

### Achievement Award Levels - Girls

Event	Age	Gold	Silver	Bronze	Red
<b>70 m</b>					
	6	14.0	14.7	15.4	16.1
	7	13.3	14.0	14.7	15.4
	8	12.6	13.3	14.0	14.7
	9	12.0	12.7	13.4	14.1
	10	11.5	12.2	12.9	13.6
	11	11.1	11.8	12.5	13.2
	12	10.8	11.5	12.2	12.9
	13	10.6	11.3	12.0	12.7
	14	10.4	11.1	11.8	12.5
	15	10.2	10.9	11.6	12.3
<b>100 m</b>					
	6	19.1	20.1	21.1	22.1
	7	18.3	19.3	20.3	21.3
	8	17.5	18.5	19.5	20.5
	9	16.8	17.8	18.8	19.8
	10	16.2	17.2	18.2	19.2
	11	15.7	16.7	17.7	18.7
	12	15.3	16.3	17.3	18.3
	13	15.0	16.0	17.0	18.0
	14	14.7	15.7	16.7	17.7
	15	14.4	15.4	16.4	17.4
<b>200 m</b>					
	6	45.5	47.5	49.5	51.5
	7	42.5	44.9	47.3	49.8
	8	39.5	41.9	44.3	46.8
	9	37.0	39.4	41.8	44.2
	10	35.0	37.4	39.8	42.2
	11	33.5	35.9	38.3	40.7
	12	32.5	34.9	37.3	39.7
	13	32.0	34.4	36.8	39.2
	14	31.5	33.9	36.3	38.7
	15	31.0	33.4	35.8	38.2
<b>300 m</b>					
	7	1.16.0	1.21.5	1.27.0	1.32.5
<b>400 m</b>					
	8	1.34.5	1.40.3	1.46.1	1.51.9
	9	1.28.0	1.33.8	1.39.6	1.45.4
	10	1.22.5	1.28.3	1.34.1	1.39.9
	11	1.18.0	1.23.8	1.29.6	1.35.4
	12	1.14.5	1.20.3	1.26.1	1.31.9
	13	1.12.0	1.17.8	1.23.6	1.29.4
	14	1.10.5	1.16.3	1.22.1	1.27.9
	15	1.09.0	1.14.8	1.20.6	1.26.4

### Achievement Award Levels - Girls

Event	Age	Gold	Silver	Bronze	Red
<b>800 m</b>					
	9	3.30.0	3.40.0	3.50.0	4.00.0
	10	3.20.0	3.30.0	3.40.0	3.50.0
	11	3.11.0	3.21.0	3.31.0	3.41.0
	12	3.03.0	3.13.0	3.23.0	3.33.0
	13	2.57.0	3.07.0	3.17.0	3.27.0
	14	2.52.0	3.02.0	3.12.0	3.22.0
	15	2.48.0	2.58.0	3.08.0	3.18.0
<b>1500 m</b>					
	11	6.05.0	6.20.0	6.35.0	6.50.0
	12	5.55.0	6.10.0	6.25.0	6.40.0
	13	5.45.0	6.00.0	6.15.0	6.30.0
	14	5.35.0	5.50.0	6.05.0	6.20.0
	15	5.25.0	5.40.0	5.55.0	6.10.0
<b>60 mH</b>					
	6	14.1	14.8	15.5	16.2
	7	13.5	14.2	14.9	15.6
	8	12.9	13.6	14.3	15.0
	9	12.3	13.0	13.7	14.4
	10	11.7	12.4	13.1	13.8
	11	12.3	13.0	13.7	14.4
	12	11.7	12.4	13.1	13.8
<b>80 mH</b>					
	8	18.5	19.6	20.7	21.9
	9	17.6	18.8	19.8	20.9
	10	18.9	20.2	21.4	22.7
	11	16.8	17.9	18.7	20.1
	12	16.2	17.4	18.4	19.6
	13	15.8	16.9	18.0	19.2
	14	15.6	16.7	17.8	19.0
<b>90 mH</b>					
	15	17.1	18.4	19.6	20.9
<b>300 mH</b>					
	13	56.0	58.0	60.0	63.0
	14	53.0	55.0	57.0	60.0
	15	50.0	52.0	54.0	57.0

