



# PBAMARDS

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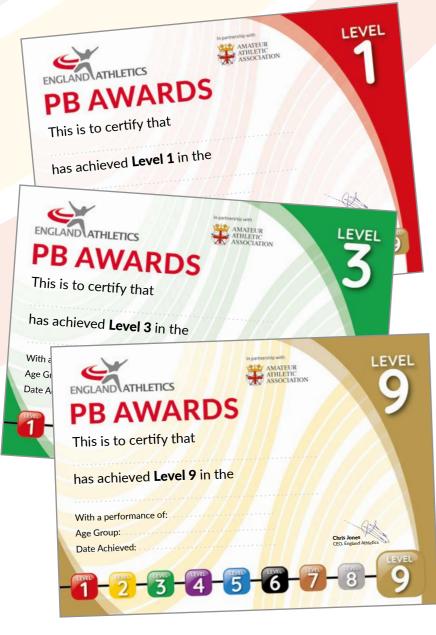
The PB Awards have been designed to celebrate and reward every athletes personal bests and help them on their way to reaching new levels of performance.

# **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?





















ENGLAND

**Scott Lincoln** 

**Dina Asher-Smith** 



Jazmin Sawyers







# PBAWARDS



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# SPRINTS

#### **Male Award Standards**

60m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U13	9.60s	9.40s	9.20s	9.00s	8.80s	8.60s	8.40s	8.20s	8.00s
U15	9.00s	8.80s	8.60s	8.40s	8.20s	8.00s	7.80s	7.65s	7.55s
U17	8.60s	8.40s	8.20s	8.00s	7.80s	7.65s	7.55s	7.45s	7.35s
U20 (Junior)	8.20s	8.00s	7.80s	7.65s	7.55s	7.45s	7.35s	7.25s	7.15s
Senior	7.80s	7.65s	7.55s	7.45s	7.35s	7.25s	7.15s	7.05s	6.95s
75m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U13	12.50s	12.00s	11.60s	11.20s	10.80s	10.50s	10.25s	10.00s	9.75s
100m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U13	16.00s	15.50s	15.00s	14.60s	14.20s	13.80s	13.40s	13.00s	12.70s
U15	14.20s	13.80s	13.40s	13.00s	12.70s	12.50s	12.10s	11.90s	11.70s
U17	13.00s	12.70s	12.50s	12.10s	11.90s	11.70s	11.50s	11.30s	11.20s
U20 (Junior)	12.50s	12.10s	11.90s	11.70s	11.50s	11.30s	11.20s	11.10s	11.00s
Senior	11.70s	11.50s	11.30s	11.20s	11.10s	11.00s	10.90s	10.80s	10.70s
150m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U13	23.50s	23.00s	22.50s	22.00s	21.50s	21.00s	20.50s	20.00s	19.60s
200m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U13	33.00s	32.00s	31.00s	30.00s	29.00	28.00s	27.00s	26.00s	25.50s
U15	29.00s	28.00s	27.00s	26.00s	25.50s	25.00s	24.60s	24.20s	23.80s
U17	26.00s	25.50s	25.00s	24.60s	24.20s	23.80s	23.40s	23.00s	22.80s
U20 (Junior)	24.60s	24.20s	23.80s	23.40s	23.00s	22.80s	22.60s	22.40s	22.20s
Senior	23.80s	23.40s	23.00s	22.80s	22.60s	22.40s	22.20s	22.00s	21.70s
300m	Level 1	Level 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	43.00s	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	Level 7	Level 8	Level 9
U17	64.00s	62.00s	60.00s	58.50s	57.00s	55.60s	54.20s	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	51.00s	50.00s	49.20s	48.50s

