



U7 GIRLS COLOURED PATCH ACHIEVEMENT AWARDS

Name: _____

To attain a coloured patch, athletes must equal or better the standards for that colour **in 2 track and 1 field** event OR **1 track and 2 field** events.

Athletes must achieve/complete the coloured patches in order, regardless of performance. A result can only be used once.

	YELLOW			GREEN			RED			BLUE			GOLD (any 2 events)		
TRACK EVENT	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
50m	13.0			12.4			11.2			10.0			9.2		
70m	17.2			16.0			14.6			13.4			12.6		
100m	25.2			23.5			22.0			19.7			17.5		
200m	58.0			52.0			48.0			41.6			37.5		
500m	3.15.0			2.52.0			2.45.0			2.10.0			1.55.0		
FIELD EVENT															
Long Jump	1.30			1.80			2.10			2.40			3.00		
Discus	3.65			4.90			5.60			8.00			11.00		
Shot Put	2.00			2.50			3.20			3.80			5.00		



U8 GIRLS COLOURED PATCH ACHIEVEMENT AWARDS

Name: _____

To attain a coloured patch, athletes must equal or better the standards for that colour in **2 track and 1 field** event OR **1 track and 2 field** events.

Athletes must achieve/complete the coloured patches in order, regardless of performance. A result can only be used once.

TRACK EVENT	YELLOW			GREEN			RED			BLUE			GOLD (any 2 events)		
	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
70m	17.1			15.5			13.8			12.4			11.9		
100m	25.0			22.1			19.5			17.4			16.2		
200m	55.0			47.5			43.5			37.6			34.0		
400m	1.59.0			1.45.0			1.36.0			1.28.0			1.18.0		
700m	4.10.0			3.55.0			3.40.0			3.08.0			2.38.0		
60m Hurdles	19.0			16.5			15.0			13.5			12.1		
FIELD EVENT															
Long Jump	2.00			2.30			2.50			2.85			3.55		
Discus	5.60			7.00			8.40			11.20			17.50		
Shot Put	2.30			3.10			4.00			4.60			6.00		



U9 GIRLS COLOURED PATCH ACHIEVEMENT AWARDS

Name: _____

To be awarded a coloured achievement patch, you must equal or better the standards for that colour in **2 track and 2 field** events.

Athletes must achieve/complete the coloured patches in order, regardless of performance. A result can only be used once.

TRACK EVENT	YELLOW			GREEN			RED			BLUE			GOLD (any 2 events)		
	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
70m	15.2			13.5			12.5			11.2			10.4		
100m	22.0			19.8			18.5			16.4			15.2		
200m	50.0			43.0			39.2			34.7			31.4		
400m	1.57.0			1.40.0			1.32.0			1.22.0			1.15.2		
800m	4.18.0			3.55.0			3.35.0			3.05.0			2.50.0		
700m Walk	6.30.0			5.40.0			5.00.0			4.20.0			4.00.0		
60m Hurdles	16.5			14.2			13.7			12.0			11.0		
FIELD EVENT															
Long Jump	2.10			2.55			2.95			3.30			3.60		
High Jump	0.70			0.80			0.90			1.05			1.15		
Discus	5.80			8.60			10.10			16.00			20.00		
Shot Put	2.40			3.50			4.50			5.20			7.30		



U10 GIRLS COLOURED PATCH ACHIEVEMENT AWARDS

Name: _____

To be awarded a coloured achievement patch, you must equal or better the standards for that colour in **2 track and 2 field** events.

Athletes must achieve/complete the coloured patches in order, regardless of performance. A result can only be used once.

