

# Athletics

## Performance Standards



# Performance Standards: Boys 100m



The Performance Standards offer common standards to assess and monitor student performance

The **All**, **Most** and **Some** standards provide guidance as to what we might expect students to achieve within lessons. For higher ability students, Gold standards are calculated by the top 30% in the UK rankings with Bronze being within the top 50%

Age Group	GOLD	SILVER	BRONZE	Some	Most	All
Age 12	13.5s	13.7s	13.9s	14.2s	14.5s	14.9s
Age 13	12.8s	13.0s	13.2s	13.5s	13.9s	14.3s
Age 14	12.1s	12.3s	12.5s	12.8s	13.2s	13.7s
Age 15	11.8s	11.9s	12.1s	12.5s	12.9s	13.4s
Age 16	11.5s	11.6s	11.8s	12.1s	12.5s	13.1s
Age 17	11.3s	11.4s	11.6s	11.9s	12.3s	12.9s
Age 18	11.2s	11.3s	11.5s	11.8s	12.2s	12.7s



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Age Group	GOLD	SILVER	BRONZE	Some	Most	All
Age 12	14.1s	14.3s	14.6s	14.9s	15.3s	15.7s
Age 13	13.6s	13.8s	14.0s	14.3s	14.7s	15.1s
Age 14	13.1s	13.3s	13.5s	13.8s	14.1s	14.5s
Age 15	12.9s	13.1s	13.3s	13.6s	13.9s	14.3s
Age 16	12.8s	12.9s	13.1s	13.4s	13.7s	14.1s
Age 17	12.7s	12.8s	13.0s	13.2s	13.5s	13.9s
Age 18	12.5s	12.7s	12.9s	12.9s	13.4s	13.8s



# Performance Standards: Boys Hurdles



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Age Group	GOLD	SILVER	BRONZE	Some	Most	All
Age 12 (75m)	14.1s	14.6s	15.2s	15.9s	16.7s	17.5s
Age 13 (80m)	13.4s	13.7s	14.2s	14.9s	15.8s	17.0s
Age 14 (80m)	12.7s	13.0s	13.3s	13.7s	14.2a	14.8s
Age 15 (100m)	15.3s	15.8s	16.4s	17.1s	17.8s	18.5s
Age 16 (100m)	14.6s	15.0s	15.4s	15.9s	16.5s	17.2s
Age 17 (110m)	16.0s	16.4s	16.9s	17.5s	18.2s	19.0s
Age 18 (110m)	15.4s	15.8s	16.3s	16.9s	17.6s	18.5s



# Performance Standards: Girls Hurdles



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Age Group	GOLD	SILVER	BRONZE	Some	Most	All
Age 12 (70m)	12.6s	12.9s	13.3a	13.8s	14.4s	15.0s
Age 13 (75m)	13.1s	13.6s	14.2s	14.9s	15.7s	16.5s
Age 14 (75m)	12.6s	13.0s	13.4s	13.9s	14.5s	15.2s
Age 15 (80m)	12.9s	13.3s	13.7s	14.2s	14.8s	15.5s
Age 16 (80m)	12.5s	12.8s	13.2s	13.7s	14.3s	15.0s
Age 17 (100m)	15.7s	16.2s	16.7s	17.3s	18.0s	18.8s
Age 18 (100m)	15.2s	15.6s	16.1s	16.7s	17.4s	18.3s



# Performance Standards: Boys Long Jump



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Age Group	GOLD	SILVER	BRONZE	Some	Most	All
Age 12	4.40m	4.30m	4.15m	3.95m	3.70m	3.40m
Age 13	4.90m	4.75m	4.60m	4.40m	4.20m	3.95m
Age 14	5.35m	5.20m	5.00m	4.75m	4.45m	4.10m
Age 15	5.65m	5.50m	5.30m	5.05m	4.75m	4.40m
Age 16	5.95m	5.85m	5.60m	5.40m	5.15m	4.85m
Age 17	6.15m	6.00m	5.80m	5.55m	5.25m	4.90m
Age 18	6.35m	6.20m	6.00m	5.75m	5.45m	5.10m