### **Female Award Standards**

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

# HURDLES

# **Male Award Standards**

60m HURDLES	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U13	11.60s	11.30s	11.00s	10.75s	10.50s	10.25s	10.00s	9.80s	9.60s
U15	10.50s	10.25s	10.00s	9.80s	9.60s	9.40s	9.20s	9.00s	8.80s
U17	10.00s	9.80s	9.60s	9.40s	9.20s	9.00s	8.80s	8.60s	8.45s
U20 (Junior)	9.80s	9.60s	9.40s	9.20s	9.00s	8.80s	8.60s	8.45s	8.30s
Senior	9.60s	9.40s	9.20s	9.00s	8.80s	8.60s	8.45s	8.30s	8.20s
SPRINT HURDLES	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
<b>U13</b> (75m)	16.50s	15.50s	15.00s	14.50s	14.10s	13.80s	13.50s	13.20s	12.90s
<b>U15</b> (80m)	14.80s	14.40s	14.00s	13.60s	13.20s	12.80s	12.50s	12.20s	11.90s
<b>U17</b> (100m)	17.50s	17.00s	16.50s	16.00s	15.50s	15.00s	14.50s	14.10s	13.80s
<b>U20 (Junior)</b> (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	16.00s	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
<b>U17</b> (400m)	70.00s	68.50s	67.00s	65.50s	64.00s	62.50s	61.00s	59.50s	58.00s
<b>U20 (Junior)</b> (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	55.00s	54.00s

# **Female Award Standards**

60m HURDLES	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U13	12.60s	12.20s	11.85s	11.50s	11.20s	10.90s	10.60s	10.30s	10.00s
U15	11.85s	11.50s	11.20s	10.90s	10.60s	10.30s	10.00s	9.75s	9.50s
U17	11.20s	10.90s	10.60s	10.30s	10.00s	9.75s	9.50s	9.25s	9.05s
U20 (Junior)	10.90s	10.60s	10.30s	10.00s	9.75s	9.50s	9.25s	9.05s	8.90s
Senior	10.30s	10.00s	9.75s	9.50s	9.25s	9.05s	8.90s	8.80s	8.70s
SPRINT HURDLES	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
<b>U13</b> (70m)	14.10s	13.70s	13.30s	13.00s	12.70s	12.40s	12.10s	11.90s	11.70s
<b>U15</b> (75m)	14.10s	13.70s	13.30s	13.00s	12.70s	12.40s	12.10s	11.90s	11.70s
<b>U17</b> (80m)	14.50s	14.00s	13.60s	13.30s	13.00s	12.70s	12.40s	12.20s	12.00s
<b>U20 (Junior)</b> (100m)	18.80s	18.30s	17.80s	17.30s	16.80s	16.30s	15.80s	15.40s	15.00s
Senior (100m)	17.80s	17.30s	16.80s	16.30s	15.80s	15.40s	15.00s	14.60s	14.30s
LONG HURDLES	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
<b>U17</b> (300m)	55.00s	53.50s	52.00s	51.00s	50.00s	49.00s	48.00s	47.00s	46.00s
<b>U20 (Junior)</b> (400m)	82.50s	80.00s	77.50s	75.00s	73.00s	71.00s	69.00s	67.00s	65.00s
Senior (400m)	77.50s	75.00s	73.00s	71.00s	69.00s	67.00s	65.00s	63.50s	62.00s

# 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	01:46.00	01:43.00	01:40.00
800m	Level 1	Level 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	02:21.00	02:18.00	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	02:05.00
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	02:05.00	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
1200m	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	03:51.00	03:47.00
1500m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
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	05:00.00	04:50.00	04:40.00	04:30.00	04:25.00	04:20.00	04:15.00	04:10.00	04:05.00
U20 (Junior)	04:40.00	04:30.00	04:25.00	04:20.00	04:15.00	04:10.00	04:05.00	04:00.00	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	03:50.00
3000m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 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	09:15.00
U17	10:30.00	10:15.00	10:00.00	09:45.00	09:30.00	09:15.00	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	08:45.00	08:40.00	08:35.00	08:30.00	08:25.00	08:20.00	08:15.00
5000m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
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	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
Senior	33:40.00	33:00.00	32:30.00	32:00.00	31:30.00	31:00.00	30:30.00	30:00.00	29:45.00

