3. m          |               |
| Mat 0.5m LONG JUMP               |                                  | 2.2 m              | 1.85 m        | 1.6 m         | 1.2 m         |               |
| 1kg blue SHOT PUT                |                                  | 3.5 m              | 3. m          | 2.5 m         | 2.0 m         |               |
| HURDLES 60M 6 flights 15cm micro |                                  |                    |               |               |               |               |
| Event                            |                                  | BLUE               | RED           | YELLOW        | GREEN         |               |
| <b>UNDER 7 BOYS</b>              |                                  | U7 500M PACK START | 2 m 12.00 sec | 2 m 19.00 sec | 2 m 32.00 sec | 2 m 55.00 sec |
|                                  | 50 METRES                        | 9.80 sec           | 10.40 sec     | 11.00 sec     | 12.00 sec     |               |
|                                  | 100 METRES                       | 19.60 sec          | 20.70 sec     | 22.20 sec     | 24.80 sec     |               |
|                                  | 400 METRES PACK START            | 1m 35sec           | 1m 43sec      | 1m 52 sec     | 2m 10 sec     |               |
|                                  | 70 METRES                        | 13.70 sec          | 14.50 sec     | 15.40 sec     | 17.00 sec     |               |
|                                  | 350g DISCUS                      | 11.50 m            | 9.60 m        | 7.90 m        | 5.70 m        |               |
|                                  | Mat 0.5m LONG JUMP               | 2.60 m             | 2.30 m        | 2.10 m        | 1.50 m        |               |
|                                  | 1kg blue SHOT PUT                | 4.75 m             | 4.05 m        | 3.40 m        | 2.50 m        |               |
|                                  | 6 flights 30cm mini HURDLES 60M  |                    |               |               |               |               |
|                                  | Event                            | BLUE               | RED           | YELLOW        | GREEN         |               |
|                                  | <b>UNDER 7 GIRLS</b>             | U7 500M PACK START | 2 m 19.00 sec | 2 m 29.00 sec | 2 m 42.00 sec | 3 m 10.00 sec |
|                                  |                                  | 50 METRES          | 10.10 sec     | 10.80 sec     | 11.50 sec     | 12.50 sec     |
| 100 METRES                       |                                  | 20.20 sec          | 21.50 sec     | 22.90 sec     | 25.40 sec     |               |
| 400 METRES PACK START            |                                  | 1m 42 sec          | 1m 50 sec     | 1m 59 sec     | 2m 21sec      |               |
| 70 METRES                        |                                  | 14.00 sec          | 14.90 sec     | 15.70 sec     | 17.70 sec     |               |
| 350g DISCUS                      |                                  | 7.80 m             | 6.50 m        | 5.40 m        | 4.40 m        |               |
| Mat 0.5m LONG JUMP               |                                  | 2.35 m             | 2.10 m        | 1.85 m        | 1.45 m        |               |
| 1kg blue SHOT PUT                |                                  | 3.70 m             | 3.20 m        | 2.80 m        | 2.20 m        |               |
| 6 flights 30cm mini HURDLES      |                                  |                    |               |               |               |               |
| Event                            |                                  | BLUE               | RED           | YELLOW        | GREEN         |               |
| <b>UNDER 8 BOYS</b>              |                                  | 400 METRES         | 1 m 32.00 sec | 1 m 40.00 sec | 1 m 49.00 sec | 2 m 5.00 sec  |
|                                  |                                  | U8 700M PACK START | 2 m 58.00 sec | 3 m 12.00 sec | 3 m 29.00 sec | 4 m 10.00 sec |
