

## 2017 ATHLETE OF THE YEAR STANDARDS

### **8 & Under Girls**

100m	<b>15.62</b>
200m	<b>31.53</b>
400m	<b>1:14.60</b>
800m	<b>2:52.99</b>
1500m	<b>5:55.86</b>
4x100	<b>1:05.85</b>
4x400	<b>5:29.20</b>
Long Jump	<b>3.35m</b>
Shotput	<b>5.67m</b>
Turbo Jav	<b>14.17m</b>

### **9-10 Girls**

100m	<b>14.29</b>
200m	<b>29.24</b>
400m	<b>1:06.06</b>
800m	<b>2:38.82</b>
1500m	<b>5:25.38</b>
1500RW	<b>10:49.46</b>
4x100	<b>57.16</b>
4x400	<b>4:45.73</b>
High Jump	<b>1.23m</b>
Long Jump	<b>4.04m</b>
Shotput	<b>7.48m</b>
Turbo Jav	<b>22.27m</b>
Triathlon	<b>1,012</b>

### **11-12 Girls**

100m	<b>13.26</b>
200m	<b>27.04</b>
400m	<b>1:01.01</b>
800m	<b>2:27.52</b>
1500m	<b>4:58.94</b>
3000m	<b>10:52.53</b>
1500RW	<b>9:05.83</b>
80m Hurdles	<b>13.51</b>
4x100	<b>52.52</b>
4x400	<b>4:22.18</b>
4x800	<b>10:56.03</b>
High Jump	<b>1.42m</b>
Long Jump	<b>4.72m</b>

### **8 & Under Boys**

100m	<b>14.91</b>
200m	<b>30.29</b>
400m	<b>1:11.65</b>
800m	<b>2:43.93</b>
1500m	<b>5:33.04</b>
4x100	<b>1:02.45</b>
4x400	<b>5:14.82</b>
Long Jump	<b>3.68m</b>
Shotput	<b>6.78m</b>
Turbo Jav	<b>22.23m</b>

### **9-10 Boys**

100m	<b>14.05</b>
200m	<b>28.30</b>
400m	<b>1:04.16</b>
800m	<b>2:34.33</b>
1500m	<b>5:07.81</b>
1500RW	<b>12:31.95</b>
4x100	<b>55.27</b>
4x400	<b>4:37.75</b>
High Jump	<b>1.27m</b>
Long Jump	<b>4.26m</b>
Shotput	<b>8.25m</b>
Turbo Jav	<b>31.66m</b>
Triathlon	<b>587</b>

### **11-12 Boys**

100m	<b>12.89</b>
200m	<b>26.70</b>
400m	<b>58.12</b>
800m	<b>2:20.94</b>
1500m	<b>4:45.54</b>
3000m	<b>10:14.77</b>
1500RW	<b>11:52.06</b>
80m Hurdles	<b>13.06</b>
4x100	<b>54.93</b>
4x400	<b>4:13.35</b>
4x800	<b>10:28.25</b>
High Jump	<b>1.48m</b>
Long Jump	<b>4.94m</b>

Shotput	<b>10.51m</b>
Discus	<b>24.56m</b>
Turbo Jav	<b>29.47m</b>
Pentathlon	<b>2,462</b>

Shotput	<b>12.29m</b>
Discus	<b>28.66m</b>
Turbo Jav	<b>38.03m</b>
Pentathlon	<b>2,093</b>

### **13-14 Girl**

100m	<b>12.56</b>
200m	<b>25.46</b>
400m	<b>58.67</b>
800m	<b>2:20.43</b>
1500m	<b>4:55.89</b>
3000m	<b>10:36.75</b>
3000RW	<b>18:44.22</b>
100m Hurdles	<b>15.42</b>
200m Hurdles	<b>29.70</b>
4x100	<b>49.49</b>
4x400	<b>4:06.20</b>
4x800	<b>10:14.45</b>
High Jump	<b>1.55m</b>
Pole Vault	<b>2.82m</b>
Long Jump	<b>5.20m</b>
Triple Jump	<b>10.77m</b>
Shotput	<b>12.32m</b>
Discus	<b>32.34m</b>
Javelin	<b>30.90m</b>
Pentathlon	<b>2,718</b>