### **Female Award Standards**

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600m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U13	02:25.00	02:20.00	02:15.00	02:10.00	02:00.00	01:55.00	01:50.00	01:47.00	01:44.00
800m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U13	03:10.00	03:00.00	02:55.00	02:50.00	02:45.00	02:40.00	02:35.00	02:31.00	02:28.00
U15	02:45.00	02:40.00	02:35.00	02:31.00	02:28.00	02:26.00	02:24.00	02:22.00	02:20.00
U17	02:40.00	02:35.00	02:31.00	02:28.00	02:26.00	02:24.00	02:22.00	02:20.00	02:18.00
U20 (Junior)	02:35.00	02:31.00	02:28.00	02:26.00	02:24.00	02:22.00	02:20.00	02:18.00	02:16.00
Senior	02:26.00	02:24.00	02:22.00	02:20.00	02:18.00	02:16.00	02:14.00	02:12.00	02:10.00
1200m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U13	05:00.00	04:50.00	04:40.00	04:30.00	04:20.00	04:13.00	04:06.00	04:01.00	03:57.00
1500m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U13	06:20.00	06:10.00	06:00.00	05:50.00	05:40.00	05:30.00	05:20.00	05:12.00	05:06.00
U15	05:50.00	05:40.00	05:30.00	05:20.00	05:12.00	05:06.00	05:00.00	04:55.00	04:50.00
U17	05:40.00	05:30.00	05:20.00	05:12.00	05:06.00	05:00.00	04:55.00	04:50.00	04:45.00
U20 (Junior)	05:30.00	05:20.00	05:12.00	05:06.00	05:00.00	04:55.00	04:50.00	04:45.00	04:40.00
Senior	05:06.00	05:00.00	04:55.00	04:50.00	04:45.00	04:40.0	04:37.00	04:34.00	04:31.00
3000m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U15	13:00.00	12:45.00	12:30.00	12:15.00	12:00.00	11:45.00	11:30.00	11:15.00	11:00.00
U17	12:15.00	12:00.00	11:45.00	11:30.00	11:15.00	11:00.00	10:45.00	10:35.00	10:20.00
U20 (Junior)	11:45.00	11:30.00	11:15.00	11:00.00	10:45.00	10:30.00	10:20.00	10:10.00	10:00.00
Senior	11:15.00	11:00.00	10:45.00	10:30.00	10:20.00	10:10.00	10:00.00	09:50.00	09:45.00
5000m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U20 (Junior)	24:00.00	22:00.00	21:00.00	20:00.00	19:20.00	18:50.00	18:20.00	18:00.00	17:40.00
Senior	20:00.00	19:20.00	18:50.00	18:20.00	18:00.00	17:40.00	17:20.00	17:00.00	16:40.00
10,000m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
Senior	43:00.00	41:00.00	39:40.00	38:40.00	38:00.00	37:20.00	36:40.00	36:00.00	35:20.00





















# PBAWARDS



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

# **MARATHON**

### **Male Award Standards**

Half Marathon	Level 1	Level 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	01:12:00	01:10:30	01:09:00	01:07:30	01:06:00
Marathon	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9

#### **Female Award Standards**

Half Marathon	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
Senior	01:39:00	01:36:00	01:33:30	01:31:00	01:28:30	01:26:00	01:23:30	01:21:00	01:18:30
Marathon	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
Senior	03:40:00	03:32:30	03:26:00	03:20:00	03:13:00	03:07:00	03:01:00	02:55:00	02:50:00

# 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	16:15.0	15:45.0	15:16.0
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	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
5,000m U17	31:00.0	Level 2 30:00.0	Level 3 29:03.0	Level 4 28:08.0	Level 5 27:16.0	Level 6 26:26.0	Level 7 25:39.0	Level 8 24:53.0	Level 9 24:08.0
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
U17 U20 (Junior)	31:00.0 29:03.0	30:00.0 28:08.0	29:03.0 27:16.0	28:08.0 26:26.0	27:16.0 25:39.0	26:26.0 24:53.0	25:39.0 24:08.0	24:53.0 23:25.0	24:08.0 22:43.0
U17 U20 (Junior) Senior	31:00.0 29:03.0 27:16.0	30:00.0 28:08.0 26:26.0	29:03.0 27:16.0 25:39.0	28:08.0 26:26.0 24:53.0	27:16.0 25:39.0 24:08.0	26:26.0 24:53.0 23:25.0	25:39.0 24:08.0 22:43.0	24:53.0 23:25.0 22:02.0	24:08.0 22:43.0 21:25.0
U17 U20 (Junior) Senior 10,0000m	31:00.0 29:03.0 27:16.0 Level 1	30:00.0 28:08.0 26:26.0 Level 2	29:03.0 27:16.0 25:39.0 Level 3	28:08.0 26:26.0 24:53.0 Level 4	27:16.0 25:39.0 24:08.0 Level 5	26:26.0 24:53.0 23:25.0 Level 6	25:39.0 24:08.0 22:43.0 Level 7	24:53.0 23:25.0 22:02.0 Level 8	24:08.0 22:43.0 21:25.0 Level 9