	YELLOW			GREEN			RED			BLUE			GOLD (any 2 events)		
TRACK EVENT	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
70m	14.6			13.2			12.0			11.0			10.5		
100m	21.0			19.0			17.2			15.8			14.8		
200m	46.0			41.0			37.0			32.6			30.5		
400m	1.55			1.35.0			1.27.0			1.18.0			1.10.0		
800m	4.05.0			3.50.0			3.30.0			3.00.0			2.40.0		
1100m Walk	8.30.0			7.40.0			7.00.0			6.35.0			6.15.0		
60m Hurdles	16.5			14.5			13.5			12.5			11.0		
FIELD EVENT															
Long Jump	2.40			2.90			3.20			3.65			4.10		
High Jump	0.80			0.90			1.00			1.10			1.20		
Discus	6.00			9.00			14.00			18.00			24.00		
Shot Put	2.90			4.30			5.40			6.50			8.40		



U11 GIRLS COLOURED PATCH ACHIEVEMENT AWARDS

Name: _____

To attain a coloured patch, athletes must equal or better the standards for that colour in **3 track and 2 field** events OR **2 track and 3 field** events.

Athletes must achieve/complete the coloured patches in order, regardless of performance. A result can only be used once.

TRACK EVENT	YELLOW			GREEN			RED			BLUE			GOLD (any 2 events)		
	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
100m	20.5			18.5			17.0			15.6			14.2		
200m	45.0			40.5			36.0			32.2			29.6		
400m	1.54.0			1.33.0			1.24.0			1.14.0			1.08.0		
800m	4.04.0			3.48.0			3.28.0			2.58.0			2.38.0		
1500m	8.30.0			7.50.0			7.10.0			5.58.00			5.22.0		
1100m Walk	8.25.0			7.35.0			6.55.0			6.30.0			6.10.0		
60m Hurdles	16.2			14.2			12.9			11.7			10.3		
FIELD EVENT															
Long Jump	2.70			3.00			3.45			3.90			4.30		
High Jump	0.90			1.00			1.10			1.20			1.35		
Triple Jump	5.40			6.10			6.80			8.20			8.90		
Discus	7.25			9.75			14.50			20.10			26.25		
Shot Put	3.20			4.60			5.50			7.50			9.30		
Javelin	5.00			7.00			10.50			15.00			18.50		



U12 GIRLS COLOURED PATCH ACHIEVEMENT AWARDS

Name: _____

To attain a coloured patch, athletes must equal or better the standards for that colour in **3 track and 2 field** events OR **2 track and 3 field** events.

Athletes must achieve/complete the coloured patches in order, regardless of performance. A result can only be used once.

	YELLOW			GREEN			RED			BLUE			GOLD (any 2 events)		
TRACK EVENT	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
100m	20.0			17.4			16.0			14.9			13.8		
200m	41.0			36.2			33.8			30.7			28.6		
400m	1.38.0			1.28.0			1.20.0			1.13.00			1.06.0		
800m	3.55.0			3.35.0			3.25.0			2.47.0			2.35.0		
1500m	8.20.0			7.10.0			6.40.0			6.00.0			5.18.0		
1500m Walk	11.20.0			10.20.0			9.40.0			9.10.0			8.40.0		
60m Hurdles	16.0			14.4			13.0			11.6			10.5		
FIELD EVENT															
Long Jump	2.80			3.30			3.70			4.10			4.50		
High Jump	0.95			1.05			1.15			1.25			1.40		
Triple Jump	6.00			6.70			7.30			8.60			9.50		
Discus	8.00			10.00			15.00			20.70			27.00		
Shot Put	3.50			5.40			5.90			8.50			10.00		
Javelin	7.00			8.80			12.60			17.00			21.50		



U13 GIRLS COLOURED PATCH ACHIEVEMENT AWARDS

Name: _____

To attain a coloured patch, athletes must equal or better the standards for that colour in **3 track and 2 field** events OR **2 track and 3 field** events.
Athletes must achieve/complete the coloured patches in order, regardless of performance. A result can only be used once.