|                                  | 70 METRES                        | 12.60 sec          | 13.30 sec     | 14.00 sec     | 16.00 sec     |               |
|                                  | 100 METRES                       | 18.10 sec          | 19.00 sec     | 20.20 sec     | 23.30 sec     |               |
|                                  | 200 METRES                       | 38.70 sec          | 41.60 sec     | 46.10 sec     | 53.30 sec     |               |
|                                  | 45cm 6 flights 60 METRE HURDLES  | 13.20 sec          | 14.00 sec     | 15.00 sec     | 18.30 sec     |               |
|                                  | 350g DISCUS                      | 12.60 m            | 10.10 m       | 8.50 m        | 5.80 m        |               |
|                                  | Mat 1m LONG JUMP                 | 3.00 m             | 2.75 m        | 2.45 m        | 1.90 m        |               |
|                                  | 1.5kg yellow SHOT PUT            | 5.10 m             | 4.65 m        | 3.85 m        | 3.10 m        |               |
|                                  | Event                            | BLUE               | RED           | YELLOW        | GREEN         |               |
| <b>UNDER 8 GIRLS</b>             | 400 METRES                       | 1 m 39.00 sec      | 1 m 46.00 sec | 1 m 56.00 sec | 2 m 19.00 sec |               |
|                                  | U8 700M PACK START               | 3 m 14.00 sec      | 3 m 32.00 sec | 3 m 49.00 sec | 4 m 50.00 sec |               |
|                                  | 70 METRES                        | 13.30 sec          | 14.10 sec     | 15.00 sec     | 16.50 sec     |               |
|                                  | 100 METRES                       | 19.20 sec          | 20.40 sec     | 21.60 sec     | 24.20 sec     |               |
|                                  | 200 METRES                       | 41.70 sec          | 45.60 sec     | 49.20 sec     | 56.50 sec     |               |
|                                  | 45cm 6 flights 60 METRE HURDLES  | 14.10 sec          | 15.20 sec     | 16.60 sec     | 20.70 sec     |               |
|                                  | 500g DISCUS                      | 9.00 m             | 7.15 m        | 6.00 m        | 4.50 m        |               |
|                                  | Mat 1m LONG JUMP                 | 2.65 m             | 2.45 m        | 2.15 m        | 1.75 m        |               |
|                                  | 1.5kg yellow SHOT PUT            | 4.20 m             | 3.65 m        | 3.20 m        | 2.45 m        |               |

|                     | Event          | BLUE             | RED           | YELLOW        | GREEN        |           |
|---------------------|----------------|------------------|---------------|---------------|--------------|-----------|
| <b>UNDER 9 BOYS</b> | 400 METRES     | 1 m 27.00 sec    | 1 m 37.00 sec | 1 m 44.00 sec | 2 m 5.00 sec |           |
|                     | 800 METRES     | 3 m 23.00 sec    | 3 m 35.00 sec | 3 m 54.00 sec | 5 m 4.00 sec |           |
|                     | 700 METRE WALK | 4 m 59.00 sec    | 5 m 15.00 sec | 5 m 33.00 sec | 6 m 6.00 sec |           |
|                     | 70 METRES      | 12.10 sec        | 12.80 sec     | 13.60 sec     | 15.40 sec    |           |
|                     | 100 METRES     | 17.00 sec        | 18.00 sec     | 19.20 sec     | 22.00 sec    |           |
|                     | 200 METRES     | 37.00 sec        | 39.50 sec     | 43.00 sec     | 51.50 sec    |           |
|                     | 45cm 6 flights | 60 METRE HURDLES | 12.40 sec     | 13.10 sec     | 13.90 sec    | 15.60 sec |
|                     | 500g           | DISCUS           | 14.70 m       | 12.55 m       | 10.75 m      | 8.60 m    |
|                     |                | HIGH JUMP        | 1.00 m        | 0.95 m        | 0.90 m       | 0.80 m    |
|                     | Mat 1m         | LONG JUMP        | 3.20 m        | 2.95 m        | 2.65 m       | 2.30 m    |
|                     | 2kg orange     | SHOT PUT         | 5.50 m        | 4.90 m        | 4.20 m       | 3.30 m    |