### Achievement Award Levels - Girls

Event	Age	Gold	Silver	Bronze	Red
<b>Long Jump</b>					
	6	2.00	1.75	1.50	1.25
	7	2.20	1.95	1.70	1.45
	8	2.50	2.25	2.00	1.75
	9	2.80	2.55	2.30	2.05
	10	3.10	2.85	2.60	2.35
	11	3.40	3.15	2.90	2.65
	12	3.70	3.45	3.20	2.95
	13	4.00	3.75	3.50	3.25
	14	4.30	4.05	3.80	3.55
	15	4.60	4.45	4.10	3.85
<b>Triple Jump</b>					
	8	5.40	4.80	4.20	3.60
	9	6.00	5.40	4.80	4.20
	10	6.60	6.00	5.40	5.40
	11	7.20	6.60	6.00	5.40
	12	7.80	7.20	6.60	6.00
	13	8.40	7.80	7.20	6.60
	14	9.00	8.40	7.80	7.20
	15	9.60	9.00	8.40	7.80
<b>High Jump</b>					
	9	0.95	0.89	0.83	0.77
	10	1.03	0.97	0.91	0.85
	11	1.11	1.05	0.99	0.93
	12	1.19	1.13	1.07	1.01
	13	1.27	1.21	1.15	1.09
	14	1.35	1.29	1.23	1.17
	15	1.43	1.37	1.31	1.25
<b>Shot Put</b>					
	6	2.60	2.20	1.70	1.40
	7	4.00	3.50	2.00	1.50
	8	3.50	3.00	2.50	2.00
	9	4.00	3.50	3.00	2.50
	10	5.00	4.50	4.00	3.50
	11	6.00	5.50	5.00	4.50
	12	7.00	6.50	6.00	5.50
	13	8.00	7.50	7.00	6.50
	14	8.50	8.00	7.50	7.00
	15	9.50	9.00	8.50	8.00
<b>Discus</b>					
	6	6.00	5.00	4.00	3.00
	7	9.50	7.50	6.50	5.50
	8	12.50	10.20	8.50	6.50
	9	14.50	12.20	10.50	8.50
	10	17.50	15.20	13.50	11.50
	11	17.50	15.20	13.50	11.50
	12	19.50	17.20	15.50	13.50
	13	21.50	19.50	17.50	15.50
	14	23.50	21.50	19.50	17.50
	15	25.50	23.50	21.50	19.50

### Achievement Award Levels - Girls

Event	Age	Gold	Silver	Bronze	Red
<b>Javelin</b>	11	14.0	13.0	11.0	9.0
	12	16.0	14.0	12.0	9.0
	13	18.0	16.0	14.0	11.0
	14	20.0	18.0	16.0	13.0
	15	22.0	20.0	18.0	15.0

### Achievement Award Levels - Boys

Event	Age	Gold	Silver	Bronze	Red
<b>70 m</b>	6	13.7	14.4	15.1	15.8
	7	13.0	13.7	14.4	15.1
	8	12.3	13.0	13.7	14.4
	9	11.7	12.4	13.1	13.8
	10	11.2	11.9	12.6	13.3
	11	10.8	11.5	12.2	12.9
	12	10.5	11.2	11.9	12.6
	13	10.3	11.0	11.7	12.4
	14	10.1	10.8	11.5	12.2
	15	9.9	10.6	11.3	12.0
<b>100 m</b>	6	18.4	19.4	20.4	21.4
	7	17.6	18.6	19.6	20.6
	8	16.8	17.8	18.8	19.8
	9	16.1	17.1	18.1	19.1
	10	15.5	16.5	17.5	18.5
	11	15.0	16.0	17.0	18.0
	12	14.6	15.6	16.6	17.6
	13	14.3	15.3	16.3	17.3
	14	14.0	15.0	16.0	17.0
	15	13.7	14.7	15.7	16.7
<b>200 m</b>	6	43.5	45.5	47.5	49.5
	7	40.5	42.5	44.5	46.5
	8	37.5	39.5	41.5	43.5
	9	35.0	37.0	39.0	41.0
	10	33.0	35.0	37.0	39.0
	11	31.5	33.5	35.5	37.5
	12	30.5	32.5	34.5	36.5
	13	30.0	32.0	34.0	36.0
	14	29.5	31.5	33.5	35.5
	15	29.0	31.0	33.0	35.0
<b>300 m</b>	7	1.10.5	1.16.0	1.21.5	1.27.0
<b>400 m</b>	8	1.29.5	1.34.5	1.39.5	1.44.5
	9	1.23.0	1.28.0	1.33.0	1.38.0
	10	1.17.5	1.22.5	1.27.5	1.32.5
	11	1.13.0	1.18.0	1.23.0	1.28.0
	12	1.09.5	1.14.5	1.19.5	1.24.5
	13	1.07.0	1.12.0	1.17.0	1.22.0
	14	1.05.5	1.10.5	1.15.5	1.20.5
	15	1.04.0	1.09.0	1.14.0	1.19.0