#### **Female Award Standards**

2,000m	Level 1	Level 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	Level 2	Level 3	Level 4	Level 5	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	20:40.0	19:57.0	19:16.0	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
Senior	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	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
5,000m U17	Level 1 35:00.0	Level 2 33:50.0	Level 3 32:42.0	Level 4 31:38.0	Level 5 30:38.0	Level 6 29:40.0	Level 7 28:45.0	Level 8 27:51.0	Level 9 27:00.0
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
U17 U20 (Junior)	35:00.0 32:42.0	33:50.0 31:38.0	32:42.0 30:38.0	31:38.0 29:40.0	30:38.0 28:45.0	29:40.0 27:51.0	28:45.0 27:00.0	27:51.0 26:10.0	27:00.0 25:21.0
U17 U20 (Junior) Senior	35:00.0 32:42.0 30:38.0	33:50.0 31:38.0 29:40.0	32:42.0 30:38.0 28:45.0	31:38.0 29:40.0 27:51.0	30:38.0 28:45.0 27:00.0	29:40.0 27:51.0 26:10.0	28:45.0 27:00.0 25:21.0	27:51.0 26:10.0 24:35.0	27:00.0 25:21.0 23:50.0
U17 U20 (Junior) Senior 10,0000m	35:00.0 32:42.0 30:38.0 Level 1	33:50.0 31:38.0 29:40.0 Level 2	32:42.0 30:38.0 28:45.0 Level 3	31:38.0 29:40.0 27:51.0 Level 4	30:38.0 28:45.0 27:00.0 Level 5	29:40.0 27:51.0 26:10.0 Level 6	28:45.0 27:00.0 25:21.0 Level 7	27:51.0 26:10.0 24:35.0 Level 8	27:00.0 25:21.0 23:50.0 Level 9

# STEEPLECHASE

#### **Male Award Standards**

1500m	Level 1	Level 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	Level 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	Level 8	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	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
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	05:25.0	05:20.0	05:15.0
2000m	Level 1	Level 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	12:13.0	11:49.0	11:25.0	11:03.0

# 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 100m, 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 Triathlon	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	30





















