



Boys Achievement Levels

		U 6	U 7	U 8	U 9	U 10	U 11	U 12	U 13	U 14	U 15	U 16	U 17
		60m				80m				90m	100m		110m
Sprint Hurdles	BLUE			^ 13.5	12.6	12.9	16.5	16.0	16.3	16.8	17.6	15.5	17.9
	RED			^ 14.9	14.1	14.3	18.7	18.4	19.6	19.8	19.0	18.0	20.8
	GREEN			^ 18.0	17.3	17.5	22.4	21.5	22.9	23.4	23.1	22.2	25.6
200mH	BLUE								34.0	31.2			
	RED								38.8	36.4			
	GREEN								47.2	42.1			
300mH	BLUE										51.5	50.2	48.9
	RED										1:00.0	58.5	57.0
	GREEN										1:09.5	1:07.8	1:06.1
70m	BLUE	14.8	^ 13.3	^ 12.6	12.0	11.6	* 11.1	* 10.6	* 10.2	* 9.7	* 9.4	* 9.3	* 8.7
	RED	16.8	^ 15.4	^ 13.9	13.4	12.7	* 12.3	* 11.8	* 11.4	* 11.2	* 10.2	* 10.1	* 9.4
	GREEN	19.4	^ 18.1	^ 15.9	15.7	14.5	* 14.3	* 13.3	* 13.3	* 12.7	* 12.6	* 12.5	* 12.4
100m	BLUE	21.8	^ 19.3	^ 18.1	17.1	16.3	15.4	14.8	14.0	13.3	12.5	12.3	12.0
	RED	24.9	^ 22.4	^ 20.1	18.9	18.0	17.5	16.6	15.9	14.8	14.0	13.4	13.0
	GREEN	29.8	^ 26.8	^ 23.8	22.2	21.5	20.4	19.0	18.5	17.7	16.5	16.4	16.0
200m	BLUE	49.0	^ 43.0	^ 39.0	37.0	35.0	33.5	31.5	30.0	28.0	26.5	26.0	25.5
	RED	57.5	^ 51.0	^ 44.5	42.5	40.0	38.0	36.0	34.5	32.0	30.0	28.5	27.5
	GREEN	1:10.0	^ 1:02.5	^ 55.0	53.0	48.5	45.5	45.5	40.5	39.5	39.0	38.0	37.0
300m	BLUE		1:10.0										
	RED		1:26.0										
	GREEN		1:45.0										
400m	BLUE				1:28.0	1:23.0	1:20.0	1:17.0	1:12.0	1:05.0	1:02.0	1:00.0	57.0
	RED				1:41.0	1:37.0	1:33.0	1:27.0	1:22.0	1:18.0	1:15.0	1:09.0	1:04.0
	GREEN				2:10.0	2:02.0	1:48.0	1:44.0	1:40.0	1:36.0	1:27.0	1:24.0	1:23.0
500m	BLUE			2:00.0									
	RED			2:25.0									
	GREEN			3:10.0									
800m	BLUE				3:20.0	3:15.0	3:05.0	3:00.0	2:50.0	2:45.0	2:40.0	2:35.0	2:30.0
	RED				3:55.0	3:45.0	3:35.0	3:25.0	3:20.0	3:15.0	3:05.0	3:00.0	2:55.0
	GREEN				5:05.0	4:50.0	4:30.0	4:25.0	4:10.0	4:05.0	3:50.0	3:35.0	3:30.0
1500m	BLUE						6:20.0	6:05.0	6:00.0	5:50.0	5:45.0	5:30.0	5:20.0
	RED						7:35.0	7:05.0	7:00.0	6:55.0	6:35.0	6:30.0	6:10.0
	GREEN						9:35.0	8:50.0	8:40.0	8:35.0	8:30.0	8:20.0	8:00.0
300mW	BLUE			2:10.0	* 2:05.0								
	RED			2:40.0	* 2:30.0								
	GREEN			3:40.0	* 3:15.0								
700mW	BLUE				5:15.0	* 5:05.0	* 4:55.0	* 4:50.0	* 4:45.0	* 4:40.0	* 4:30.0	* 4:30.0	* 4:30.0
	RED				5:55.0	* 5:50.0	* 5:40.0	* 5:35.0	* 5:30.0	* 5:20.0	* 5:20.0	* 5:20.0	* 5:10.0
	GREEN				7:20.0	* 7:15.0	* 7:00.0	* 6:50.0	* 6:40.0	* 6:25.0	* 6:25.0	* 6:25.0	* 6:25.0
1100mW	BLUE					8:00.0	7:45.0						
	RED					9:05.0	8:55.0						