# Performance Standards: Girls Long Jump



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Age Group	GOLD	SILVER	BRONZE	Some	Most	All
Age 12	4.20m	4.10m	3.95m	3.75m	3.50m	3.20m
Age 13	4.50m	4.35m	4.20m	4.00m	3.80m	3.55m
Age 14	4.75m	4.60m	4.45m	4.25m	4.05m	3.80m
Age 15	4.95m	4.80m	4.65m	4.45m	4.25m	4.00m
Age 16	5.10m	4.95m	4.80m	4.60m	4.40m	4.15m
Age 17	5.15m	5.05m	4.90m	4.70m	4.50m	4.25m
Age 18	5.25m	5.15m	5.00m	4.80m	4.60m	4.35m



# Performance Standards: Boys Triple Jump

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Age Group	GOLD	SILVER	BRONZE	Some	Most	All
Age 12	10.15m	9.70m	9.20m	8.65m	8.50m	7.50m
Age 13	10.55m	9.95m	9.60m	9.10m	8.55m	7.95m
Age 14	11.05m	10.60m	10.10m	9.55m	8.95m	8.30m
Age 15	11.55m	11.20m	10.80m	10.35m	9.85m	9.30m
Age 16	12.15m	11.85m	11.50m	11.10m	10.65m	10.15m
Age 17	12.45m	12.25m	12.00m	11.70m	11.35m	10.95m
Age 18	12.95m	12.75m	12.50m	12.20m	11.85m	11.45m





# Performance Standards: Girls Triple Jump

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Age Group	GOLD	SILVER	BRONZE	Some	Most	All
Age 12	9.45m	9.10m	8.70m	8.25m	7.75m	7.20m
Age 13	9.60m	9.25m	8.85m	8.40m	7.90m	7.35m
Age 14	9.75m	9.40m	9.00m	8.55m	8.05m	7.50m
Age 15	9.95m	9.65m	9.25m	8.75m	8.25m	7.70m
Age 16	10.15m	9.85m	9.50m	9.10m	8.65m	8.15m
Age 17	10.45m	10.15m	9.85m	9.50m	9.15m	8.75m
Age 18	10.75m	10.50m	10.20m	9.85m	9.45m	8.95m



# Performance Standards: Boys High Jump



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Age Group	GOLD	SILVER	BRONZE	Some	Most	All
Age 12	1.35m	1.33m	1.30m	1.25m	1.20m	1.10m
Age 13	1.47m	1.45m	1.42m	1.35m	1.30m	1.20m
Age 14	1.60m	1.58m	1.55m	1.50m	1.40m	1.25m
Age 15	1.70m	1.67m	1.62m	1.55m	1.45m	1.30m
Age 16	1.80m	1.75m	1.70m	1.60m	1.50m	1.35m
Age 17	1.85m	1.79m	1.74m	1.65m	1.55m	1.40m
Age 18	1.89m	1.83m	1.78m	1.70m	1.60m	1.45m



# Performance Standards: Girls High Jump

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Age Group	GOLD	SILVER	BRONZE	Some	Most	All
Age 12	1.30m	1.28m	1.25m	1.20m	1.10m	1.00m
Age 13	1.40m	1.37m	1.33m	1.25m	1.15m	1.05m
Age 14	1.50m	1.46m	1.41m	1.30m	1.20m	1.10m
Age 15	1.53m	1.50m	1.46m	1.35m	1.25m	1.15m
Age 16	1.55m	1.53m	1.50m	1.40m	1.30m	1.20m
Age 17	1.58m	1.55m	1.53m	1.45m	1.35m	1.25m
Age 18	1.61m	1.58m	1.55m	1.50m	1.40m	1.30m



# Performance Standards: Boys Shot Put



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Age Group	GOLD	SILVER	BRONZE	Some	Most	All
Age 12 (3.25kg)	8.15m	7.65m	7.15m	6.70m	6.25m	5.75m
Age 13 (4kg)	10.10m	9.45m	8.65m	7.70m	6.90m	6.10m
Age 14 (4kg)	11.05m	10.60m	10.10m	9.65m	9.05m	8.40m
Age 15 (5kg)	11.50m	11.00m	10.45m	9.85m	9.25m	8.55m
Age 16 (5kg)	11.90m	11.35m	10.75m	10.15m	9.55m	8.85m
Age 17 (6kg)	12.10m	11.55m	11.00m	10.40m	9.80m	9.15m
Age 18 (6kg)	12.30m	11.70m	11.15m	10.60m	9.90m	9.40m



