

2018 ATHLETE OF THE YEAR STANDARDS

8 & Under Girls	2018 Standard	8 & Under Boys	2018 Standard
100m	15.62	100m	14.67
200m	31.74	200m	30.36
400m	1:15.59	400m	1:12.15
800m	2:56.13	800m	2:42.96
1500m	5:59.23	1500m	5:31.73
4x100	1:03.87	4x100	1:02.08
4x400	5:31.66	4x400	5:15.86
Long Jump	3.38m	Long Jump	3.68m
Shotput	5.57m	Shotput	6.88m
Turbo Jav	14.66m	Turbo Jav	22.03m

9-10 Girls		9-10 Boys	
100m	14.04	100m	13.78
200m	28.80	200m	28.28
400m	1:06.44	400m	1:04.63
800m	2:35.49	800m	2:30.49
1500m	5:22.07	1500m	5:04.15
1500RW	10:41.57	1500RW	12:22.51
4x100	56.55	4x100	54.54
4x400	4:43.80	4x400	4:33.55
High Jump	1.22m	High Jump	1.28m
Long Jump	4.03m	Long Jump	4.23m
Shotput	7.32m	Shotput	8.40m
Turbo Jav	23.15m	Turbo Jav	31.51m
Triathlon	1,002	Triathlon	622

11-12 Girls		11-12 Boys	
100m	13.21	100m	12.79
200m	26.87	200m	25.88
400m	1:00.29	400m	58.12
800m	2:26.34	800m	2:21.28
1500m	5:00.44	1500m	4:45.09
3000m	10:52.81	3000m	10:12.75
1500RW	8:57.79	1500RW	10:21.02
80m Hurdles	13.49	80m Hurdles	13.19
4x100	51.97	4x100	51.63

4x400	4:26.45	4x400	4:14.32
4x800	10:47.03	4x800	10:27.94
High Jump	1.43m	High Jump	1.48m
Long Jump	4.69m	Long Jump	4.97m
Shotput	10.21m	Shotput	12.08m
Discus	23.99m	Discus	27.69m
Turbo Jav	28.46m	Turbo Jav	36.82m
Pentathlon	2,518	Pentathlon	2,081

13-14 Girl		13-14 Boys	
100m	12.63	100m	11.91
200m	25.26	200m	23.37
400m	58.27	400m	52.70
800m	2:18.96	800m	2:07.78
1500m	4:44.34	1500m	4:17.24
3000m	10:24.76	3000m	9:30.10
3000RW	18:36.45	3000RW	19:40.65
100m Hurdles	15.37	100m Hurdles	14.52
200m Hurdles	29.69	200m Hurdles	26.80
4x100	49.12	4x100	46.02
4x400	4:06.68	4x400	3:41.97
4x800	10:11.93	4x800	9:15.66
High Jump	1.57m	High Jump	1.72m
Pole Vault	2.88m	Pole Vault	3.20m
Long Jump	5.24m	Long Jump	5.90m
Triple Jump	10.77m	Triple Jump	11.59m
Shotput	12.45m	Shotput	13.94m
Discus	32.92m	Discus	45.32m
Javelin	32.00m	Javelin	43.36m
Pentathlon	2,762	Pentathlon	2,625

15-16 Girls		15-16 Boys	
100m	12.45	100m	11.16
200m	24.99	200m	22.26
400m	57.24	400m	51.44
800m	2:21.20	800m	2:02.91
1500m	4:52.85	1500m	4:12.09
3000m	10:48.80	3000m	9:19.45
2000m SteepleChase	7:50.99	2000m SteepleChase	6:47.17
3000RW	19:12.30	3000RW	19:17.26
100m Hurdles	15.07	110m Hurdles	15.41
400m Hurdles	1:06.33	400m Hurdles	57.91
4x100	48.27	4x100	43.29
4x400	4:00.12	4x400	3:28.98

4x800	10:12.55	4x800	8:38.45
High Jump	1.60m	High Jump	1.88m
Pole Vault	3.22m	Pole Vault	4.00m
Long Jump	5.40m	Long Jump	6.41m
Triple Jump	11.67m	Triple Jump	13.24m
Shotput	11.61m	Shotput	14.32m
Discus	38.47m	Discus	44.02m
Javelin	36.03m	Javelin	48.54m
Hammer	35.33m	Hammer	42.78m
Heptathlon	3,954	Decathlon	5,263

17-18 Girls		17-18 Boys	
100m	12.25	100m	10.91
200m	24.81	200m	22.30
400m	57.36	400m	49.08
800m	2:20.00	800m	1:58.92
1500m	4:53.82	1500m	4:04.38
3000m	11:08.74	3000m	9:14.45
2000m SteepleChase	7:49.51	2000m SteepleChase	6:29.81
3000RW	19:16.38	3000RW	19:07.97
100m Hurdles	14.49	110m Hurdles	14.48
400m Hurdles	1:04.65	400m Hurdles	57.12
4x100	48.29	4x100	42.00
4x400	3:55.77	4x400	3:22.89
4x800	10:19.59	4x800	8:13.23
High Jump	1.62m	High Jump	2.00m
Pole Vault	3.58m	Pole Vault	4.55m
Long Jump	5.57m	Long Jump	6.87m
Triple Jump	11.79m	Triple Jump	14.39m
Shotput	12.61m	Shotput	16.88m
Discus	41.06m	Discus	50.79m
Javelin	36.87m	Javelin	56.04m
Hammer	42.24m	Hammer	54.12m
Heptathlon	4,302	Decathlon	5,974