### Achievement Award Levels - Boys

Event	Age	Gold	Silver	Bronze	Red
<b>800 m</b>					
	9	3.08.0	3.18.0	3.28.0	3.38.0
	10	2.58.0	3.08.0	3.18.0	3.28.0
	11	2.51.0	3.01.0	3.11.0	3.21.0
	12	2.46.0	2.56.0	3.06.0	3.16.0
	13	2.42.0	2.52.0	3.02.0	3.12.0
	14	2.39.0	2.49.0	2.59.0	3.09.0
	15	2.37.0	2.47.0	2.57.0	3.07.0
<b>1500 m</b>					
	11	5.50.0	6.05.0	6.20.0	6.35.0
	12	5.40.0	5.55.0	6.10.0	6.25.0
	13	5.30.0	5.45.0	6.00.0	6.15.0
	14	5.20.0	5.35.0	5.50.0	6.05.0
	15	5.19.0	5.25.0	5.40.0	5.55.0
<b>60 mH</b>					
	6	13.6	14.3	15.0	15.7
	7	13.0	13.6	14.2	14.8
	8	12.3	13.0	13.6	14.2
	9	11.8	12.4	13.0	13.6
	10	11.2	11.8	12.4	13.0
	11	11.4	12.0	12.6	13.2
	12	10.8	11.4	12.0	12.6
<b>80 mH</b>					
	8	16.9	17.9	18.8	19.8
	9	16.4	17.3	18.3	19.3
	10	17.6	18.7	19.7	20.7
	11	15.6	16.4	17.4	18.4
	12	15.1	16.0	16.9	18.0
	13	14.8	15.6	16.5	17.6
<b>90 mH</b>					
	14	16.1	17.1	18.1	19.3
<b>100 mH</b>					
	15	15.6	16.6	17.6	18.8
<b>Long Jump</b>					
	6	2.20	1.95	1.70	1.45
	7	2.50	2.25	2.00	1.75
	8	2.80	2.55	2.30	2.05
	9	3.10	2.85	2.60	2.35
	10	3.40	3.15	2.90	2.65
	11	3.70	3.45	3.20	2.95
	12	4.00	3.75	3.50	3.25
	13	4.30	4.05	3.80	3.55
	14	4.60	4.35	4.10	3.85
	15	4.90	4.75	4.40	4.15

### Achievement Award Levels - Boys

Event	Age	Gold	Silver	Bronze	Red
<b>Triple Jump</b>					
	8	6.00	5.40	4.80	4.20
	9	6.60	6.00	5.40	4.80
	10	7.20	6.60	6.00	5.40
	11	7.80	7.20	6.60	6.00
	12	8.40	7.80	7.20	6.60
	13	9.00	8.40	7.80	7.20
	14	9.60	9.00	8.40	7.80
	15	10.20	9.60	9.00	8.40
<b>High Jump</b>					
	9	1.00	0.94	0.88	0.82
	10	1.08	1.02	0.96	0.90
	11	1.16	1.10	1.04	0.98
	12	1.24	1.18	1.12	1.06
	13	1.32	1.26	1.20	1.14
	14	1.40	1.34	1.28	1.22
	15	1.48	1.42	1.36	1.30
<b>Shot Put</b>					
	6	3.20	2.80	2.20	1.50
	7	4.00	3.50	3.00	2.40
	8	4.30	3.80	3.20	2.60
	9	4.60	4.20	3.80	3.40
	10	6.00	5.50	4.90	4.30
	11	6.20	5.70	5.30	4.90
	12	6.90	6.30	5.70	5.10
	13	7.70	7.10	6.50	5.90
	14	8.70	8.20	7.50	7.00
	15	9.30	8.80	8.30	7.70
<b>Discus</b>					
	6	9.00	7.50	5.40	4.50
	7	11.00	9.50	7.40	6.50
	8	14.00	12.20	10.40	8.50
	9	17.00	15.20	13.40	11.60
	10	20.00	18.20	16.40	14.60
	11	20.00	18.20	16.40	14.60
	12	22.00	20.20	18.40	16.60
	13	24.00	22.20	20.40	18.60
	14	26.50	24.50	22.50	20.50
	15	29.00	27.00	25.00	23.00
<b>Javelin</b>					
	11	17.0	15.0	13.0	11.0
	12	20.0	18.0	16.0	13.0
	13	22.0	20.0	18.0	15.0
	14	24.0	22.0	20.0	17.0
	15	26.0	24.0	22.0	19.0