# Performance Standards: Girls Shot Put



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Age Group	GOLD	SILVER	BRONZE	Some	Most	All
Age 12 (2.72kg)	7.35m	6.95m	6.55m	6.20m	5.85m	5.55m
Age 13 (3kg)	8.10m	7.70m	7.25m	6.75m	6.40m	6.00m
Age 14 (3kg)	8.85m	8.40m	7.95m	7.45m	6.95m	6.40m
Age 15 (4kg)	9.65m	9.30m	8.95m	8.55m	8.15m	7.70m
Age 16 (4kg)	10.40m	10.15m	9.90m	9.55m	9.15m	8.70m
Age 17 (4kg)	11.30m	11.05m	10.45m	10.45m	10.00m	9.50m
Age 18 (4kg)	12.20m	11.95m	11.20m	11.20m	10.95m	10.60m



# Performance Standards: Boys Discus



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Age Group	GOLD	SILVER	BRONZE	Some	Most	All
Age 12 (1kg)	19.25m	17.80m	16.25m	14.40m	12.45m	10.40m
Age 13 (1.25kg)	24.40m	22.65m	20.85m	19.90m	17.10m	15.15m
Age 14 (1.25kg)	29.60m	27.50m	25.40m	23.20m	21.00m	18.70m
Age 15 (1.5kg)	32.10m	29.65m	27.20m	24.65m	22.10m	19.45m
Age 16 (1.5kg)	34.55m	31.75m	28.95m	26.05m	23.05m	21.00m
Age 17 (1.75kg)	35.75m	32.85m	29.90m	26.90m	23.85m	21.75m
Age 18 (1.75kg)	36.90m	33.90m	30.75m	27.45m	24.20m	22.00m



# Performance Standards: Girls Discus



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Age Group	GOLD	SILVER	BRONZE	Some	Most	All
Age 12 (0.75kg)	17.90m	16.50m	15.10m	13.60m	12.10m	10.50m
Age 13 (1kg)	20.30m	18.80m	17.30m	15.70m	14.70m	12.40m
Age 14 (1kg)	22.65m	21.50m	19.50m	17.85m	16.15m	14.45m
Age 15 (1kg)	25.05m	23.25m	21.40m	19.50m	17.55m	15.60m
Age 16 (1kg)	27.40m	25.35m	23.25m	21.10m	18.85m	16.60m
Age 17 (1kg)	30.20m	27.55m	24.80m	22.25m	19.65m	17.10m
Age 18 (1kg)	33.05m	29.70m	26.35m	23.35m	20.45m	17.60m



# Performance Standards: Boys Javelin

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Age Group	GOLD	SILVER	BRONZE	Some	Most	All
Age 12 (400g)	25.10m	23.05m	20.95m	18.85m	16.75m	14.55m
Age 13 (600g)	31.15m	28.95m	26.70m	24.40m	22.05m	19.70m
Age 14 (600g)	37.20m	34.80m	32.40m	29.90m	27.40m	24.80m
Age 15 (700g)	40.95m	38.30m	35.60m	32.85m	30.05m	27.25m
Age 16 (700g)	44.65m	41.75m	38.80m	35.80m	32.75m	29.80m
Age 17 (800g)	45.40m	43.00m	40.60m	38.10m	35.60m	33.00m
Age 18 (800g)	46.10m	44.25m	42.40m	40.45m	38.50m	36.50m





# Performance Standards: Girls Javelin

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Age Group	GOLD	SILVER	BRONZE	Some	Most	All
Age 12 (400g)	19.20m	17.25m	15.30m	13.30m	11.30m	9.25m
Age 13 (500g)	23.25m	21.10m	18.90m	16.65m	14.35m	12.05m
Age 14 (500g)	27.30m	24.90m	22.50m	20.00m	17.50m	14.95m
Age 15 (600g)	29.90m	27.55m	25.15m	22.60m	20.00m	17.40m
Age 16 (600g)	32.45m	30.15m	27.80m	25.40m	22.95m	20.50m
Age 17 (600g)	33.70m	31.75m	29.75m	27.70m	25.60m	23.50m
Age 18 (600g)	34.90m	33.30m	31.70m	30.00m	28.30m	26.50m