

## 2016 ATHLETE OF THE YEAR STANDARDS

### 8 & Under Girls

100m	15.57
200m	31.85
400m	1:15.57
800m	2:52.84
1500m	5:55.76
4x100	1:07.44
4x400	5:31.28
Long Jump	3.34m
Shotput	5.50m
Turbo Jav	14.22m

### 9-10 Girls

100m	15.96
200m	29.10
400m	1:05.76
800m	2:44.09
1500m	5:26.80
1500RW	10:27.99
4x100	57.39
4x400	4:48.14
High Jump	1.22m
Long Jump	4.02m
Shotput	7.54m
Turbo Jav	21.54m
Triathlon	988

### 11-12 Girls

100m	13.15
200m	26.69
400m	1:01.02
800m	2:25.72
1500m	4:59.47
3000m	10:50.12
1500RW	8:59.72
80m Hurdles	13.68
4x100	53.30
4x400	4:20.91
4x800	10:58.96
High Jump	1.42m
Long Jump	4.73m

### 8 & Under Boys

100m	14.93
200m	32.01
400m	1:11.35
800m	2:43.88
1500m	5:36.94
4x100	1:02.99
4x400	5:17.04
Long Jump	3.71m
Shotput	6.63m
Turbo Jav	21.29m

### 9-10 Boys

100m	13.93
200m	27.93
400m	1:03.69
800m	2:35.88
1500m	5:08.36
1500RW	12:53.97
4x100	56.70
4x400	4:38.71
High Jump	1.27m
Long Jump	4.27m
Shotput	8.47m
Turbo Jav	31.42m
Triathlon	585

### 11-12 Boys

100m	12.85
200m	26.63
400m	1:00.18
800m	2:18.60
1500m	4:46.96
3000m	10:19.75
1500RW	11:04.97
80m Hurdles	12.74
4x100	54.05
4x400	4:13.04
4x800	10:25.03
High Jump	1.47m
Long Jump	4.93m

Shotput	<b>10.35m</b>
Discus	<b>24.54m</b>
Turbo Jav	<b>29.82m</b>
Pentathlon	<b>2,438</b>

Shotput	<b>12.34m</b>
Discus	<b>29.43m</b>
Turbo Jav	<b>37.93m</b>
Pentathlon	<b>2,165</b>

### **13-14 Girl**

100m	<b>12.60</b>
200m	<b>25.45</b>
400m	<b>58.69</b>
800m	<b>2:23.68</b>
1500m	<b>5:00.65</b>
3000m	<b>10:46.42</b>
3000RW	<b>18:27.39</b>
100m Hurdles	<b>15.30</b>
200m Hurdles	<b>29.59</b>
4x100	<b>49.76</b>
4x400	<b>4:04.26</b>
4x800	<b>10:20.80</b>
High Jump	<b>1.51m</b>
Pole Vault	<b>2.80m</b>
Long Jump	<b>518m</b>
Triple Jump	<b>10.68m</b>
Shotput	<b>12.31m</b>
Discus	<b>32.35m</b>
Javelin	<b>29.50m</b>
Pentathlon	<b>2,661</b>

### **13-14 Boys**

100m	<b>11.79</b>
200m	<b>23.55</b>
400m	<b>52.90</b>
800m	<b>2:06.34</b>
1500m	<b>4:20.71</b>
3000m	<b>9:43.09</b>
3000RW	<b>18:43.66</b>
100m Hurdles	<b>16.43</b>
200m Hurdles	<b>30.50</b>
4x100	<b>46.02</b>
4x400	<b>3:46.63</b>
4x800	<b>9:17.02</b>
High Jump	<b>1.67m</b>
Pole Vault	<b>3.03m</b>
Long Jump	<b>5.82m</b>
Triple Jump	<b>11.35m</b>
Shotput	<b>14.12m</b>
Discus	<b>44.03m</b>
Javelin	<b>42.15m</b>
Pentathlon	<b>2,575</b>

### **15-16 Girls**

100m	<b>12.27</b>
200m	<b>25.96</b>
400m	<b>56.92</b>
800m	<b>2:21.11</b>
1500m	<b>5:02.76</b>
3000m	<b>11:03.89</b>
2000m SteepleChase	<b>7:58.69</b>
3000RW	<b>18:18.84</b>
100m Hurdles	<b>15.00</b>
400m Hurdles	<b>1:05.42</b>
4x100	<b>48.24</b>
4x400	<b>3:57.06</b>
4x800	<b>10:23.60</b>
High Jump	<b>1.58m</b>
Pole Vault	<b>3.37m</b>
Long Jump	<b>5.37m</b>
Triple Jump	<b>11.48m</b>

### **15-16 Boys**

100m	<b>11.27</b>
200m	<b>22.46</b>
400m	<b>50.70</b>
800m	<b>2:01.87</b>
1500m	<b>4:10.85</b>
3000m	<b>9:20.91</b>
2000m SteepleChase	<b>6:48.37</b>
3000RW	<b>20:19.78</b>
100m Hurdles	<b>16.60</b>
400m Hurdles	<b>59.32</b>
4x100	<b>43.21</b>
4x400	<b>3:27.36</b>
4x800	<b>8:35.08</b>
High Jump	<b>1.87m</b>
Pole Vault	<b>4.10m</b>
Long Jump	<b>6.44m</b>
Triple Jump	<b>13.01m</b>

Shotput	<b>11.79m</b>
Discus	<b>36.72m</b>
Javelin	<b>33.93m</b>
Hammer	<b>32.84m</b>
Heptathlon	<b>4,082</b>

Shotput	<b>15.14m</b>
Discus	<b>46.12m</b>
Javelin	<b>46.30m</b>
Hammer	<b>42.64m</b>
Decathlon	<b>4,947</b>

### **17-18 Girls**

100m	<b>12.28</b>
200m	<b>24.60</b>
400m	<b>56.71</b>
800m	<b>2:21.06</b>
1500m	<b>4:57.56</b>
3000m	<b>11:18.79</b>
2000m SteepleChase	<b>8:00.57</b>
3000RW	<b>20:42.12</b>
100m Hurdles	<b>14.77</b>
400m Hurdles	<b>1:05.34</b>
4x100	<b>47.06</b>
4x400	<b>3:48.57</b>
4x800	<b>10:12.77</b>
High Jump	<b>1.65m</b>
Pole Vault	<b>3.57m</b>
Long Jump	<b>5.53m</b>
Triple Jump	<b>11.71m</b>
Shotput	<b>12.49m</b>
Discus	<b>40.27m</b>
Javelin	<b>38.27m</b>
Hammer	<b>42.55m</b>
Heptathlon	<b>4,374</b>

### **17-18 Boys**

100m	<b>10.86</b>
200m	<b>21.79</b>
400m	<b>48.92</b>
800m	<b>1:58.81</b>
1500m	<b>4:05.46</b>
3000m	<b>9:16.09</b>
2000m SteepleChase	<b>6:32.20</b>
3000RW	<b>21:15.66</b>
100m Hurdles	<b>14.76</b>
400m Hurdles	<b>55.3</b>
4x100	<b>41.98</b>
4x400	<b>3:23.15</b>
4x800	<b>8:07.75</b>
High Jump	<b>1.98m</b>
Pole Vault	<b>4.50m</b>
Long Jump	<b>6.87m</b>
Triple Jump	<b>14.45m</b>
Shotput	<b>16.49m</b>
Discus	<b>50.71m</b>
Javelin	<b>53.55m</b>
Hammer	<b>56.69m</b>
Decathlon	<b>5,716</b>