### **13-14 Boys**

100m	<b>11.83</b>
200m	<b>23.50</b>
400m	<b>53.03</b>
800m	<b>2:07.25</b>
1500m	<b>4:19.27</b>
3000m	<b>9:33.34</b>
3000RW	<b>19:12.43</b>
100m Hurdles	<b>14.55</b>
200m Hurdles	<b>27.42</b>
4x100	<b>46.18</b>
4x400	<b>3:42.88</b>
4x800	<b>9:13.22</b>
High Jump	<b>1.68m</b>
Pole Vault	<b>3.07m</b>
Long Jump	<b>5.86m</b>
Triple Jump	<b>11.39m</b>
Shotput	<b>13.71m</b>
Discus	<b>43.52m</b>
Javelin	<b>42.77m</b>
Pentathlon	<b>2,612</b>

### **15-16 Girls**

100m	<b>12.23</b>
200m	<b>25.84</b>
400m	<b>56.82</b>
800m	<b>2:20.79</b>
1500m	<b>5:02.41</b>
3000m	<b>11:00.30</b>
2000m SteepleChase	<b>7:52.88</b>
3000RW	<b>19:38.26</b>
100m Hurdles	<b>15.09</b>
400m Hurdles	<b>1:06.44</b>
4x100	<b>47.93</b>
4x400	<b>3:58.75</b>
4x800	<b>10:19.51</b>
High Jump	<b>1.60m</b>
Pole Vault	<b>3.37m</b>
Long Jump	<b>5.40m</b>
Triple Jump	<b>11.60m</b>

### **15-16 Boys**

100m	<b>11.17</b>
200m	<b>22.43</b>
400m	<b>51.01</b>
800m	<b>2:01.41</b>
1500m	<b>4:12.06</b>
3000m	<b>9:14.60</b>
2000m SteepleChase	<b>6:50.06</b>
3000RW	<b>19:58.89</b>
110m Hurdles	<b>17.36</b>
400m Hurdles	<b>1:00.05</b>
4x100	<b>42.92</b>
4x400	<b>3:27.53</b>
4x800	<b>8:34.03</b>
High Jump	<b>1.87m</b>
Pole Vault	<b>4.05m</b>
Long Jump	<b>6.40m</b>
Triple Jump	<b>13.05m</b>

Shotput	<b>11.64m</b>
Discus	<b>37.20m</b>
Javelin	<b>34.58m</b>
Hammer	<b>34.40m</b>
Heptathlon	<b>3,967</b>

Shotput	<b>14.66m</b>
Discus	<b>44.88m</b>
Javelin	<b>48.24m</b>
Hammer	<b>43.75m</b>
Decathlon	<b>5,111</b>

### **17-18 Girls**

100m	<b>12.41</b>
200m	<b>24.71</b>
400m	<b>57.65</b>
800m	<b>2:19.41</b>
1500m	<b>4:55.22</b>
3000m	<b>11:08.00</b>
2000m SteepleChase	<b>7:53.09</b>
3000RW	<b>19:23.22</b>
100m Hurdles	<b>14.74</b>
400m Hurdles	<b>1:05.04</b>
4x100	<b>48.38</b>
4x400	<b>3:52.75</b>
4x800	<b>10:05.39</b>
High Jump	<b>1.63m</b>
Pole Vault	<b>3.60m</b>
Long Jump	<b>5.57m</b>
Triple Jump	<b>11.72m</b>
Shotput	<b>12.39m</b>
Discus	<b>39.96m</b>
Javelin	<b>36.48m</b>
Hammer	<b>41.64m</b>
Heptathlon	<b>4,325</b>

### **17-18 Boys**

100m	<b>10.95</b>
200m	<b>22.30</b>
400m	<b>49.01</b>
800m	<b>1:59.77</b>
1500m	<b>4:03.85</b>
3000m	<b>9:12.14</b>
2000m SteepleChase	<b>6:29.39</b>
3000RW	<b>21:07.99</b>
110m Hurdles	<b>14.50</b>
400m Hurdles	<b>56.83</b>
4x100	<b>41.87</b>
4x400	<b>3:25.29</b>
4x800	<b>8:08.14</b>
High Jump	<b>1.98m</b>
Pole Vault	<b>4.55m</b>
Long Jump	<b>6.84m</b>
Triple Jump	<b>14.37m</b>
Shotput	<b>16.65m</b>
Discus	<b>51.48m</b>
Javelin	<b>54.46m</b>
Hammer	<b>55.05m</b>
Decathlon	<b>5,606</b>