# PB <br> AAW NA R DS 

The PB Awards have been designed to celebrate and
Just scan this QR code for more details about the PB Awards reward every athletes personal bests and help them on their way to reaching new levels of performance.

## About the PB Awards

- 9 Levels of progression per age group
- For U13, U15, U17, U20 \& Senior
- Across all athletics Track \& Field events
- For Male and Female athletes
- Inclusion Awards
- Multi Event Awards

Creating a progressive Awards Pathway, which recognises and rewards every athlete's personal best and provides the stepping stones for future success.

Why not take your first steps on the Awards programme?


# PB AWARDS 

## SPRINTS

Male Award Standards

| 60m | Level 1 | Level 2 | el 3 | Level 4 | el 5 | vel 6 | Level 7 | Level 8 | el 9 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| U13 | 9.60 s | 9.40 s | 9.20 s | 9.00 s | 8.80s | 8.60 s | 8.40s | 8.20s | 8.00s |
| U15 | 9.00 s | 8.80s | 8.60 s | 8.40 s | 8.20 | 8.00 | 7.80 | 7.65 s | 7.55 |
| U17 | 8.60 s | 8.40 s | 8.20 s | 8.00s | 7.80 s | 7.65 s | 7.55 s | 7.455 | 7.35s |
| U20 (Junior) | 8.2 | 8.00s | 7.80s | 7.655 | 7.55s | 7.45s | 7.35 s | $7.25 s$ | 5s |
| Senior | 7.80 s | 7.65s | 7.55s | 7.45 s | 7.35s | 7.25s | 7.15s | 7.05s | 6.95s |
| 75m | Level 1 | Level 2 | Level 3 | Level 4 | Level | Level | Level | evel | eve |
| U13 | 12.50s | 12.00s | 11.60s | 11.20s | 10.80 | 10.50s | 10.25 | 10.00 | 9.755 |
| 100m | Level 1 | evel 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 | Level | Level 9 |
| U13 | 6.00 | 5.50 | 15.00s | 14.60 s | 14.20s | 3.80 | 13.40 | 13.00s | 12.7 |
| U15 | 14.20s | 13.80s | 13.40s | 13.00s | 12.70s | 12.50s | 12.10s | 11.90 | 11.70s |
| U17 | 13.00 | 70s | 20s | 12.10s | 1.90 | 11.70s | 11.50s | 11.3 | 11.20s |
| U20 (Junior) | 12.50s | 12.10s | 11.90s | 11.70s | 11.50 | 11.30s | 11.20s | 1.10 | 11.00 |
| Senio | 11.70s | 11.50s | 11.30 | 11.20s | 1.10 s | 11.00s | 10.90s | 10.80s | 10.70s |
| 150m | Level 1 | Level 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 | Level | eve |
| U13 | 23.50s | 23.00s | 22.50s | 22.00s | 21.50s | 21.00s | 20.50s | 20.00 | 19.60s |
| 200m | Level 1 | vel | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 | Level | Level 9 |
| 13 | 33.00s | 32.00s | 31.00s | 00s | 29.00 | 28.00s | 27.00s | 26.00s | 25.50s |
| U15 | 29.00s | 28.00 s | 27.00s | 26.00s | 25.50s | 25.00s | 24.60 s | 24.20s | 23.80s |
| U17 | 26.00s | 5.5 | 5.00 | 24.60s | 2.20s | 23.80s | 23.40s | 23.00s | 22.80s |
| U20 (Junior) | 24.60s | 24.20s | 23.80s | 23.40s | 23.00s | 22.80s | 22.60s | 22.40 s | 22.20 s |
| Senior | 23.8 | 23.40 s | 23.00s | 22.80s | 22.60 s | 22.40 s | 22.20 s | 22.00s | 21.70s |
| 300m | Level 1 | vel 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 | Level 8 | Level 9 |
| U15 | 51.00s | 49.00s | 47.00s | 45.00s | 43.00 | 41.50s | 40.50s | 39.50s | 38.70s |
| U17 | 45.00s | 43.00 s | 41.50s | 40.50s | 39.50s | 38.70s | 38.00s | 37.30s | 36.70s |
| U20 (Junior) | 41.50s | 40.50s | 39.50s | 38.70s | 38.00s | 37.30s | 36.70s | 36.10s | 35.50s |
| Senior | 39.50s | 38.70s | 38.00s | 37.30s | 36.70s | 36.10s | 35.50s | 35.00s | 34.50s |
| 400m | Level 1 | Level 2 | Level 3 | Level 4 | Level 5 | Level 6 | evel 7 | evel 8 | Level 9 |
| U17 | 64.00s | 62.00s | 60.00s | 58.50s | 57.0 | 55. | 54 | 53.00s | 52.00s |
| U20 (Junior) | 60.00s | 58.50s | 57.00s | 55.60s | 54.20s | 53.00s | 52.00s | 51.00s | 50.00s |
| Senior | 57.00s | 55.60 | 54.20s | 53.00s | 52.00s | 51.0 | 50.0 | 49.20s | 48.5 |

