

Age Group 14 Boys

Achieve and record any 6 standards for each colour award level

For the 90m Hurdles & 100m you can only use 1 standard per colour level. The times in brackets are if the result was Hand timed, not gates.

Event	Yellow			Green			Red			Blue		
	Standard	Achieved	Date	Standard	Achieved	Date	Standard	Achieved	Date	Standard	Achieved	Date
100m	20.00 <i>HT (19.70)</i>			17.40 <i>HT (17.10)</i>			14.70 <i>HT (14.40)</i>			13.40 <i>HT (13.10)</i>		
200m	41.10			35.60			30.10			27.40		
400m	1:38.90			1:25.70			1:12.50			1:05.90		
800m	3:51.00			3:20.00			2:49.00			2:34.00		
1500m	8:07.00			7:02.00			5:57.00			5:25.00		
3000m	17:23.00			15:04.00			12:45.00			11:36.00		
1500m Walk	14:44.00			12:46.00			10:49.00			9:50.00		
90m Hurdles 76cm	23.10 <i>HT (22.80)</i>			20.10 <i>HT (19.80)</i>			17.00 <i>HT (16.70)</i>			15.50 <i>HT (15.20)</i>		
200m Hurdles 68cm	48.50			42.00			35.60			32.30		
High Jump	1.13			1.25			1.38			1.50		
Long Jump	2.49			3.49			4.48			4.98		
Triple Jump	6.22			7.77			9.33			10.36		
Discus 1kg	11.56			17.34			23.12			28.90		
Shot Put 3kg	3.79			5.68			7.57			9.47		
Javelin 600g	11.74			17.60			23.47			29.34		
Pentathlon	1424			2136			2848			3560		
Multi Event	2083			3125			4166			5208		