	GREEN					10:30.0	10:20.0						
1500mW	BLUE							10:40.0	10:35.0	10:25.0	10:20.0	9:50.0	9:50.0
	RED							12:30.0	12:30.0	12:10.0	11:50.0	11:30.0	11:30.0
	GREEN							14:00.0	14:00.0	14:00.0	14:00.0	13:10.0	13:10.0
SHOT PUT	BLUE	3.60	^ 4.70	^ 4.90	5.30	6.20	7.10	7.70	8.40	10.00	11.10	11.20	9.80
	RED	2.60	^ 3.40	^ 3.80	3.90	4.70	5.30	5.80	6.00	7.00	7.70	8.60	7.80
	GREEN	1.80	^ 2.20	^ 2.70	2.80	3.60	4.10	4.60	4.70	4.80	5.40	6.40	5.40
DISCUS	BLUE	8.00	^ 11.00	^ 12.00	15.00	16.00	18.00	22.00	23.00	26.50	31.50	35.00	30.00
	RED	5.50	^ 7.50	^ 8.00	10.00	12.00	12.50	14.50	15.50	17.00	20.50	24.50	20.00
	GREEN	3.50	^ 4.50	^ 5.00	6.00	7.50	9.00	9.00	10.00	11.00	11.00	15.00	14.00
JAVELIN	BLUE						15.50	18.50	19.00	24.00	27.00	33.50	34.00
	RED						10.50	13.50	13.00	15.00	18.50	21.00	24.50
	GREEN						6.00	7.50	9.00	9.50	11.00	13.00	13.00
HIGH JUMP	BLUE			0.85	0.95	1.05	1.10	1.20	1.30	1.40	1.55	1.60	1.70
	RED			0.75	0.80	0.90	0.95	1.05	1.10	1.20	1.35	1.40	1.50
	GREEN			0.60	0.70	0.80	0.85	0.90	1.00	1.05	1.05	1.10	1.15
LONG JUMP	BLUE	2.10	^ 2.50	^ 2.90	3.10	3.40	3.80	4.00	4.20	4.80	5.20	5.30	5.60
	RED	1.70	^ 2.00	^ 2.40	2.60	2.90	3.00	3.30	3.50	3.90	4.20	4.40	4.60
	GREEN	1.20	^ 1.40	^ 1.60	1.90	2.30	2.30	2.70	2.80	3.10	3.20	3.30	3.80
TRIPLE JUMP	BLUE						7.60	8.50	8.90	9.90	10.70	10.90	11.10
	RED						6.30	7.00	7.10	8.30	9.20	9.50	10.30
	GREEN						4.70	5.90	6.00	6.20	7.20	8.00	8.20

ACHIEVEMENT AWARD RULES

- Group awards are achieved when all of the same level is reached in all events in the associated Group e.g. to achieve the Green Group award for sprints, the competitor must achieve green level in 70m, 100m, 200m, events. The same rule applies for Red and Blue Group Awards.
- The number of Group Awards required is age group adjusted: U6's need 2 groups of 3; U7's need 2 groups of 4; U8 – U17's need 3 groups of 6.
- Performance levels can be achieved at any LAQ Centre or Association Competitions where the event is conducted.
- Attendance awards are achieved by attending Centre competition meetings. Cancelled competition days are considered in the competitor's favour.
- Symbols * or ^ against time / distances:

Events with * are optional events not conducted at State Championships or Carnivals competitions (U9 – U17's)

Events with ^ are optional events that may be conducted at Regional & LAQ Carnival Competitions (U7 & U8's).

updated April 2019