Female Award Standards

| 60 m | Level 1 | Level 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 | Level 8 | Level 9 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| U13 | 11.20s | 10.70s | 10.20s | 9.80 s | 9.40 s | 9.10 s | 8.90s | 8.70s | 8.50s |
| U15 | 10.20s | 9.80 s | 9.40 s | 9.10s | 8.90s | 8.70s | 8.50s | 8.30 s | 8.15s |
| U17 | 9.40 s | 9.10s | 8.90s | 8.70s | 8.50s | 8.30 s | 8.15s | 8.05 s | 7.95s |
| U20 (Junior) | 8.90s | 8.70s | 8.50s | 8.30s | 8.15s | 8.05s | 7.95s | 7.90s | 7.85s |
| Senior | 8.50s | 8.30 s | 8.15s | 8.05s | 7.95s | 7.90s | 7.85s | 7.80s | 7.75s |
| 75m | Level 1 | evel 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 | Level 8 | Level 9 |
| U13 | 13.00s | 12.50s | 12.10s | 11.70s | 11.30s | 11.00s | 10.75s | 10.50s | 10.25s |
| 100m | Level 1 | Level 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 | Level 8 | Level 9 |
| U13 | 17.00s | 16.50s | 16.00s | 15.60s | 15.20s | 14.80s | 14.40s | 14.00s | 13.70s |
| U15 | 14.80s | 14.40s | 14.00s | 13.70s | 13.50s | 13.30s | 13.10s | 12.90s | 12.70s |
| U17 | 14.00s | 13.70s | 13.50s | 13.30s | 13.10s | 12.90s | 12.70s | 12.60 s | 12.50s |
| U20 (Junior) | 13.50s | 13.30s | 13.10s | 12.90s | 12.70s | 12.60s | 12.50s | 12.40 s | 12.30s |
| Senior | 13.10s | 12.90s | 12.70s | 12.60 s | 12.50s | 12.40s | 12.30s | 12.20s | 12.10s |
| 150m | Level 1 | evel 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 | Level 8 | Level 9 |
| U13 | 25.00s | 24.40s | 23.80s | 23.20s | 22.60s | 22.00s | 21.50s | 21.00s | 20.50s |
| 200m | Level 1 | vel 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 | Level 8 | Level 9 |
| U13 | 36.00s | 34.00s | 32.70s | 31.70s | 30.80s | 30.50s | 29.70s | 29.20s | 28.50s |
| U15 | 32.70s | 31.70s | 30.80s | 30.50s | 29.70s | 29.20s | 28.50s | 27.80s | 27.20s |
| U17 | 30.80s | 30.50s | 29.70s | 29.20s | 28.50s | 27.80s | 27.20s | 26.70s | 26.30s |
| U20 (Junior) | 29.70s | 29.20s | 28.50s | 27.80s | 27.20s | 26.70s | 26.30s | 25.90s | 25.50s |
| Senior | 28.50s | 27.80s | 27.20s | 26.70s | 26.30s | 25.90s | 25.50s | 25.10s | 24.70s |
| 300 m | Level 1 | Level 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 | Level 8 | Level 9 |
| U15 | 55.00s | 53.00s | 51.00s | 49.00s | 47.00s | 45.20s | 44.00s | 43.00s | 42.40s |
| U17 | 51.00s | 49.00s | 47.00s | 45.20s | 44.00s | 43.00s | 42.40s | 41.80s | 40.90s |
| U20 (Junior) | 49.00s | 47.00s | 45.20s | 44.00s | 43.00s | 42.40s | 41.80s | 40.90s | 40.20s |
| Senior | 47.00s | 45.20s | 44.00s | 43.00s | 42.40s | 41.80s | 40.90s | 40.20s | 39.70s |
| 400m | Level 1 | Level 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 | Level 8 | Level 9 |
| U20 (Junior) | 72.00 s | 69.50s | 67.00s | 65.00s | 63.00 s | 61.00s | 59.50s | 58.00s | 57.00s |
| Senior | 69.50s | 67.00s | 65.00s | 63.00 s | 61.00s | 59.50s | 58.00s | 57.00s | 55.60s |

Just scan this QR code for more details about the PB Awards

## HURDLES

Male Award Standards

| 60 m HURDLES | Level 1 | Level 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 | Level 8 | Level 9 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| U13 | 11.60s | 11.30s | 11.00 | 10.75s | 10.50s | 10.25s | 10.00s | 9.80s | 9.60 s |
| U15 | 10.50s | 10.25s | 10.00s | 9.80s | 9.60 s | 9.40 s | 20s | Sos | 30s |
| U17 | 10.00s | 9.80s | 9.60 s | 9.40s | 9.20 s | 9.00 s | 8.80s | 8.60 s | 8.45 s |
| U20 (Junior) | 80s | 9.60 s | 9.40s | 9.20 s | 9.00 s | 8.80s | 8.60s | 8.45 s | 8.30 s |
| Senior | 9.60 s | 9.40 s | 9.20 s | 9.00 s | 8.80s | 8.60s | 8.45 s | 8.30s | 8.20 s |
| SPRINT HURDLES | Level 1 | el 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 | Level 8 | Level 9 |
| U13 (75m) | 16.50s | 15.50s | 15.00s | 14.50s | 14.10s | 13.80s | 13.50s | 13.20 | 12.90s |
| U15 (80m) | 14.80s | 4.40s | 14.00s | 13.60 s | 13.20s | 12.80s | 12.50s | 12.20s | 11.90s |
| U17 (100m) | 17.50s | 17.00s | 16.50 | 6.00s | 15.50s | 15.00s | 14.50s | 14.10s | 13.80s |
| U20 (Junior) (110m) | 18.50s | 18.00s | 17.50s | 17.00s | 16.50s | 16.00s | 15.50s | 15.10s | 14.80s |
| Senior (110m) | 18.00s | 17.50s | 17.00s | 16.50s | 16. | 15.50s | 15.10s | 14.80s | 14.50s |
| LONG HURDLES | Level 1 | Level 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 | Level 8 | Level 9 |
| U17 (400m) | 70.00s | 68.50s | 67.00s | 65.50s | 64.00s | 62.50s | 61.00s | 59.50s | 58.00s |
| U20 (Junior) (400m) | 67.00s | 65.50s | 64.00s | 62.50s | 61.00s | 59.50s | 58.00s | 57.00s | 56.00s |
| Senior (400m) | 64.00s | 62.50s | 61.00s | 59.50s | 58.00s | 57.00s | 56.00s | 55.0 | 54.0 |