	YELLOW			GREEN			RED			BLUE			GOLD (any 2 events)		
TRACK EVENT	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
100m	19.0			16.5			15.0			14.6			13.6		
200m	38.0			34.0			32.5			29.6			28.4		
400m	1.33.0			1.23.5			1.16.0			1.10.5			1.04.0		
800m	3.45.0			3.25.0			3.15.0			2.45.0			2.32.0		
1500m	7.40.0			6.55.0			6.35.0			5.50.0			5.15.0		
3000m	16.50.0			15.00.0			13.50.0			12.50.0			11.30.0		
1500m Walk	11.10.0			10.10.0			9.30.0			9.00.0			8.30.0		
80m Hurdles	23.0			20.9			18.8			15.3			14.0		
200m Hurdles	42.0			39.0			37.0			34.2			31.0		
FIELD EVENT															
Long Jump	3.00			3.40			3.80			4.30			4.65		
High Jump	1.00			1.10			1.20			1.30			1.42		
Triple Jump	6.30			7.00			7.80			8.80			9.60		
Discus	9.00			12.00			16.50			21.50			29.20		
Shot Put	3.80			5.20			6.80			9.00			10.20		
Javelin	8.20			11.50			15.90			20.00			26.50		



U14 GIRLS COLOURED PATCH ACHIEVEMENT AWARDS

Name: _____

To attain a coloured patch, athletes must equal or better the standards for that colour in **3 track and 2 field** events OR **2 track and 3 field** events.
Athletes must achieve/complete the coloured patches in order, regardless of performance. A result can only be used once.

TRACK	YELLOW			GREEN			RED			BLUE			GOLD (any 2 events)		
	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
100m	18.0			15.8			14.6			14.1			13.4		
200m	36.0			33.2			31.0			29.4			27.8		
400m	1.29.0			1.20.0			1.14.0			1.08.0			1.02.50		
800m	3.30.0			3.20.0			3.10.0			2.40.0			2.31.0		
1500m	7.10.0			6.40.0			6.25.0			5.40.0			5.08.0		
3000m	15.50.0			14.30.0			13.30.0			12.10.0			11.24.0		
1500m Walk	11.00.0			10.00.0			9.20.0			8.40.0			8.25.0		
80m Hurdles	22.0			19.8			17.8			15.2			13.6		
200m Hurdles	40.0			37.5			36.0			34.00			30.6		
FIELD EVENT															
Long Jump	3.20			3.50			3.90			4.40			4.90		
High Jump	1.05			1.15			1.25			1.40			1.50		
Triple Jump	6.70			7.80			8.90			9.40			10.00		
Discus	10.0			13.40			18.80			23.50			28.00		
Shot Put	4.10			5.80			7.00			9.50			10.40		
Javelin	9.50			13.40			17.60			21.00			27.00		



U15 GIRLS COLOURED PATCH ACHIEVEMENT AWARDS

Name: _____

To attain a coloured patch, athletes must equal or better the standards for that colour in **3 track and 2 field** events OR **2 track and 3 field** events.
Athletes must achieve/complete the coloured patches in order, regardless of performance. A result can only be used once.

TRACK EVENT	YELLOW			GREEN			RED			BLUE			GOLD (any 2 events)		
	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
100m	17.0			15.3			14.3			13.8			13.2		
200m	35.5			32.5			30.0			29.1			27.6		
400m	1.27.0			1.19.5			1.13.5			1.06.0			1.02.0		
800m	3.20.0			3.15.0			3.05.0			2.38.0			2.30.0		
1500m	6.45.0			6.35.0			6.20.0			5.38.00			5.05.0		
3000m	14.40.0			14.00.0			13.20.0			12.08.0			11.20.0		
1500m Walk	10.50.0			9.50.0			9.10.0			8.25.0			8.05.0		
90m Hurdles	25.0			22.5			19.5			17.0			14.8		
200m Hurdles	39.5			36.5			34.5			33.5			30.5		
FIELD EVENT															
Long Jump	3.30			3.65			4.10			4.50			4.95		
High Jump	1.10			1.20			1.30			1.45			1.55		
Triple Jump	7.00			8.00			9.00			9.70			10.10		
Discus	10.50			14.00			19.70			24.00			29.00		
Shot Put	4.40			6.20			7.50			9.80			10.80		
Javelin	12.00			16.60			19.60			22.00			28.00		



U7 BOYS COLOURED PATCH ACHIEVEMENT AWARDS

Name: _____

To attain a coloured patch, athletes must equal or better the standards for that colour in **2 track and 1 field** event OR **2 field and 1 track** event.