|                      | Event          | BLUE             | RED           | YELLOW        | GREEN         |           |
|----------------------|----------------|------------------|---------------|---------------|---------------|-----------|
| <b>UNDER 9 GIRLS</b> | 400 METRES     | 1 m 36.00 sec    | 1 m 43.00 sec | 1 m 50.00 sec | 2 m 7.00 sec  |           |
|                      | 800 METRES     | 3 m 40.00 sec    | 3 m 53.00 sec | 4 m 15.00 sec | 5 m 4.00 sec  |           |
|                      | 700 METRE WALK | 5 m 6.00 sec     | 5 m 18.00 sec | 5 m 37.00 sec | 6 m 10.00 sec |           |
|                      | 70 METRES      | 12.80 sec        | 13.50 sec     | 14.20 sec     | 15.60 sec     |           |
|                      | 100 METRES     | 18.00 sec        | 18.90 sec     | 19.90 sec     | 22.10 sec     |           |
|                      | 200 METRES     | 39.70 sec        | 42.50 sec     | 44.90 sec     | 53.60 sec     |           |
|                      | 45cm 6 flights | 60 METRE HURDLES | 13.30 sec     | 13.90 sec     | 14.90 sec     | 17.30 sec |
|                      | 500g           | DISCUS           | 10.70 m       | 9.00 m        | 7.60 m        | 5.60 m    |
|                      |                | HIGH JUMP        | 0.95 m        | 0.90 m        | 0.85 m        | 0.80 m    |
|                      | Mat 1m         | LONG JUMP        | 2.95 m        | 2.65 m        | 2.40 m        | 2.05 m    |
|                      | 2kg orange     | SHOT PUT         | 4.75 m        | 3.95 m        | 3.50 m        | 2.80 m    |

|                      | Event            | BLUE             | RED           | YELLOW        | GREEN         |           |
|----------------------|------------------|------------------|---------------|---------------|---------------|-----------|
| <b>UNDER 10 BOYS</b> | 1100 METRES WALK | 7 m 47.00 sec    | 8 m 22.00 sec | 9 m 5.00 sec  | 9 m 50.00 sec |           |
|                      | 1500 METRES      | 6 m 37.00 sec    | 7 m 6.00 sec  | 7 m 56.00 sec | 9 m 30.00 sec |           |
|                      | 800 METRES       | 3 m 15.00 sec    | 3 m 27.00 sec | 3 m 45.00 sec | 4 m 38.00 sec |           |
|                      | 400 METRES       | 1 m 24.00 sec    | 1 m 31.00 sec | 1 m 38.00 sec | 1 m 56.00 sec |           |
|                      | 200 METRES       | 35.10 sec        | 37.50 sec     | 41.30 sec     | 48.80 sec     |           |
|                      | 100 METRES       | 16.20 sec        | 17.00 sec     | 18.00 sec     | 21.20 sec     |           |
|                      | 70 METRES        | 11.50 sec        | 12.10 sec     | 12.80 sec     | 14.50 sec     |           |
|                      | 60cm 6 flights   | 60 METRE HURDLES | 12.70 sec     | 13.50 sec     | 14.50 sec     | 17.30 sec |
|                      | 500g             | DISCUS           | 15.90 m       | 13.60 m       | 12.10 m       | 9.55 m    |
|                      |                  | HIGH JUMP        | 1.10 m        | 1.01 m        | 0.95 m        | 0.90 m    |
|                      | Mat 1m           | LONG JUMP        | 3.55 m        | 3.30 m        | 3.00 m        | 2.40 m    |
|                      | 2kg orange       | SHOT PUT         | 6.20 m        | 5.50 m        | 4.75 m        | 4.15 m    |

|                       | Event            | BLUE             | RED           | YELLOW        | GREEN         |           |
|-----------------------|------------------|------------------|---------------|---------------|---------------|-----------|
| <b>UNDER 10 GIRLS</b> | 1100 METRES WALK | 7 m 58.00 sec    | 8 m 27.00 sec | 9 m 3.00 sec  | 9 m 42.00 sec |           |
|                       | 800 METRES       | 3 m 30.00 sec    | 3 m 48.00 sec | 4 m 4.00 sec  | 4 m 40.00 sec |           |
|                       | 400 METRES       | 1 m 31.00 sec    | 1 m 39.00 sec | 1 m 47.00 sec | 1 m 54.00 sec |           |
|                       | 1500 METRES      | 7 m 7.00 sec     | 7 m 46.00 sec | 8 m 9.00 sec  | 9 m 18.00 sec |           |
|                       | 70 METRES        | 12.10 sec        | 12.90 sec     | 13.60 sec     | 14.50 sec     |           |