Female Award Standards

 \begin{tabular}{llllllllll}
U13 \& 12.60 s \& 12.20 s \& 11.85 s \& 11.50 s \& 11.20 s \& 10.90 s \& 10.60 s \& 10.30 s \& 10.00 s <br>
\hline U15 \& 11.85 s \& 11.50 s \& 11.20 s \& 10.90 s \& 10.60 s \& 10.30 s \& 10.00 s \& 9.75 s \& 9.50 s <br>
\hline

 $\begin{array}{llllllllll}\text { U15 } & 11.85 \mathrm{~s} & 11.50 \mathrm{~s} & 11.20 \mathrm{~s} & 10.90 \mathrm{~s} & 10.60 \mathrm{~s} & 10.30 \mathrm{~s} & 10.00 \mathrm{~s} & 9.75 \mathrm{~s} & 9.50 \mathrm{~s} \\ \text { U17 } & 11.20 \mathrm{~s} & 10.90 \mathrm{~s} & 10.60 \mathrm{~s} & 10.30 \mathrm{~s} & 10.00 \mathrm{~s} & 9.75 \mathrm{~s} & 9.50 \mathrm{~s} & 9.25 \mathrm{~s} & 9.05 \mathrm{~s}\end{array}$ 

U20 (Junior) \& 10.90 s \& 10.60 s \& 10.30 s \& 10.00 s \& 9.75 s \& 9.50 s \& 9.25 s \& 9.05 s \& 8.90 s <br>
\hline

 

\hline Senior \& 10.30 s \& 10.00 s \& 9.75 s \& 9.50 s \& 9.25 s \& 9.05 s \& 8.90 s \& 8.80 s \& 8.70 s <br>
\hline SPRINT HURDLES \& Level 1 \& Level 2 \& Level 3 \& Level 4 \& Level 5 \& Level 6 \& Level 7 \& Level 8 \& Level 9 <br>
\hline

 

SPRINT HURDLES \& Level 1 \& Level 2 \& Level 3 \& Level 4 \& Level 5 \& Level 6 \& Level 7 \& Level 8 \& Level 9 <br>
\hline U13 $(70 \mathrm{~m})$ \& 14.10 s \& 13.70 s \& 13.30 s \& 13.00 s \& 12.70 s \& 12.40 s \& 12.10 s \& 11.90 s \& 11.70 s

 $\begin{array}{lllllllllll}\mathrm{U} 15(75 \mathrm{~m}) & 14.10 \mathrm{~s} & 13.70 \mathrm{~s} & 13.30 \mathrm{~s} & 13.00 \mathrm{~s} & 12.70 \mathrm{~s} & 12.40 \mathrm{~s} & 12.10 \mathrm{~s} & 11.90 \mathrm{~s} & 11.70 \mathrm{~s}\end{array}$ 

$\mathrm{U} 17(80 \mathrm{~m})$ \& 14.50 s \& 14.00 s \& 13.60 s \& 13.30 s \& 13.00 s \& 12.70 s \& 12.40 s \& 12.20 s \& 12.00 s <br>
\hline

 $\begin{array}{llllllllll}\text { U20 (Junior) (100m) } & 18.80 \mathrm{~s} & 18.30 \mathrm{~s} & 17.80 \mathrm{~s} & 17.30 \mathrm{~s} & 16.80 \mathrm{~s} & 16.30 \mathrm{~s} & 15.80 \mathrm{~s} & 15.40 \mathrm{~s} & 15.00 \mathrm{~s}\end{array}$ $\begin{array}{lllllllllll}\text { Senior }(100 \mathrm{~m}) & 17.80 \mathrm{~s} & 17.30 \mathrm{~s} & 16.80 \mathrm{~s} & 16.30 \mathrm{~s} & 15.80 \mathrm{~s} & 15.40 \mathrm{~s} & 15.00 \mathrm{~s} & 14.60 \mathrm{~s} & 14.30 \mathrm{~s}\end{array}$ 

\hline LONG HURDLES \& Level 1 \& Level 2 \& Level 3 \& Level 4 \& Level 5 \& Level 6 \& Level 7 \& Level 8 \& Level 9 <br>
\hline

 

U17 (300m) \& 55.00 s \& 53.50 s \& 52.00 s \& 51.00 s \& 50.00 s \& 49.00 s \& 48.00 s \& 47.00 s \& 46.00 s <br>
\hline
\end{tabular} $\begin{array}{lllllllllll}\text { Senior }(400 \mathrm{~m}) & 77.50 \mathrm{~s} & 75.00 \mathrm{~s} & 73.00 \mathrm{~s} & 71.00 \mathrm{~s} & 69.00 \mathrm{~s} & 67.00 \mathrm{~s} & 65.00 \mathrm{~s} & 63.50 \mathrm{~s} & 62.00 \mathrm{~s}\end{array}$

