

Gold Achievement Levels

GIRLS

Event	U9 Gold	U10 Gold	U11 Gold	U12 Gold	U13 Gold	U14 Gold	U15 Gold	U16 Gold	U17 Gold
70m	11.40	10.90	-	-	-	-	-	-	-
100m	16.10	15.20	14.50	14.10	13.70	13.40	13.10	13.30	13.30
200m	34.40	32.10	30.80	29.50	28.60	27.30	27.20	27.20	27.00
400m	01:20.8	01:16.5	01:14.0	01:11.3	01:06.7	01:04.5	01:03.3	01:05.2	01:04.7
800m	03:04.0	02:56.0	02:53.9	02:47.4	02:43.6	02:38.7	02:34.0	02:35.8	02:33.3
1500m	-	-	05:53.5	05:44.4	05:38.5	05:34.3	05:23.5	05:34.0	05:31.5
60mH	11.50	11.50	11.30	11.10	-	-	-	-	-
80/90/100mH	-	-	15.10	14.80	14.60	14.40	15.30	15.60	17.10
200mH	-	-	-	-	32.20	32.00	31.30	31.40	30.90
300mH	-	-	-	-	-	-	51.60	51.80	51.00
ShotPut	6.80	8.60	10.20	11.80	10.90	11.90	11.90	10.70	11.00
Discus	22.30	26.10	29.00	31.60	33.80	31.90	34.10	29.90	31.90
Javelin	-	-	20.90	27.40	31.00	30.00	31.10	30.20	31.20
HighJump	1.15	1.23	1.32	1.43	1.53	1.53	1.58	1.55	1.57
TripleJump	-	-	8.70	9.60	10.20	10.30	10.70	10.20	10.30
LongJump	3.70	4.00	4.20	4.60	4.80	4.90	5.20	4.80	4.80
700mWalk	04:25.7	-	-	-	-	-	-	-	-
1100mWalk	-	06:54.0	06:30.0	-	-	-	-	-	-
1500mWalk	-	-	-	08:56.3	08:40.4	08:39.6	07:59.1	08:23.7	08:18.7

updated April 2019

BOYS

Event	U9 Gold	U10 Gold	U11 Gold	U12 Gold	U13 Gold	U14 Gold	U15 Gold	U16 Gold	U17 Gold
70m	11.00	10.70	-	-	-	-	-	-	-
100m	15.40	14.70	14.10	13.60	13.00	12.40	11.90	11.80	11.70
200m	32.60	31.10	29.90	28.20	26.70	25.60	24.40	23.80	23.50
400m	01:16.3	01:11.4	01:09.1	01:06.8	01:02.6	00:59.0	00:56.5	00:55.2	00:54.7
800m	02:56.8	02:50.2	02:42.9	02:38.5	02:29.8	02:23.9	02:16.6	02:18.6	02:16.1
1500m	-	-	05:29.3	05:23.6	05:04.1	04:59.7	04:53.5	04:53.9	04:48.9
60mH	11.00	11.20	10.80	10.70	-	-	-	-	-
80-110mH	-	-	14.40	14.20	13.70	14.30	14.90	14.70	15.80
200mH	-	-	-	-	30.10	29.00	27.50	26.70	25.90
300mH	-	-	-	-	-	-	45.40	44.10	42.70
ShotPut	8.40	9.70	11.00	12.00	13.90	14.10	15.10	14.20	12.90
Discus	25.80	29.60	34.00	36.20	40.00	42.30	47.30	45.50	40.50
Javelin	-	-	27.30	34.90	38.70	42.30	42.30	47.40	49.40
HighJump	1.22	1.29	1.39	1.53	1.59	1.68	1.83	1.78	1.81
TripleJump	-	-	9.30	10.50	10.90	12.00	12.40	12.00	12.30
LongJump	3.90	4.30	4.70	5.00	5.30	5.60	6.10	6.00	6.10
700mWalk	04:26.8	-	-	-	-	-	-	-	-
1100mWalk	-	06:50.4	06:32.1	-	-	-	-	-	-
1500mWalk	-	-	-	09:13.6	08:25.8	08:37.1	08:10.9	07:42.4	07:37.4

updated April 2019