|                       | 200 METRES       | 37.70 sec        | 39.60 sec     | 42.80 sec     | 46.90 sec     |           |
|                       | 100 METRES       | 17.20 sec        | 18.20 sec     | 19.20 sec     | 21.20 sec     |           |
|                       | 60cm 6 flights   | 60 METRE HURDLES | 13.80 sec     | 14.70 sec     | 15.60 sec     | 18.30 sec |
|                       | 500g             | DISCUS           | 12.75 m       | 10.80 m       | 9.00 m        | 7.25 m    |
|                       |                  | HIGH JUMP        | 1.00 m        | 0.95 m        | 0.90 m        | 0.85 m    |
|                       | Mat 1m           | LONG JUMP        | 3.10 m        | 2.85 m        | 2.65 m        | 2.25 m    |
|                       | 2kg orange       | SHOT PUT         | 5.20 m        | 4.45 m        | 4.10 m        | 3.30 m    |

|                      | Event           | BLUE             | RED           | YELLOW        | GREEN         |           |
|----------------------|-----------------|------------------|---------------|---------------|---------------|-----------|
| <b>UNDER 11 BOYS</b> | 1100 METRE WALK | 7 m 26.00 sec    | 8 m 10.00 sec | 8 m 38.00 sec | 9 m 37.00 sec |           |
|                      | 1500 METRES     | 6 m 11.00 sec    | 6 m 42.00 sec | 7 m 13.00 sec | 8 m 3.00 sec  |           |
|                      | 800 METRES      | 3 m 6.00 sec     | 3 m 22.00 sec | 3 m 38.00 sec | 4 m 16.00 sec |           |
|                      | 400 METRES      | 1 m 21.00 sec    | 1 m 27.00 sec | 1 m 35.00 sec | 1 m 50.00 sec |           |
|                      | 200 METRES      | 34.50 sec        | 36.50 sec     | 38.90 sec     | 44.80 sec     |           |
|                      | 100 METRES      | 16.00 sec        | 16.60 sec     | 17.70 sec     | 19.80 sec     |           |
|                      | 60cm 6 flights  | 60 METRE HURDLES | 12.50 sec     | 13.30 sec     | 14.20 sec     | 16.00 sec |
|                      | 750g            | DISCUS           | 15.45 m       | 13.45 m       | 11.80 m       | 9.55 m    |
|                      |                 | HIGH JUMP        | 1.15 m        | 1.05 m        | 1.00 m        | 0.95 m    |
|                      | Mat 1m          | LONG JUMP        | 3.65 m        | 3.40 m        | 3.05 m        | 2.55 m    |
|                      | 2kg orange      | SHOT PUT         | 6.95 m        | 6.20 m        | 5.55 m        | 4.70 m    |
|                      | 5/7/9/11m       | TRIPLE JUMP      | 9.00 m        | 8.00 m        | 7.00 m        | 6.00 m    |

|                       | Event           | BLUE             | RED           | YELLOW        | GREEN         |           |
|-----------------------|-----------------|------------------|---------------|---------------|---------------|-----------|
| <b>UNDER 11 GIRLS</b> | 1100 METRE WALK | 7 m 43.00 sec    | 8 m 16.00 sec | 8 m 43.00 sec | 9 m 28.00 sec |           |
|                       | 1500 METRES     | 6 m 53.00 sec    | 7 m 30.00 sec | 8 m 4.00 sec  | 9 m 15.00 sec |           |
|                       | 800 METRES      | 3 m 24.00 sec    | 3 m 41.00 sec | 3 m 58.00 sec | 4 m 27.00 sec |           |
|                       | 400 METRES      | 1 m 26.00 sec    | 1 m 31.00 sec | 1 m 36.00 sec | 1 m 46.00 sec |           |
|                       | 200 METRES      | 35.90 sec        | 37.70 sec     | 39.80 sec     | 43.00 sec     |           |
|                       | 100 METRES      | 16.40 sec        | 17.30 sec     | 17.90 sec     | 19.50 sec     |           |
|                       | 60cm 6 flights  | 60 METRE HURDLES | 13.30 sec     | 14.00 sec     | 14.70 sec     | 16.50 sec |
|                       | 750g            | DISCUS           | 12.90 m       | 11.40 m       | 10.05 m       | 7.90 m    |
|                       |                 | HIGH JUMP        | 1.10 m        | 1.00 m        | 0.95 m        | 0.90 m    |
|                       | Mat 1m          | LONG JUMP        | 3.40 m        | 3.15 m        | 2.85 m        | 2.55 m    |