## ENDURANCE

Male Award Standards

| 600m | Level 1 | Level 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 | Level 8 | Level 9 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| U13 | 02:10.00 | 02:05.00 | 02:00.00 | 01:55.00 | 01:52.00 | 01:49.00 | 7 00 | 01:43.00 | 01:40.00 |
| 800 m | Level 1 | evel 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 | Level 8 | Level 9 |
| U13 | 02:50.00 | 02:45.00 | 02:40.00 | 02:35.00 | 02:30.00 | 02:25.00 | 1.00 | 8.00 | 02:15.00 |
| U15 | 02:30.00 | 02:25.00 | 02:21.00 | 02:18.00 | 02:15.00 | 02:12.00 | 02:09.00 | 02:07.00 | 02:05 |
| U17 | 02:18.00 | 02:15.00 | 02:12.00 | 02:09.00 | 02:07.00 | 02:05.00 | 02:03.00 | 02:01.00 | 01:59.00 |
| U20 (Junior) | 02:12.00 | 02:09.00 | 02:07.00 | 02:05.0 | 02:03.00 | 02:01.00 | 01:59.00 | 01:57.00 | 01:55.00 |
| Senior | 02:07.00 | 02:05.00 | 02:03.00 | 02:01.00 | 01:59.00 | 01:57.0 | 01:55.00 | 01:53.50 | 01:52.00 |
| 200m | Level 1 | Level 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 | Level 8 | Level 9 |
| U13 | 04:50.00 | 04:40.00 | 04:30.00 | 04:20.00 | 04:10.00 | 04:03.00 | 03:56.00 | 3:51.00 | 03:47.0 |
| 1500m | Level 1 | evel 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 | Level 8 | Leve |
| U13 | 06:00.00 | 05:40.00 | 05:30.00 | 05:20.00 | 05:10.00 | 05:00.00 | 04:50.00 | 04:40.00 | 04:30.00 |
| U15 | 05:30.00 | 05:20.00 | 05:10.00 | 05:00.00 | 04:50.00 | 04:40.00 | 04:30.00 | 04:25.00 | 04:20.00 |
| U17 | .00.00 | 5.00 | 04:40.00 | 04:30.0 | 04:25.00 | 04:20.00 | 04:15 | 04:10.00 | 04:05 |
| U20 (Junior) | 04:40.00 | 04:30.00 | 04:25.00 | 04:20.00 | 04:15.00 | 04:10.00 | 04:05.00 | 4:00.00 | 03:57.50 |
| Senior | 04:20.00 | 04:15.00 | 04:10.00 | 04:05.00 | 04:00.00 | 03:57.50 | 03:55.00 | 03:52.50 | 03:50.0 |
| 3000m | Level 1 | Level 2 | evel 3 | Level 4 | Level 5 | evel 6 | Level 7 | Level 8 | Level 9 |
| U15 | 11:30.00 | 11:00.00 | 10:45.00 | 10:30.00 | 10:15.00 | 10:00.00 | 09:45.00 | 09:30.00 | 09:15.0 |
| U17 | 10:30.0 | 10:15.00 | 10:00000000 | 09:45.0 | 09:30.00 | 09:15.0 | 09:05.00 | 08:57.00 | 08:50.00 |
| U20 (Junior) | 09:30.00 | 09:15.00 | 09:05.00 | 08:57.00 | 08:50.00 | 08:45.00 | 08:40.00 | 08:35.00 | 08:30.00 |
| Senior | 08:57.00 | 08:50.00 | . 00 | 00 | 08:35.00 | 08:30.00 | 08:3 | 08: | 08:1 |
| 5000m | vel 1 | Level 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 | Level 8 | eve |
| U20 (Junior) | 20:00.00 | 19:00.00 | 18:00.00 | 17:30.00 | 17:00.00 | 16:30.00 | 16:10.00 | 15:50.00 | 15:33.00 |
| Senior | 16:10.00 | 15:50.00 | 15:33.00 | 15:19.00 | 15:05.00 | 14:52.00 | 14:40.00 | 14:30.00 | 14:20.00 |
| 10,000m | Level 1 | el 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 | Level 8 | Level 9 |
| Senior | 33:40.00 | 3:00.00 | 32:30.00 | 32:00.00 | 31:30. | 31:00.00 | 30:30. |  |  |

Female Award Standards


# PB AWARDS 

## MARATHON

Male Award Standards

| Half Marathon | Level 1 | evel 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 | Level 8 | Level 9 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Senior | 01:18:30 | 01:16:30 | 01:15:00 | 01:13:30 | 01:1 | 01:10:30 | 01:09:00 | 01:07 | 01:060 |
| Marathon | Level 1 | Level 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 | Level | Level |
| Senior | 02:54:00 | 22:48 | 3.00 |  |  | 1:00 |  | 22.2500 |  |

$\begin{array}{llllllllll} & 01: 18: 30 & 01: 16: 30 & 01: 15: 00 & 01: 13: 30 & 01: 12: 00 & 01: 10: 30 & 01: 09: 00 & 01: 07: 30 & 01: 06: 00\end{array}$
$\begin{array}{lllllllllll} & \text { Senior } & \text { 02:54:00 } & 02: 48: 00 & 02: 43: 00 & 02: 38: 30 & 02: 34: 30 & 02: 31: 00 & 02: 28: 00 & 02: 25: 00 & 02: 22: 30\end{array}$

Female Award Standards

| Halt | Level 1 | Level 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 | Level 8 | Level 9 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Senior | 01:39:00 | :00 | 01:33:30 | 01:31:00 | 01:28:30 | 01:26:00 | 30 | 000 | 01:18:30 |
| rathon | Level 1 | evel? | Lev | Le | Lev | Leve | Level 7 | Level 8 | Leve |