# PBAWARDS



Just scan this QR code for more details about the 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
<b>U13</b> (3kg)	6.20m	6.60m	7.00m	7.40m	8.00m	8.60m	9.20m	9.80m	10.40m
<b>U15</b> (4kg)	7.40m	8.00m	8.60m	9.20m	9.80m	10.40m	11.20m	12.00m	12.80m
<b>U17</b> (5kg)	8.00m	8.60m	9.20m	9.80m	10.40m	11.20m	12.00m	12.80m	13.60m
<b>U20 (Junior)</b> (6kg)	9.20m	9.80m	10.40m	11.20m	12.00m	12.80m	13.60m	14.40m	15.20m
Senior (7.26kg)	10.40m	11.20m	12.00m	12.80m	13.60m	14.40m	15.20m	16.00m	16.50m
DISCUS	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
<b>U13</b> (1kg)	10.00m	12.00m	14.00m	16.00m	18.00m	20.00m	22.00m	24.00m	26.00m
<b>U15</b> (1.25kg)	16.00m	18.00m	20.00m	22.00m	24.00m	26.00m	29.00m	32.00m	35.00m
<b>U17</b> (1.5kg)	20.00m	22.00m	24.00m	26.00m	29.00m	32.00m	35.00m	38.00m	41.00m
<b>U20 (Junior)</b> (1.75kg)	22.00m	24.00m	26.00m	29.00m	32.00m	35.00m	38.00m	41.00m	44.00m
Senior (2kg)	29.00m	32.00m	35.00m	38.00m	41.00m	44.00m	47.00m	50.00m	52.00m
HAMMER	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
<b>U15</b> (4kg)	18.00m	21.00m	24.00m	27.00m	30.00m	33.00m	36.00m	39.00m	42.00m
<b>U17</b> (5kg)	27.00m	30.00m	33.00m	36.00m	39.00m	42.00m	45.00m	48.00m	51.00m
<b>U20 (Junior)</b> (6kg)	30.00m	33.00m	36.00m	39.00m	42.00m	45.00m	48.00m	51.00m	54.00m
Senior (7.26kg)	39.00m	42.00m	45.00m	48.00m	51.00m	54.00m	57.00m	60.00m	62.00m
JAVELIN	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
<b>U13</b> (400g)	12.00m	14.00m	17.00m	20.00m	23.00m	26.00m	29.00m	32.00	35.00m
<b>U15</b> (600g)	20.00m	23.00m	26.00m	29.00m	32.00m	35.00m	38.00m	41.00m	44.00m
<b>U17</b> (700g)	26.00m	29.00m	32.00m	35.00m	38.00m	41.00m	44.00m	47.00m	50.00m
<b>U20 (Junior)</b> (800g)	32.00m	35.00m	38.00m	41.00m	44.00m	47.00m	50.00m	53.00m	56.00m
Senior (800g)	44.00m	47.00m	50.00m	53.00m	56.00m	59.00m	62.00m	65.00m	67.00m

