

AAA Grades 2009/2010

Age	Event	1	2	3	4
-----	-------	---	---	---	---

All the U11 grades all local grades and Not Nationally Recognised

U11 Boys	11B	75m	10.9	11.2	11.5	12.1	
	11B	80m	11.9	12.3	12.7	13.0	
	11B	150m	22.2	22.9	23.9	24.5	
	11B	600m	1.53.0	1.59.0	2.05.0	2.08.9	
	11B	4 x 100m Relay					
	11B	Long Jump	3.5	3.3	3.1	2.9	
	11B	turbo Javelin	17.5	15.8	13.5	12.5	
	11B	High Jump	1.2	1.15	1.1	1.00	
	11B	Chest Push	7.6	6.6	5.6	5.1	
	U11 Girls	11G	75m	11.4	11.8	12.1	12.7
11G		80m	12.2	12.6	12.9	13.2	
11G		150m	22.6	23.3	24.0	24.5	
11G		600m	1.59.0	2.05.0	2.10.0	2.13.7	
11G		4x100m Relay					
11G		High Jump	1.2	1.15	1.1	1.00	
11G		turbo Javelin	13.2	12.4	11.7	11.1	
11G		Long Jump	3.6	3.4	3.2	3.01	
11G		Chest Push	7	6.1	5.1	4.6	
U13 Boys		13B	75m Hurdles	13.00	13.60	14.20	15.40
	13B	100m	13.10	13.40	13.70	14.10	
	13B	200m	27.00	27.60	28.30	29.20	
	13B	800m	2.24.0	2.27.5	2.31.0	2.36.0	
	13B	1500m	4.55.0	5.00.0	5.08.0	5.19.0	
	13B	4 x 100m Relay					
	13B	High Jump	1.45	1.40	1.35	1.30	
	13B	Shot Putt (3.25k)	8.95	8.50	7.75	6.70	
	13B	Long Jump	4.65	4.50	4.35	4.10	
	13B	javelin	31.60	39.60	26.20	21.60	
	13b	Discus	24.50	22.45	20.10	16.55	
	13b	Hammer	37.00	34.00	31.00	27.00	
	U13Girls	13G	70m Hurdles	12.30	12.60	13.10	13.90
		13G	75m	10.40	10.60	10.80	11.20
13G		100m	13.60	13.90	14.20	14.70	
13G		150m	20.50	21.00	21.50	22.40	
13G		200m	28.40	29.00	29.70	30.80	
13G		800m	2.32.0	2.35.5	2.40.0	2.46.0	
13G		1000m	3.17.0	3.24.00	3.31.25	3.43.25	
13G		1200m	4.03.0	4.09.5	4.16.5	4.28.0	
13g		1500	5.13.0	5.20.0	5.28.5	5.43.5	
13G		4 x 100m Relay					
13G		High Jump	1.38	1.33	1.28	1.20	
13G		Long Jump	4.35	4.20	4.05	3.75	
13G		Shot Putt (2.72k)	8.00	7.50	6.80	6.00	
13g		Hammer	35.00	29.50	25.50	18.00	
13g		Discus	21.60	19.55	17.00	14.10	

	13G	Javelin	22.70	20.70	17.90	13.85
U15 Boys	15B	80m Hurdles	12.20	12.50	12.90	13.70
	15B	100m	11.70	11.90	12.10	12.50
	15B	200m	23.90	24.30	24.80	25.60
	15B	400m	54.50	55.80	57.00	59.00
	15B	800m	2.07.0	2.10.0	2.13.5	2.18.5
	15B	1500m	4.22.5	4.28.5	4.35.5	4.46.0
	15b	3000m	9.23.0	9.39.0	9.53.0	10.17.5
	15B	4 x 100m Relay				
	15B	4 x 400m Relay				
	15B	swed- relay				
	15B	Hammer (4k)	46.20	38.35	31.45	25.00
	15B	Discus (1.25k)	36.65	33.75	30.35	27.25
	15B	Pole Vault	2.95	2.70	2.50	2.15
	15B	Long Jump	5.65	5.50	5.30	5.00
	15b	Triple Jump	11.70	11.35	10.95	10.30
	15B	Shot Putt (4k)	12.10	11.55	10.95	10.05
	15B	High Jump	1.70	1.65	1.60	1.55
	15B	Javelin (600g)	42.20	39.15	36.40	32.90
U15 Girls	15G	75m Hurdles	12.00	12.30	12.80	13.50
	15G	100m	12.80	13.00	13.30	13.60
	15G	200m	26.30	26.80	27.30	28.00
	15G	800m	2.21.0	2.23.5	2.27.5	2.32.0
	15G	1500m	4.51.0	4.58.5	5.04.5	5.15.5
	15G	4 x 100m Relay				
	15G	Long Jump	4.90	4.75	4.60	4.35
	15g	Triple Jump	10.20	10.00	9.60	9.00
	15g	Pole Vault	2.80	2.60	2.30	2.00
	15G	High Jump	1.55	1.50	1.45	1.40
	15G	Discus (1.0k)	27.95	25.20	22.10	19.95
	15g	Hammer	38.30	32.95	29.05	22.60
	15G	Javelin (600g)	29.60	25.45	23.95	20.70
	15G	Shot Putt (3.25k)	9.65	9.15	8.55	7.80