|                       | 2kg orange      | SHOT PUT         | 5.80 m        | 5.30 m        | 4.70 m        | 4.00 m    |
|                       | 5/7/9/11m       | TRIPLE JUMP      | 7.50 m        | 7.00 m        | 6.50 m        | 6.00 m    |

|                      | Event            | BLUE             | RED            | YELLOW         | GREEN          |           |
|----------------------|------------------|------------------|----------------|----------------|----------------|-----------|
| <b>UNDER 12 BOYS</b> | 1500 METRES      | 5 m 57.00 sec    | 6 m 36.00 sec  | 7 m 0.00 sec   | 8 m 0.00 sec   |           |
|                      | 1500 METRES WALK | 10 m 26.00 sec   | 10 m 46.00 sec | 11 m 20.00 sec | 12 m 30.00 sec |           |
|                      | 800 METRES       | 2 m 54.00 sec    | 3 m 8.00 sec   | 3 m 18.00 sec  | 3 m 50.00 sec  |           |
|                      | 400 METRES       | 1 m 16.00 sec    | 1 m 23.00 sec  | 1 m 28.00 sec  | 1 m 42.00 sec  |           |
|                      | 200 METRES       | 32.20 sec        | 34.00 sec      | 36.30 sec      | 39.30 sec      |           |
|                      | 100 METRES       | 15.20 sec        | 15.90 sec      | 16.80 sec      | 18.00 sec      |           |
|                      | 68cm 6 flights   | 60 METRE HURDLES | 12.20 sec      | 12.90 sec      | 13.90 sec      | 15.70 sec |
|                      | 750g             | DISCUS           | 19.70 m        | 15.45 m        | 13.75 m        | 11.20 m   |
|                      |                  | HIGH JUMP        | 1.30 m         | 1.20 m         | 1.10 m         | 1.05 m    |
|                      | Mat 1m           | LONG JUMP        | 4.00 m         | 3.80 m         | 3.35 m         | 3.05 m    |
|                      | 3kg white        | SHOT PUT         | 7.00 m         | 6.25 m         | 5.50 m         | 4.70 m    |
|                      |                  | TRIPLE JUMP      | 9.00 m         | 8.00 m         | 7.00 m         | 6.00 m    |

|                       | Event            | BLUE             | RED            | YELLOW         | GREEN          |           |
|-----------------------|------------------|------------------|----------------|----------------|----------------|-----------|
| <b>UNDER 12 GIRLS</b> | 400 METRES       | 1 m 24.00 sec    | 1 m 30.00 sec  | 1 m 35.00 sec  | 1 m 42.00 sec  |           |
|                       | 1500 METRES      | 6 m 26.00 sec    | 7 m 4.00 sec   | 7 m 42.00 sec  | 8 m 44.00 sec  |           |
|                       | 1500 METRES WALK | 10 m 51.00 sec   | 11 m 23.00 sec | 12 m 16.00 sec | 12 m 52.00 sec |           |
|                       | 800 METRES       | 3 m 12.00 sec    | 3 m 30.00 sec  | 3 m 49.00 sec  | 4 m 25.00 sec  |           |
|                       | 200 METRES       | 34.50 sec        | 36.30 sec      | 38.80 sec      | 42.30 sec      |           |
|                       | 100 METRES       | 15.90 sec        | 16.80 sec      | 17.70 sec      | 19.20 sec      |           |
|                       | 68cm 6 flights   | 60 METRE HURDLES | 13.20 sec      | 14.20 sec      | 15.10 sec      | 16.00 sec |
|                       | 750g             | DISCUS           | 15.50 m        | 13.20 m        | 11.10 m        | 9.20 m    |
|                       |                  | HIGH JUMP        | 1.15 m         | 1.10 m         | 1.05 m         | 1.00 m    |
|                       | Mat 1m           | LONG JUMP        | 3.55 m         | 3.30 m         | 3.15 m         | 2.80 m    |
|                       | 2kg orange       | SHOT PUT         | 6.80 m         | 6.00 m         | 5.25 m         | 4.45 m    |
|                       |                  | TRIPLE JUMP      | 9.00 m         | 8.00 m         | 7.00 m         | 6.00 m    |

|                      | Event            | BLUE               | RED            | YELLOW         | GREEN          |           |
|----------------------|------------------|--------------------|----------------|----------------|----------------|-----------|
| <b>UNDER 13 BOYS</b> | 3000 METRES      | 12 m 58.00 sec     | 14 m 23.00 sec | 15 m 15.00 sec | 17 m 26.00 sec |           |