Just scan this QR code for more details about the PB Awards

## RACE WALKING

Male Award Standards

| 2,000m | Level 1 | Level 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 | Level 8 | Level 9 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| U13 | 14:30.0 | 14:00.0 | 13:30.0 | 13:00.0 | 12:30.0 | 12:00.0 | 11:35.0 | 11:10.0 | 10:50.0 |
| 3,000M | Level 1 | Level 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 | Level 8 | Level 9 |
| U15 | 19:50.0 | 19:10.0 | 18:32.0 | 17:55.0 | 17:20.0 | 16:47.0 | 16:15 | 15:45.0 | 5:16.0 |
| U17 | 18:32.0 | 17:55.0 | 17:20.0 | 16:47.0 | 16:15.0 | 15:45.0 | 15:16.0 | 14:48.0 | 14:21.0 |
| U20 (Junior) | 17:20.0 | 16:47.0 | 16:15.0 | 15:45.0 | 15:16.0 | 14:48.0 | 14:21.0 | 13:55.0 | 13:31.0 |
| Senior | 16:15.0 | 15:45.0 | 15:16.0 | 14:48.0 | 14:22.0 | 13:56.0 | 13:31.0 | 13:06.0 | 12:43.0 |
| 5,000m | Level 1 | evel 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 | Level 8 | Level 9 |
| U17 | 31:00.0 | 30:00.0 | 29:03.0 | 28:08.0 | 27:16.0 | 26:26.0 | 25:39.0 | 24:53.0 | 24:08.0 |
| U20 (Junior) | 29:03.0 | 28:08.0 | 27:16.0 | 26:26.0 | 25:39.0 | 24:53.0 | 24:08.0 | 23:25.0 | 22:43.0 |
| Senior | 27:16.0 | 26:26.0 | 25:39.0 | 24:53.0 | 24:08.0 | 23:25.0 | 22:43.0 | 22:02.0 | 21:25.0 |
| 10,0000m | Level 1 | el 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 | Level 8 | Level 9 |
| U20 (Junior) | 59:33.0 | 57:45.0 | 56:00.0 | 54:23.0 | 52:48.0 | 51:17.0 | 49:50.0 | 48:25.0 | 47:00.0 |
| Senior | 56:00.0 | 54:23.0 | 52:48.0 | 51: | 50.0 | 48:25 | 47:00 | 45:40 | 44:25.0 |

Female Award Standards

| 2,000m | Level 1 | \& 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 | Level 8 | Level 9 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| U13 | 15:10.0 | 14:35.0 | 14:00.0 | 13:30.0 | 13:00.0 | 12:35.0 | 12:10.0 | 11:50.0 | 11:30.0 |
| 3,000M | Level 1 | 12 | Level 3 | Level 4 | 15 | Level 6 | Level 7 | Level 8 | Level 9 |
| U15 | 22:18.0 | 21:27.0 | 20:40.0 | 19:57.0 | 19:16.0 | 18:37.0 | 18:00.0 | 17:25.0 | 16:52.0 |
| U17 | 40.0 | :57.0 | 16.0 | 18:37.0 | 18:00.0 | 17:25.0 | 16:52.0 | 16:20.0 | 15:48.0 |
| U20 (Junior) | 19:16.0 | 18:37.0 | 18:00.0 | 17:25.0 | 16:52.0 | 16:20.0 | 15:48.0 | 15:18.0 | 14:49.0 |
| Seni | 18:00.0 | 17:25.0 | 16:52.0 | 16:20.0 | 15:48.0 | 15:18.0 | 14:49.0 | 14:20.0 | 13:52.0 |
| 5,000m | Level 1 | evel 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 | Level 8 | Level 9 |
| U17 | 35:00.0 | 33:50.0 | 32:42.0 | 31:38.0 | 30:38.0 | 29:40.0 | 28:45.0 | 27:51.0 | 27:00.0 |
| U20 (Junior) | 32:42.0 | 31:38.0 | 30:38.0 | 29:40.0 | 28:45.0 | 27:51.0 | 27:00.0 | 26:10.0 | 25:21.0 |
| Senior | 30:38.0 | 29:40.0 | 28:45.0 | 27:51.0 | 27:00.0 | 26:10.0 | 25:21.0 | 24:35.0 | 23:50.0 |
| 10,0000m | Level 1 | 12 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 | Level 8 | Level 9 |
| U20 (Junior) | 01:07:10 | 01:05:00 | 01:03:00 | 01:01:00 | 59:10.0 | 57:20.0 | 55:35.0 | 53:50.0 | 52:15.0 |
| Senior | 01:03:00 | 01:0 | 59:10.0 | 57:20.0 | 55:35.0 | 53:50.0 | 52:15.0 | 50:40.0 | 49:05.0 |

## STEEPLECHASE

Male Award Standards

| 1500m | Level 1 | evel 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 | Level 8 | Level 9 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| U17 | 05:18.0 | 05:10.0 | 05:04.0 | 04:58.0 | 04:53.0 | 04:48.0 | 04:43.0 | 04:38.0 | 04:34.0 |
| 2000m | Level 1 | evel 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 | Level 8 | Level 9 |
| U20 (Junior) | 07:30.0 | 07:19.0 | 07:08.0 | 06:58.0 | 06:48.0 | 06:38.0 | 06:29.0 | 06:20.0 | 06:11.0 |
| Senior | 07:08.0 | 06:58.0 | 06:48.0 | 06:38.0 | 06:29.0 | 06:20.0 | 06:11.0 | 06:03.0 | 05:55.0 |
| 3000m | Level 1 | Level 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 | Leve | Level 9 |
| Senior | 11:04.0 | 10:48.0 | 10:32.0 | 10:17.0 | 10:03.0 | 09:50.0 | 09:37.0 | 09:24.0 | 09:11.0 |

