

**U13 Girls and Boys Athletics Standards**

U13 Girls Athletics Standards								
	Training	Club Competition Standard	School & YDL Representation Standard	AAA National Standard Grade 4	AAA National Standard Grade 3	District Representation Standard	AAA National Standard Grade 2	AAA National Standard Grade 1
75m	13.9	13.1	12.4	11.3	10.9		10.6	10.4
100m	17.1	16.3	14.5	14.5	14.1	14.0	13.8	13.6
150m	26.4	25.4	24.4	22.4	21.5		21.0	20.5
200m	34.6	33.6	30.0	30.6	29.5	29.0	28.9	28.4
600m	2.20.0	2.10.0	2.00.0	1.52.9	1.50.2		1.47.6	1.46.5
800m	3.00.0	2.50.0	2.42.0	2.41.3	2.35.0	2.35.0	2.31.5	2.28.5
1200m	4.44.0	4.36.0	4.28.0	4.13.5	4.05.0		4.00.0	3.56.0
1500m	6.40.0	6.00.0	5.40.0	5.35.0	5.22.0	5.25.0	5.12.0	5.05.0
70m Hurdles	15.0	14.0	13.2	13.3	12.5	12.6	12.2	11.9
4x100m			62.2			60.0		
High Jump	1.10	1.15	1.25	1.25	1.30	1.3	1.35	1.40
Long Jump	3.40	3.70	4.00	3.95	4.20	4.2	4.35	4.50
Shot - 2.72kg	4.50m	5.70	6.50	6.55m	7.25m	7.50m	7.90m	8.45m
Discus	10.0m	12.0m	15.00m	15.20m	18.05m	18.00m	20.70m	23.10m
Javelin	10.0m	12.0m	15.00m	15.20m	19.10m	20.00m	21.85m	24.75m
Pentathlon	1000pts	1150pts	1300pts	1740pts	2020pts	2120pts	2220pts	2390pts
60m Indoor	10.00	9.80	9.60	9.10	8.85		8.65	8.55
60mH Indoor	12.00	11.70	11.30	10.60	10.40		10.20	9.85

U13 Boys Athletics Standards								
	Training	Club Competition Standard	School & YDL Representation Standard	AAA National Standard Grade 4	AAA National Standard Grade 3	District Representation Standard	AAA National Standard Grade 2	AAA National Standard Grade 1
80m		12.8	12.2			11.6		
100m	16.5	15.0	14.0	13.9	13.5	13.5	13.2	13.0
200m	33.1	31.0	29.0	29.1	28.1	28.0	27.4	26.8
800m	3.00.0	2.50.0	2.35.0	2.34.0	2.27.5	2.30.0	2.24.5	2.22.5
1500m	6.10.0	5.50.0	5.18.0	5.15.0	5.03.0	5.06.0	4.55.0	4.50.0
75m Hurdles	17.0	16.0	14.5	15.3	14.2	13.6	13.3	12.9
4x100m			60.5			57.8		
High Jump	1.15	1.20	1.30	1.30	1.35	1.4	1.41	1.47
Long Jump	3.70	3.90	4.20	4.15	4.40	4.4	4.55	4.75
Shot - 3kg	5.00m	6.00	7.00	7.05m	7.95m	8.0	8.55m	9.25m
Discus	10.00	13.00	15.00	15.90m	19.10m	18.0	22.10m	24.90m
Javelin	13.00	16.00	20.00	21.30m	26.10m	25.0	29.00m	31.15m
60m Indoor	9.40	9.20	9.00	8.60	8.40	8.8	8.25	8.15
60mH Indoor	12.20	11.60	11.10	10.40	10.20	10.7	10.00	9.65