|                      | 1500 METRES      | 5 m 53.00 sec      | 6 m 31.00 sec  | 6 m 55.00 sec  | 7 m 54.00 sec  |           |
|                      | 1500 METRES WALK | 10 m 9.00 sec      | 10 m 29.00 sec | 11 m 2.00 sec  | 12 m 10.00 sec |           |
|                      | 400 METRES       | 1 m 13.00 sec      | 1 m 19.00 sec  | 1 m 26.00 sec  | 1 m 35.00 sec  |           |
|                      | 800 METRES       | 2 m 50.00 sec      | 3 m 4.00 sec   | 3 m 13.00 sec  | 3 m 45.00 sec  |           |
|                      | 200 METRES       | 30.80 sec          | 32.60 sec      | 34.80 sec      | 39.00 sec      |           |
|                      | 100 METRES       | 14.10 sec          | 15.00 sec      | 15.60 sec      | 17.10 sec      |           |
|                      | 76cm 9 flights   | 80 METRE HURDLES   | 16.00 sec      | 17.50 sec      | 18.80 sec      | 22.60 sec |
|                      | 68cm 5 flights   | 200 METRES HURDLES | 35.50 sec      | 37.70 sec      | 38.70 sec      | 41.10 sec |
|                      | 1kg              | DISCUS             | 19.30 m        | 15.15 m        | 13.40 m        | 11.05 m   |
|                      |                  | HIGH JUMP          | 1.35 m         | 1.25 m         | 1.15 m         | 1.10 m    |
|                      | 600g             | JAVELIN            | 19.00 m        | 14.35 m        | 10.90 m        | 8.00 m    |
|                      | board            | LONG JUMP          | 4.20 m         | 3.90 m         | 3.70 m         | 3.10 m    |
|                      | 3kg white        | SHOT PUT           | 8.30 m         | 6.60 m         | 6.00 m         | 5.00 m    |
|                      | 5/7/9/11m        | TRIPLE JUMP        | 8.70 m         | 8.20 m         | 7.40 m         | 5.90 m    |

|                       | Event            | BLUE               | RED            | YELLOW        | GREEN          |           |
|-----------------------|------------------|--------------------|----------------|---------------|----------------|-----------|
| <b>UNDER 13 GIRLS</b> | 3000 METRES      | 15 m 2.00 sec      | 16 m 31.00 sec | 18 m 0.00 sec | 20 m 24.00 sec |           |
|                       | 1500 METRES      | 6 m 14.00 sec      | 6 m 51.00 sec  | 7 m 28.00 sec | 8 m 28.00 sec  |           |
|                       | 1500 METRES WALK | 10 m 44.00 sec     | 11 m 20.00 sec | 12 m 8.00 sec | 12 m 35.00 sec |           |
|                       | 400 METRES       | 1 m 17.00 sec      | 1 m 24.00 sec  | 1 m 32.00 sec | 1 m 40.00 sec  |           |
|                       | 800 METRES       | 3 m 1.00 sec       | 3 m 18.00 sec  | 3 m 36.00 sec | 4 m 14.00 sec  |           |
|                       | 200 METRES       | 32.60 sec          | 34.90 sec      | 37.00 sec     | 40.70 sec      |           |
|                       | 100 METRES       | 15.30 sec          | 15.90 sec      | 16.80 sec     | 18.20 sec      |           |
|                       | 76cm 9 flights   | 80 METRE HURDLES   | 17.90 sec      | 19.20 sec     | 20.20 sec      | 21.80 sec |
|                       | 68cm 5 flights   | 200 METRES HURDLES | 36.80 sec      | 39.20 sec     | 42.00 sec      | 44.00 sec |
|                       | 750g             | DISCUS             | 17.30 m        | 15.00 m       | 12.85 m        | 10.55 m   |
|                       |                  | HIGH JUMP          | 1.25 m         | 1.20 m        | 1.15 m         | 1.05 m    |
|                       | 400g             | JAVELIN            | 18.70 m        | 10.40 m       | 8.65 m         | 7.05 m    |
|                       | board            | LONG JUMP          | 3.85 m         | 3.55 m        | 3.25 m         | 2.80 m    |
|                       | 3kg white        | SHOT PUT           | 6.45 m         | 5.70 m        | 5.20 m         | 4.10 m    |
|                       | 5/7/9/11m        | TRIPLE JUMP        | 8.30 m         | 7.05 m        | 6.55 m         | 5.90 m    |

|                      | Event            | BLUE               | RED           | YELLOW         | GREEN          |           |
|----------------------|------------------|--------------------|---------------|----------------|----------------|-----------|