Athletes must achieve/complete the coloured patches in order, regardless of performance. A result can only be used once.

	YELLOW			GREEN			RED			BLUE			GOLD (any 2 events)		
TRACK EVENT	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
50m	13.0			11.9			10.8			9.8			8.8		
70m	17.2			15.5			14.2			13.0			12.0		
100m	25.0			22.5			21.0			18.5			16.8		
200m	58.0			51.0			46.0			39.0			36.0		
500m	3.05.0			2.40.0			2.30.0			2.00.0			1.50.0		
FIELD EVENT															
Long Jump	1.50			2.00			2.30			2.60			3.10		
Discus	4.00			5.40			7.20			9.00			15.00		
Shot Put	2.20			2.70			3.80			4.80			6.30		

U8 BOYS COLOURED PATCH ACHIEVEMENT AWARDS



Name: _____

To attain a coloured patch, athletes must equal or better the standards for that colour **in 2 track and 1 field event OR 2 field and 1 track event.**

Athletes must achieve/complete the coloured patches in order, regardless of performance. A result can only be used once.

	YELLOW			GREEN			RED			BLUE			GOLD (any 2 events)		
TRACK EVENT	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
70m	16.5			14.5			13.0			11.9			11.0		
100m	23.5			20.0			18.5			16.5			15.6		
200m	55.0			45.0			42.0			36.2			33.4		
400m	1.55.0			1.41.0			1.32.0			1.24.0			1.16.0		
700m	4.00.0			3.42.0			3.25.0			2.49.0			2.30.0		
60m Hurdles	17.5			15.0			14.4			12.8			11.4		
FIELD EVENT															
Long Jump	2.10			2.50			2.85			3.20			3.65		
Discus	7.00			8.40			11.00			16.60			18.00		
Shot Put	2.60			3.50			4.50			5.90			7.00		



U9 BOYS COLOURED PATCH ACHIEVEMENT AWARDS

Name: _____

To be awarded a coloured achievement patch, you must equal or better the standards for that colour in **2 track and 2 field** events.

Athletes must achieve/complete the coloured patches in order, regardless of performance. A result can only be used once.

TRACK EVENT	YELLOW			GREEN			RED			BLUE			GOLD (any 2 events)		
	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
70m	15.0			13.0			11.8			11.00			10.4		
100m	22.0			19.0			17.5			15.6			15.0		
200m	47.0			42.0			38.0			32.6			31.0		
400m	1.47.0			1.35.0			1.25.0			1.18.0			1.11.0		
800m	4.05.0			3.42.0			3.32.0			2.58.0			2.45.0		
700m Walk	6.30.0			5.40.0			5.00.0			4.20.0			4.00.0		
60m Hurdles	15.0			13.7			13.0			11.5			10.5		
FIELD EVENT															
Long Jump	2.30			2.85			3.25			3.50			3.95		
High Jump	0.75			0.85			0.95			1.05			1.20		
Discus	8.00			11.50			14.20			18.00			22.50		
Shot Put	3.00			3.80			4.90			6.10			7.50		



U10 BOYS COLOURED PATCH ACHIEVEMENT AWARDS

Name: _____

To be awarded a coloured achievement patch, you must equal or better the standards for that colour in **2 track and 2 field** events.

Athletes must achieve/complete the coloured patches in order, regardless of performance. A result can only be used once.