### **Female Award Standards**

SHOT PUT         Level 1         Level 2         Level 3         Level 4         Level 5         Level 6         Level 7         Level 7           U13 (2.72kg)         5.00m         5.50m         6.00m         6.50m         7.00m         7.60m         8.20m         8.80m         9.40m         10.00           U15 (3kg)         6.00m         6.50m         7.00m         7.60m         8.20m         8.80m         9.40m         10.00m         10.80m         11.60m           U20 (Junior) (4kg)         7.60m         8.20m         8.80m         9.40m         10.00m         10.80m         11.60m         12.40m           Senior (4kg)         8.80m         9.60m         10.20m         11.00m         11.80m         12.60m         13.20m         14.00m           DISCUS         Level 1         Level 2         Level 3         Level 4         Level 5         Level 6         Level 7         Level 7           U13 (0.75kg)         10.00m         12.00m         14.00m         16.00m         18.00m         20.00m         22.00m         24.00m         26.00m         29.00m         32.00m         35.00m         35.00m         35.00m         35.00m         35.00m         35.00m         35.00m         36.00m         44.00m <th></th>	
U15 (3kg)         6.00m         6.50m         7.00m         7.60m         8.20m         8.80m         9.40m         10.00m           U17 (3kg)         7.00m         7.60m         8.20m         8.80m         9.40m         10.00m         10.80m         11.60m         12.40m           U20 (Junior) (4kg)         7.60m         8.20m         8.80m         9.40m         10.00m         10.80m         11.60m         12.40m           Senior (4kg)         8.80m         9.60m         10.20m         11.00m         11.80m         12.60m         13.20m         14.00m           DISCUS         Level 1         Level 2         Level 3         Level 4         Level 5         Level 6         Level 7         Level 7           U13 (0.75kg)         10.00m         12.00m         14.00m         16.00m         18.00m         20.00m         22.00m         24.00m         26.00m         29.00m         24.00m         26.00m         29.00m         32.00m         35.00m         35.00m         35.00m         35.00m         35.00m         35.00m         35.00m         36.00m         41.00m         44.00m         47.00m         50.00m           U20 (Junior) (1kg)         29.00m         32.00m         35.00m         38.00m         41.00	8 Level 9
U17 (3kg)         7.00m         7.60m         8.20m         8.80m         9.40m         10.00m         10.80m         11.60m           U20 (Junior) (4kg)         7.60m         8.20m         8.80m         9.40m         10.00m         10.80m         11.60m         12.40m           Senior (4kg)         8.80m         9.60m         10.20m         11.00m         11.80m         12.60m         13.20m         14.00m           DISCUS         Level 1         Level 2         Level 3         Level 4         Level 5         Level 6         Level 7         Level 7           U13 (0.75kg)         10.00m         12.00m         14.00m         16.00m         18.00m         20.00m         22.00m         24.00m           U15 (1kg)         14.00m         16.00m         18.00m         20.00m         22.00m         24.00m         26.00m         29.00m         32.00m         35.00m           U17 (1kg)         18.00m         20.00m         24.00m         26.00m         29.00m         32.00m         35.00m         38.00m         41.00m         47.00m         50.00m           Senior (1kg)         29.00m         32.00m         35.00m         38.00m         41.00m         44.00m         47.00m         50.00m	n 9.40m
U20 (Junior) (4kg)         7.60m         8.20m         8.80m         9.40m         10.00m         10.80m         11.60m         12.40m           Senior (4kg)         8.80m         9.60m         10.20m         11.00m         11.80m         12.60m         13.20m         14.00m           DISCUS         Level 1         Level 2         Level 3         Level 4         Level 5         Level 6         Level 7         Level 7           U13 (0.75kg)         10.00m         12.00m         14.00m         16.00m         18.00m         20.00m         22.00m         24.00m         26.00m         29.00m           U15 (1kg)         18.00m         20.00m         24.00m         26.00m         29.00m         32.00m         35.00m           U20 (Junior) (1kg)         22.00m         24.00m         26.00m         29.00m         32.00m         35.00m         38.00m         41.00m         47.00m         50.00m           Senior (1kg)         29.00m         32.00m         35.00m         38.00m         41.00m         44.00m         47.00m         50.00m           HAMMER         Level 1         Level 2         Level 3         Level 4         Level 5         Level 6         Level 7         Level 7	0m 10.80m
Senior (4kg)         8.80m         9.60m         10.20m         11.00m         11.80m         12.60m         13.20m         14.00m           DISCUS         Level 1         Level 2         Level 3         Level 4         Level 5         Level 6         Level 7         Level 7           U13 (0.75kg)         10.00m         12.00m         14.00m         16.00m         18.00m         20.00m         22.00m         24.00m         26.00m         29.00m           U15 (1kg)         18.00m         20.00m         22.00m         24.00m         26.00m         29.00m         32.00m         35.00m           U20 (Junior) (1kg)         22.00m         24.00m         26.00m         29.00m         35.00m         35.00m         35.00m         35.00m         41.00m         47.00m         50.00m           Senior (1kg)         29.00m         32.00m         35.00m         38.00m         41.00m         44.00m         47.00m         50.00m           HAMMER         Level 1         Level 2         Level 3         Level 4         Level 5         Level 6         Level 7         Level 7	)m 12.40m