Female Award Standards

| 1500m | Level 1 | Level 2 | Level 3 | vel 4 | vel | Level 6 | Level 7 | Level 8 | Leve |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| U17 | 06:30.0 | 06:18.0 | 06:08.0 | 05:58.0 | 05:50.0 | 05:42.0 | 05:36.0 | 05:30.0 | 05:25.0 |
| U20 (Junior) | 06:08.0 | 05:58.0 | 05:50.0 | 05:42.0 | 05:36.0 | 05:30.0 | 05:25 | 05:20.0 | 05:15.0 |
| 2000m | Level 1 | el 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 | Level 8 | Level 9 |
| U20 (Junior) | 09:24.0 | 09:07.0 | 08:50.0 | 08:35.0 | 08:20.0 | 08:06.0 | 07:52.0 | 07:38.0 | 07:25.0 |
| Senior | 08:50.0 | 08:35.0 | 08:20.0 | 08:06.0 | 07:52.0 | 07:38.0 | 07:25.0 | 07:13.0 | 07:01.0 |
| 3000m | Level 1 | Level 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 | Level 8 | Level 9 |
| Senior | 14:25.0 | 13:57.0 | 13:29.0 | 13:03.0 | 12:37.0 | 12:13 | 11:49.0 | 11:25 | 1:030 |

## PB Multi-Event Awards

In addition to the individual PB Awards, athletes can also achieve PB Triathlon and PB Quadrathlon Awards.

- For a PB Triathlon Award athletes must compete in one running, one jumping and one throwing event.
- For a PB Quadrathlon Award athletes must compete in one sprint, one endurance, one jumping and one throwing event.


## How it works

It couldn't be simpler! For each award level that an athlete achieves in an individual event they score the same number of points as the level number. So if they achieve Level 1 they score one point and if they reach Level 9 they score nine points. For a PB Triathlon Award, simply add together the three point scores from an athlete's best running, best jumping and best throwing events to get their overall score, then find what level they have achieved using the table below. For example, if an athlete achieves Level 4 in the 100 m , Level 3 in the long jump and Level 6 in the discus they would score $4+3+6=13$ points which would give them a Level 5 PB Triathlon Award. (Please note that to achieve Level 1 athletes only need to add up the scores from two events.)
This is the same principle for a PB Quadrathlon Award - just add together the four point scores from an athete's best sprinting, endurance, jumping and throwing events to find their award level. (As above, Level 1 only requires the scores from two events.)

## MULTI-EVENT AWARDS

Male \& Female Award Standards

| PB Triathon | Level 1 | Level 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 | Level 8 | Level 9 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Points | 2 | 5 | 7 | 10 | 13 | 16 | 18 | 20 | 22 |
| PB Quadrathlon | Level 1 | Level 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 | Level 8 | Level 9 |
| Points | 3 | 6 | 10 | 13 | 17 | 20 | 24 | 27 |  |

# PB AWARDS 

## THROWS

Male Award Standards

| SHOT PUT | Level 1 | Level 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 | Level 8 |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| Level 9 |  |  |  |  |  |  |  |  |
| U13 (3kg) | 6.20 m | 6.60 m | 7.00 m | 7.40 m | 8.00 m | 8.60 m | 9.20 m | 9.80 m |

Female Award Standards

| shot put | Level 1 | Level 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 | Level 8 | Level 9 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| U13 (2.72kg) | 5.00 m | 5.50 m | 6.00 m | 6.50 m | 7.00m | 7.60 m | 8.20m | 8.80m | 9.40 m |
| U15 (3kg) | . 00 | 6.50 m | 7.00 m | 7.60 m | 8.20 m | 8.80m | 9.40 m | 10.00 m | 10.80m |
| U17 (3kg) | 7.00 m | 7.60 m | 8.20 m | 8.80m | 9.40 m | 10.00m | 10.80 m | 11.60 m | 12.40 m |
| U20 (Junior) (4kg) | 7.60 m | 8.20 m | 8.80 | 9.40 | 10.00m | 10.80 m | 11.60 | 12.40 | 3.2 |
| Senior (4kg) | . 80 | 9.60m | 10.20m | 11.00 m | 11.80m | 12.60 m | 13.20 m | 14.00m | 4.80 |
| DIscus | Level 1 | Level 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 | Level 8 | 19 |
| U13 (0.75kg) | . 00 m | 12.00 m | 14.00 | 16.00 m | 18.00m | 20.00 m | 22.00 m | . 00 | 26.0 |
| U15 (1kg) | 4.00m | 16.00 m | 18.00 m | 20.00 m | 22.00 m | 24.00 m | 26.00 m | 29.00 m | 32.00 m |
| U17 (1kg) | . 0 m | 0m | . 00 m | 2.00 m | . 00 m | 29.00 m | 32.00 | 35.00 | 8.00 m |
| U20 (Junior) (1kg) | 22.00 m | 24.00 m | 26.00 m | 29.00 m | 32.00 m | 35.00 m | 38.00 m | 41.00 | 44.00 m |
| Senior (1kg) | 29.00 m | 32.00 m | 35.00 m | 38.00 m | 41.00m | 44.00m | 47.00m | 50.00m | 52.00 m |
| HAMMER | Level 1 | vel 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 | Level 8 | Leve |
| U15 (3kg) | 15.00 m | 18.00 m | 21.00 m | 24.00 m | 27.00 m | 0.00 | 33.00 m | 36.00 m | m |
| U17 (3kg) | . 00 m | 24.00 m | 27.00 m | 30.00 m | 33.00 m | 36.00 m | 39.00 m | 42.00 m | 45.00 m |
| U20 (Junior) (4kg) | 24.00m | 27.00 m | 30.00 m | 33. | 36.00 m | 39.00 | 42 | 45.00 m | m |
| Senior (4kg) | 36.00 m | 39.00 m | 42.00 m | 45.00 m | 48.00m | 51.00m | 54.00 m | 57.00m | 59.00 m |
| JAVELIN | Level 1 | 12 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 | Level | Level |
| U13 (400g) | 9.00 m | 11.50m | 14.00 m | 16.50 m | 19.00m | 21.50 m | 24.00m | 26.50m | 29.00 m |
| U15 (500g) | 16.50 m | 19.00 m | 21.50 m | 24.0 | 26.50 m | 29.00 m | 31.50 | 34.00 | 36.50 m |
| U17 (500g) | 24.00 m | 26.50 m | 29.00 m | 31.50 m | 34.00 m | 36.50 m | 39.00 m | 41.50 m | 44.00 m |
| U20 (Junior) (600g) | 26.50 m | 29.00 m | 31.50 m | 34.00 m | 36.50 m | 39.00 | 41.50 | 44.00 | 46.50 m |
| Senior (600g) | 31. | 34.0 | 36.5 | 39.00 | 41.5 | 44.0 | 46.5 | 49.0 | 51.00 |



