

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 |
| 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 |
| | 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 |
| 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 |