DISCUS         Level 1         Level 2         Level 3         Level 4         Level 5         Level 6         Level 7         Level 7           U13 (0.75kg)         10.00m         12.00m         14.00m         16.00m         18.00m         20.00m         22.00m         24.00m         26.00m         29.00m           U15 (1kg)         18.00m         20.00m         22.00m         24.00m         26.00m         29.00m         32.00m         35.00m           U20 (Junior) (1kg)         22.00m         24.00m         26.00m         29.00m         35.00m         38.00m         41.00m           Senior (1kg)         29.00m         32.00m         35.00m         38.00m         41.00m         44.00m         47.00m         50.00m           HAMMER         Level 1         Level 2         Level 3         Level 4         Level 5         Level 6         Level 7         Level 7	0m 13.20m
U13 (0.75kg)         10.00m         12.00m         14.00m         16.00m         18.00m         20.00m         22.00m         24.00m           U15 (1kg)         14.00m         16.00m         18.00m         20.00m         22.00m         24.00m         26.00m         29.00m         32.00m         35.00m           U20 (Junior) (1kg)         22.00m         24.00m         26.00m         29.00m         35.00m         35.00m         35.00m         41.00m         47.00m         50.00m           Senior (1kg)         29.00m         32.00m         35.00m         38.00m         41.00m         44.00m         47.00m         50.00m           HAMMER         Level 1         Level 2         Level 3         Level 4         Level 5         Level 6         Level 7         Level 7	m 14.80m
U15 (1kg)       14.00m       16.00m       18.00m       20.00m       22.00m       24.00m       26.00m       29.00m         U17 (1kg)       18.00m       20.00m       22.00m       24.00m       26.00m       29.00m       32.00m       35.00m         U20 (Junior) (1kg)       22.00m       24.00m       26.00m       29.00m       32.00m       35.00m       38.00m       41.00m         Senior (1kg)       29.00m       32.00m       35.00m       38.00m       41.00m       44.00m       47.00m       50.00m         HAMMER       Level 1       Level 2       Level 3       Level 4       Level 5       Level 6       Level 7       Level 7	8 Level 9
U17 (1kg)         18.00m         20.00m         22.00m         24.00m         26.00m         29.00m         32.00m         35.00m           U20 (Junior) (1kg)         22.00m         24.00m         26.00m         29.00m         32.00m         35.00m         38.00m         41.00m           Senior (1kg)         29.00m         32.00m         35.00m         38.00m         41.00m         44.00m         47.00m         50.00m           HAMMER         Level 1         Level 2         Level 3         Level 4         Level 5         Level 6         Level 7         Level 7	0m 26.00m
U20 (Junior) (1kg)       22.00m       24.00m       26.00m       29.00m       32.00m       35.00m       38.00m       41.00m         Senior (1kg)       29.00m       32.00m       35.00m       38.00m       41.00m       44.00m       47.00m       50.00m         HAMMER       Level 1       Level 2       Level 3       Level 4       Level 5       Level 6       Level 7       Level 7	m 32.00m
Senior (1kg)         29.00m         32.00m         35.00m         38.00m         41.00m         44.00m         47.00m         50.00m           HAMMER         Level 1         Level 2         Level 3         Level 4         Level 5         Level 6         Level 7         Level 7	0m 38.00m
HAMMER Level 1 Level 2 Level 3 Level 4 Level 5 Level 6 Level 7 Level	m 44.00m
	0m <mark>52.00m</mark>
15.00 40.00 04.00 07.00 00.00 07.00 07.00 07.00	8 Level 9
<b>U15</b> (3kg) 15.00m 18.00m 21.00m 24.00m 27.00m 30.00m 33.00m 36.00	0m 39.00m
<b>U17</b> (3kg) 21.00m 24.00m 27.00m 30.00m 33.00m 36.00m 39.00m 42.00	m 45.00m
<b>U20 (Junior)</b> (4kg) 24.00m 27.00m 30.00m 33.00m 36.00m 39.00m 42.00m 45.00	m 48.00m
<b>Senior</b> (4kg) 36.00m 39.00m 42.00m 45.00m 48.00m 51.00m 54.00m 57.00	0m <mark>59.00m</mark>
JAVELIN Level 1 Level 2 Level 3 Level 4 Level 5 Level 6 Level 7 Level	8 Level 9
<b>U13</b> (400g) 9.00m 11.50m 14.00m 16.50m 19.00m 21.50m 24.00m 26.50	0m 29.00m
<b>U15</b> (500g) <b>16.50m 19.00m 21.50m 24.00m 26.50m 29.00m 31.50m 34.00</b>	0m <mark>36.50m</mark>
<b>U17</b> (500g) 24.00m 26.50m 29.00m 31.50m 34.00m 36.50m 39.00m 41.50	0m 44.00m
<b>U20 (Junior)</b> (600g) 26.50m 29.00m 31.50m 34.00m 36.50m 39.00m 41.50m 44.00	0m 46.50m
<b>Senior</b> (600g) 31.50m 34.00m 36.50m 39.00m 41.50m 44.00m 46.50m 49.00	0m 51.00m

# **JUMPS**

### **Male Award Standards**

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

# **Female Award Standards**

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

# COMBINED EVENTS

# **Male Award Standards**

PENTATHLON (indoor)	Level 1	Level 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
<b>HEPTATHLON</b> (indoor)	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	3000	3250	3500	3750	4000	4250	4500	4750	5000
PENTATHLON (outdoor)	Level 1	Level 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	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U17	2750	3000	3250	3500	3750	4000	4250	4500	4750
DECATHLON	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
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**

Ciliaic Award Staridards									
PENTATHLON (indoor)	Level 1	Level 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	Level 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