Just scan this QR code for more details about the PB Awards

## JUMPS

Male Award Standards

| LoNg JUMP | Level 1 | vel 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 | Level 8 | Level 9 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| U13 | 3.00 m | 3.25 m | 3.50 m | 3.75 m | 4.00 m | 4.25 m | 4.50 m | 4.75 m | 5.00m |
| U15 | 3.75 m | 4.00 m | 4.25m | 4.50 m | 4.75m | 5.00 m | 5.25 m | 5.50 m | 5.75m |
| U17 | 4.50m | 4.75 m | 5.00 m | 5.25 m | 5.50m | 5.75 m | 6.00m | 6.20 m | 6.40m |
| U20 (Junior) | 5.00m | 5.25 m | 5.50 m | 5.75m | 6.00 m | 6.20 m | 6.40 m | 6.60 m | 6.80 m |
| Senior | 5.25 m | 5.50m | 5.75 m | 6.00m | 6.20 m | 6.40 m | 6.60 m | 6.80m | 7.00m |
| TRIPLE JUMP | Level 1 | evel 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 | evel 8 | el 9 |
| U15 | 8.75 m | 9.00m | 9.25 m | 9.50 m | 10.00 m | 10.60 m | 11.20 m | 11.80 m | 12.30 m |
| U17 | 9.25 m | 9.50 m | 10.00m | 10.60 m | 11.20 m | 11.80 m | 12.30 m | 12.80 m | 13.30 m |
| U20 (Junior) | 10.00 m | 10.60 m | 11.20 m | 11.80 m | 12.30 m | 12.80 m | 13.30 m | 13.75 m | 14.20 m |
| Senior | 11.20 m | 11.80 m | 12.30m | 12.80 m | 13.30 m | 13.75m | 14.20 m | 14.60m | 14.80 m |
| HIGH JUMP | Level 1 | Level 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 | Level 8 | Level 9 |
| U13 | 1.10 m | 1.15 m | 1.20 m | 1.25 m | 1.30 m | 1.35m | 1.40 m | 1.45m | 1.50 m |
| U15 | 1.25m | 1.30 m | 1.35 m | 1.40 m | 1.45m | 1.50m | 1.55m | 1.61 m | 1.67m |
| U17 | 1.40 m | 1.45m | 1.50 | 1.55m | 1.61n | 1.67 m | 1.73 m | 1.79 m | 1.85m |
| U20 (Junior) | 1.50m | 1.55 m | 1.61 m | 1.67 m | 1.73 m | 1.79 m | 1.85 m | 1.90 m | 1.95m |
| Senior | 1.55m | 1.61 m | 1.67 m | 1.73 m | 1.79 m | 1.85m | 1.90 m | 1.95 m | 2.00m |
| Pole vault | Level 1 | evel 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 | Level 8 | Level 9 |
| U15 | 2.00 m | 2.20 m | 2.40 m | 2.60 m | 2.80m | 3.00 m | 3.20 m | 3.40 m | 3.60 m |
| U17 | 2.40 m | 2.60 m | 2.80 m | 3.00 m | 3.20 m | 3.40 m | 3.60 m | 3.80 m | 4.00 m |
| U20 (Junior) | 2.80 m | 3.00 m | 3.20 m | 3.40 m | 3.60 m | 3.80 m | 4.00m | 4.20 m | 4.40 m |
| Senior | 3.20 m | 3.40 m | 3.60 m | 3.80 m | 4.00 m | 4.20 m | 4.40 m | 4.55 m | 4.70 |