	YELLOW			GREEN			RED			BLUE			GOLD (any 2 events)		
TRACK EVENT	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
70m	14.0			12.2			11.5			10.8			10.2		
100m	19.5			18.0			16.5			15.3			14.4		
200m	45.0			39.5			35.7			32.0			30.0		
400m	1.42.0			1.30.0			1.21.0			1.15.0			1.08.0		
800m	4.00.0			3.40.0			3.26.0			2.52.0			2.38.0		
1100m Walk	8.30.0			7.40.0			7.00.0			6.35.0			6.15.0		
60m Hurdles	16.0			14.2			13.3			11.8			10.7		
FIELD EVENT															
Long Jump	2.50			3.00			3.45			3.95			4.20		
High Jump	0.85			0.95			1.10			1.20			1.25		
Discus	9.00			13.60			16.00			22.50			28.00		
Shot Put	3.40			4.40			6.00			7.30			8.60		



11 BOYS COLOURED PATCH ACHIEVEMENT AWARDS

Name: _____

To attain a coloured patch, athletes must equal or better the standards for that colour in **3 track and 2 field** events OR **2 track and 3 field** events.

Athletes must achieve/complete the coloured patches in order, regardless of performance. A result can only be used once.

	YELLOW			GREEN			RED			BLUE			GOLD (any 2 events)		
TRACK EVENT	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
100m	18.5			17.0			16.0			14.7			13.8		
200m	42.0			37.8			34.5			31.0			28.5		
400m	1.38.0			1.28.0			1.19.0			1.13.0			1.05.0		
800m	3.45.0			3.30.0			3.10.0			2.42.0			2.26.0		
1500m	7.50.0			7.05.0			6.38.0			5.40.0			5.08.0		
110m Walk	8.25.0			7.35.0			6.55.0			6.30.0			6.10.0		
60m Hurdles	15.5			13.7			12.8			11.5			10.2		
FIELD EVENT															
Long Jump	2.70			3.10			3.55			4.10			4.50		
High Jump	0.90			1.05			1.15			1.25			1.40		
Triple Jump	5.85			6.50			7.40			8.60			9.50		
Discus	9.25			13.25			17.00			22.75			29.00		
Shot Put	3.80			5.00			6.50			8.50			10.50		
Javelin	7.00			9.50			13.50			18.00			24.00		



U12 BOYS COLOURED PATCH ACHIEVEMENT AWARDS

Name: _____

To attain a coloured patch, athletes must equal or better the standards for that colour in **3 track and 2 field** events OR **2 track and 3 field** events.

Athletes must achieve/complete the coloured patches in order, regardless of performance. A result can only be used once.

	YELLOW			GREEN			RED			BLUE			GOLD (any 2 events)		
TRACK EVENT	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
100m	18.0			16.5			15.3			13.8			13.3		
200m	40.0			35.0			33.6			30.2			28.2		
400m	1.33.0			1.25.0			1.16.0			1.10.0			1.02.5		
800m	3.40.0			3.25.0			3.12.0			2.40.0			2.30.0		
1500m	7.30.0			6.50.0			6.35.0			5.30.0			5.08.0		
1500m Walk	11.20.0			10.20.0			9.40.0			9.00.0			8.40.0		
60m Hurdles	15.0			13.9			12.8			11.2			10.2		
FIELD EVENT															
Long Jump	3.00			3.45			3.90			4.30			4.85		
High Jump	0.95			1.10			1.20			1.35			1.45		
Triple Jump	6.00			7.00			7.75			9.10			9.90		
Discus	9.50			14.00			18.00			24.00			30.00		
Shot Put	4.15			5.75			6.60			8.45			10.50		
Javelin	8.00			11.00			15.00			20.50			28.00		



U13 BOYS COLOURED PATCH ACHIEVEMENT AWARDS

Name: _____

To attain a coloured patch, athletes must equal or better the standards for that colour in **3 track and 2 field** events OR **2 track and 3 field** events.
Athletes must achieve/complete the coloured patches in order, regardless of performance. A result can only be used once.