| <b>UNDER 14 BOYS</b> | 3000 METRES      | 0.00 sec           | 0.00 sec      | 0.00 sec       | 0.00 sec       |           |
|                      | 400 METRES       | 1 m 6.00 sec       | 1 m 13.00 sec | 1 m 18.00 sec  | 1 m 24.00 sec  |           |
|                      | 800 METRES       | 2 m 43.00 sec      | 2 m 56.00 sec | 3 m 5.00 sec   | 3 m 35.00 sec  |           |
|                      | 1500 METRES      | 5 m 44.00 sec      | 6 m 22.00 sec | 6 m 45.00 sec  | 7 m 43.00 sec  |           |
|                      | 1500 METRES WALK | 9 m 43.00 sec      | 10 m 2.00 sec | 10 m 34.00 sec | 11 m 39.00 sec |           |
|                      | 200 METRES       | 28.00 sec          | 5 m 5.00 sec  | 31.90 sec      | 34.10 sec      |           |
|                      | 100 METRES       | 13.60 sec          | 14.20 sec     | 15.30 sec      | 16.40 sec      |           |
|                      | 76cm 9 flights   | 90 METRE HURDLES   | 16.30 sec     | 18.60 sec      | 19.80 sec      | 22.00 sec |
|                      | 76cm 5 flights   | 200 METRES HURDLES | 32.60 sec     | 35.40 sec      | 38.10 sec      | 40.70 sec |
|                      | 1kg              | DISCUS             | 27.10 m       | 20.65 m        | 16.65 m        | 12.70 m   |
|                      |                  | HIGH JUMP          | 1.50 m        | 1.35 m         | 1.30 m         | 1.20 m    |
|                      | 600g             | JAVELIN            | 20.00 m       | 17.40 m        | 15.80 m        | 10.00 m   |
|                      | board            | LONG JUMP          | 4.75 m        | 4.30 m         | 4.00 m         | 3.65 m    |
|                      | 4kg red          | SHOT PUT           | 8.55 m        | 7.45 m         | 5.85 m         | 5.25 m    |
|                      |                  | TRIPLE JUMP        | 9.70 m        | 8.80 m         | 8.00 m         | 7.60 m    |

|                       | Event            | BLUE               | RED            | YELLOW         | GREEN          |           |
|-----------------------|------------------|--------------------|----------------|----------------|----------------|-----------|
| <b>UNDER 14 GIRLS</b> | 1500 METRES      | 6 m 7.00 sec       | 6 m 43.00 sec  | 7 m 19.00 sec  | 8 m 18.00 sec  |           |
|                       | 1500 METRES WALK | 10 m 23.00 sec     | 10 m 58.00 sec | 11 m 44.00 sec | 12 m 10.00 sec |           |
|                       | 400 METRES       | 1 m 15.00 sec      | 1 m 22.00 sec  | 1 m 31.00 sec  | 1 m 39.00 sec  |           |
|                       | 800 METRES       | 2 m 58.00 sec      | 3 m 14.00 sec  | 3 m 32.00 sec  | 4 m 9.00 sec   |           |
|                       | 3000 METRES      | 23 m 44.00 sec     | 25 m 49.00 sec | 28 m 34.00 sec | 32 m 13.00 sec |           |
|                       | 200 METRES       | 31.80 sec          | 34.10 sec      | 36.80 sec      | 39.50 sec      |           |
|                       | 100 METRES       | 14.40 sec          | 15.60 sec      | 16.40 sec      | 17.20 sec      |           |
|                       | 76cm 5 flights   | 200 METRES HURDLES | 34.90 sec      | 38.30 sec      | 41.70 sec      | 43.50 sec |
|                       | 76cm 9 flights   | 80 METRE HURDLES   | 15.50 sec      | 18.40 sec      | 19.80 sec      | 21.10 sec |
|                       | 1kg              | DISCUS             | 17.60 m        | 14.70 m        | 12.00 m        | 10.90 m   |
|                       |                  | HIGH JUMP          | 1.35 m         | 1.25 m         | 1.15 m         | 1.10 m    |
|                       | 600g             | JAVELIN            | 17.90 m        | 11.60 m        | 10.05 m        | 8.80 m    |
|                       | board            | LONG JUMP          | 4.20 m         | 3.90 m         | 3.40 m         | 3.00 m    |
|                       | 3kg white        | SHOT PUT           | 7.45 m         | 6.30 m         | 5.75 m         | 4.80 m    |
|                       |                  | TRIPLE JUMP        | 8.80 m         | 7.80 m         | 6.75 m         | 6.10 m    |