Female Award Standards

| LoNg JUMP | Level 1 | el 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 | Level 8 | Level 9 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| U13 | 2.50m | 2.75 m | 3.00 m | 3.25 m | 3.50 m | 3.75 m | 4.00 m | 4.25 m | 4.50m |
| U15 | 3.25 m | 3.50 m | 3.75 m | 4.00 m | 4.25 m | 4.50 m | 4.75m | 4.95 m | 5.10 m |
| U17 | 3.75 m | 4.00 m | 4.25 m | 4.50 m | 4.75 m | 4.95 m | 5.10m | 5.25 m | 5.40 m |
| U20 (Junior) | 4.00 m | 4.25 m | 4.50 m | 4.75 m | 4.95 m | 5.10 m | 5.25 m | 5.40 m | 5.50 m |
| Senior | 4.50m | 4.75 m | 4.95 m | 5.10 m | 5.25m | 5.40 m | 5.50 m | 5.60 m | 5.70m |
| TRIPLE JUMP | Level 1 | 12 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 | evel 8 | Level 9 |
| U15 | 7.50m | 7.75m | 8.00m | 8.25 m | 8.50 m | 8.75m | 9.00 m | 9.50m | 10.00m |
| U17 | 8.25 m | 8.50m | 8.75m | 9.00 m | 9.50 m | 10.00 m | 10.40 m | 10.80 m | 11.00 m |
| U20 (Junior) | 9.00 m | 9.50m | 10.00 m | 10.40 m | 10.80 m | 11.00 m | 11.20 m | 11.40 m | 11.60 m |
| Senior | 10.40 m | 10.80m | 11.00 m | 11.20 m | 11.40 m | 11.60m | 11.80m | 11.90 m | 12.00 m |
| HIGH JUMP | Level 1 | Level 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 | Level 8 | Level 9 |
| U13 | 1.00m | 1.05 m | 1.10m | 1.15 m | 1.20 m | 1.25 m | 1.30 m | 1.35 m | 1.40 m |
| U15 | 1.15m | 1.20 m | 1.25 m | 1.30 m | 1.35 m | 1.40 m | 1.45 m | 1.50m | 1.55 m |
| U17 | 1.20 m | 1.25 m | 1.30 m | 1.35 m | 1.40 m | 1.45m | 1.50m | 1.55m | 1.60m |
| U20 (Junior) | 1.25 m | 1.30 m | 1.35 m | 1.40 m | 1.45m | 1.50 m | 1.55m | 1.60 m | 1.65 m |
| Senior | 1.30 m | 1.35 m | 1.40 m | 1.45 m | 1.50 m | 1.55m | 1.60m | 1.65 m | 1.70 m |
| Pole vault | Level 1 | evel 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 | Level 8 | Level 9 |
| U15 | 1.00m | 1.20 m | 1.40 m | 1.60 m | 1.80 m | 2.00 m | 2.25 m | 2.50m | 2.75m |
| U17 | 1.40 m | 1.60m | 1.80 m | 2.00 m | 2.25 m | 2.50 m | 2.75 m | 3.00 m | 3.25 m |
| U20 (Junior) | 1.60 m | 1.80 m | 2.00m | 2.25 m | 2.50m | 2.75 m | 3.00 m | 3.25 m | 3.50 m |
| Senior | 1.80m | 2.00m | 2.25 m | 2.50m | 2.75 m | 3.00 m | 3.25 m | 3.50m | 3.75 m |

## COMBINED EVENTS

Male Award Standards

| PENTATHLON (indoor) | Level 1 | ¢ 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 | Level 8 | Level 9 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| U13 | 600 | 800 | 1000 | 1200 | 1400 | 1600 | 1800 | 1900 | 2000 |
| U15 | 1000 | 1200 | 1400 | 1600 | 1800 | 2000 | 2200 | 2400 | 2600 |
| HEPTATHLON (indoor) | Level 1 | evel 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 | Level 8 | Level 9 |
| U17 | 2000 | 2250 | 2500 | 2750 | 3000 | 3250 | 3500 | 3750 | 400 |
| U20 (Junior) | 2500 | 2750 | 3000 | 3250 | 3500 | 3750 | 4000 | 4250 | 4500 |
| Senior | 3000 | 3250 | 3500 | 3750 | 4000 | 4250 | 4500 | 4750 | 5000 |
| PENTATHLON (outdoor) | Level 1 | vel 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 | Level 8 | Level 9 |
| U13 | 600 | 800 | 1000 | 1200 | 1400 | 1600 | 1800 | 1900 | 2000 |
| U15 | 1000 | 1200 | 1400 | 1600 | 1800 | 2000 | 2200 | 2400 | 2600 |
| OCTATHLON | Level 1 | Level 2 | Leve | Level 4 | Lev | Level 6 | Level 7 | Level 8 | Level 9 |
| U17 | 2750 | 3000 | 3250 | 3500 | 3750 | 4000 | 4250 | 4500 | 4750 |
| DECATHLON | Level 1 | 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 | Level 8 | Level |
| U17 | 2600 | 2950 | 3300 | 3650 | 4000 | 4350 | 4700 | 5050 | 5400 |
| U20 (Junior) | 3300 | 3650 | 4000 | 4350 | 4700 | 5050 | 5400 | 5750 | 6100 |
| Senior | 4000 | 4350 | 4700 | 5050 | 5400 | 5750 | 6100 | 6450 | 6600 |

Female Award Standards

| PENTATHLON (indoor) | Level 1 | evel 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 | Level 8 | Level 9 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| U13 | 750 | 1000 | 1200 | 1400 | 1600 | 1800 | 2000 | 2200 | 2400 |
| U15 | 1200 | 1400 | 1600 | 1800 | 2000 | 2200 | 2400 | 2600 | 2800 |
| U17 | 1600 | 1800 | 2000 | 2200 | 2400 | 2600 | 2800 | 3000 | 3200 |
| U20 (Junior) | 2000 | 2200 | 2400 | 2600 | 2800 | 3000 | 3200 | 3400 | 3550 |
| Senior | 2400 | 2600 | 2800 | 3000 | 3200 | 3400 | 3550 | 3700 | 3800 |
| PENTATHLON (outdoor) | Level 1 | evel 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 | Level 8 | Level 9 |
| U13 | 750 | 1000 | 1200 | 1400 | 1600 | 1800 | 2000 | 2200 | 2400 |
| U15 | 1200 | 1400 | 1600 | 1800 | 2000 | 2200 | 2400 | 2600 | 2800 |
| HEPTATHLON | Level 1 | Level 2 | Level 3 | Level 4 | Level 5 | Level 6 | Level 7 | Level 8 | Level 9 |
| U17 | 2000 | 2250 | 2500 | 2750 | 3000 | 3250 | 3500 | 3750 | 4000 |
| U20 (Junior) | 2500 | 2750 | 3000 | 3250 | 3500 | 3750 | 4000 | 4250 | 4500 |
| Senior | 3250 | 3500 | 3750 | 4000 | 4250 | 4500 | 4750 | 5000 | 5200 |