TRACK EVENT	YELLOW			GREEN			RED			BLUE			GOLD (any 2 events)		
	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
100m	17.5			16.0			14.5			13.6			12.8		
200m	37.0			34.0			32.0			28.8			25.9		
400m	1.30.0			1.22.0			1.12.0			1.04.0			59.8		
800m	3.30.0			3.15.0			3.05.0			2.40.0			2.22.5		
1500m	7.10.0			6.40.0			6.10.0			5.30.0			5.06.0		
3000m	16.00.0			14.00.0			13.00.0			12.00.0			10.50.0		
1500m Walk	11.10.0			10.10.0			9.30.0			8.50.0			8.30.0		
80m Hurdles	21.0			18.5			16.8			15.0			13.5		
200m Hurdles	40.0			37.5			35.0			33.0			29.6		
FIELD EVENT															
Long Jump	3.10			3.55			4.00			4.50			5.10		
High Jump	1.05			1.15			1.25			1.40			1.50		
Triple Jump	6.30			7.50			8.20			9.80			10.20		
Discus	11.00			15.00			21.25			28.00			35.00		
Shot Put	4.30			5.50			7.20			9.90			11.20		
Javelin	9.00			12.00			16.50			23.00			30.00		



U14 BOYS COLOURED PATCH ACHIEVEMENT AWARDS

Name: _____

To attain a coloured patch, athletes must equal or better the standards for that colour in **3 track and 2 field** events OR **2 track and 3 field** events.
Athletes must achieve/complete the coloured patches in order, regardless of performance. A result can only be used once.

	YELLOW			GREEN			RED			BLUE			GOLD (any 2 events)		
TRACK EVENT	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
100m	17.0			15.5			13.8			12.9			12.4		
200m	35.5			33.0			29.9			27.5			25.2		
400m	1.28.0			1.20.0			1.10.0			1.03.0			57.8		
800m	3.20.0			3.05.0			2.50.0			2.30.0			2.15.0		
1500m	6.50.0			6.30.0			6.00.0			5.15.0			4.45.0		
3000m	15.00.0			13.50.0			12.50.0			11.10.0			10.30.0		
1500m Walk	11.00.0			10.00.0			9.20.0			8.40.0			8.20.0		
90m Hurdles	22.0			19.5			17.8			15.4			13.8		
200m Hurdles	38.5			36.0			33.0			31.0			28.5		
FIELD EVENT															
Long Jump	3.40			3.95			4.30			4.80			5.20		
High Jump	1.10			1.20			1.35			1.45			1.60		
Triple Jump	7.00			8.00			9.00			9.50			11.00		
Discus	12.00			16.00			24.00			30.00			38.00		
Shot Put	4.40			6.00			8.10			10.00			11.50		
Javelin	10.00			15.00			22.00			28.00			35.00		



U15 BOYS COLOURED PATCH ACHIEVEMENT AWARDS

Name: _____

To attain a coloured patch, athletes must equal or better the standards for that colour in **3 track and 2 field** events OR **2 track and 3 field** events.
Athletes must achieve/complete the coloured patches in order, regardless of performance. A result can only be used once.

	YELLOW			GREEN			RED			BLUE			GOLD (any 2 events)		
TRACK EVENT	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
100m	16.5			15.1			13.9			12.3			11.9		
200m	34.5			32.0			29.5			24.8			24.0		
400m	1.26.0			1.18.0			1.08.0			1.00.0			55.0		
800m	3.10.0			2.55.0			2.45.0			2.24.0			2.10.0		
1500m	6.30.0			6.00.0			5.30.0			5.10.0			4.30.0		
3000m	14.30.0			13.20.0			12.10.0			11.00.0			10.10.0		
1500m Walk	10.40.0			9.40.0			9.00.0			8.20.0			8.00.0		
100m Hurdles	24.0			20.0			18.0			16.5			14.2		
200m Hurdles	37.0			34.5			32.0			30.5			27.0		
FIELD															
Long Jump	3.60			4.25			4.70			5.20			5.90		
High Jump	1.15			1.25			1.40			1.60			1.70		
Triple Jump	7.50			8.60			9.90			10.30			12.00		
Discus	15.00			18.00			26.00			34.00			43.00		
Shot Put	4.70			7.00			9.10			11.00			13.00		
Javelin	13.00			18.50			25.00			32.00			43.00		