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PB AWARDS

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

About the PB Awards

- 9 Levels of progression
- For all classifications
- 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?



Hetty Bartlett

Thomas Young

Daniel Greaves

Hannah Cockroft

The awards levels have been developed using a mixture RAZA points, current performances in the UK and experts within the field. The levels will be reviewed annually, using the latest data available, to ensure they reflect the needs of the sport and everyone who takes part in it. Additional classification and wider disability athletics events will be added throughout 2023, once these levels have been developed.





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PB AWARDS

PARA SPRINTS

Male Award Standards

100m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
T11	14.40	14.25	14.10	13.90	13.75	13.60	13.40	13.20	13.00
T12	14.15	14.00	13.85	13.70	13.55	13.40	13.20	13.00	12.80
T13	14.05	13.90	13.75	13.60	13.45	13.30	13.10	12.90	12.70
T33	21.80	21.50	21.25	20.95	20.70	20.40	20.05	19.70	19.35
T34	20.10	19.85	19.60	19.35	19.05	18.80	18.50	18.15	17.80
T35	15.90	15.75	15.55	15.40	15.20	15.05	14.85	14.60	14.35
T36	15.55	15.40	15.25	15.05	14.90	14.70	14.50	14.30	14.05
T37	14.95	14.80	14.65	14.50	14.30	14.15	13.95	13.75	13.50
T38	14.40	14.25	14.10	13.95	13.80	13.60	13.45	13.25	13.00
T42	19.00	18.50	18.00	17.00	16.00	14.75	14.55	14.35	14.10
T43	15.00	14.00	13.70	13.55	13.35	13.20	13.05	12.85	12.60
T44	15.00	14.50	14.05	13.90	13.75	13.55	13.40	13.20	12.95
T45-47	14.10	13.95	13.80	13.65	13.50	13.35	13.15	12.95	12.75
T51	26.70	26.35	26.05	25.70	25.35	24.95	24.60	24.15	23.70
T52	31.00	29.00	27.00	25.00	22.50	20.85	20.50	20.15	19.75
T53	19.30	19.05	18.80	18.55	18.30	18.05	17.75	17.45	17.10
T54	18.40	18.20	17.95	17.70	17.45	17.20	16.95	16.65	16.30
T61	15.60	15.45	15.30	15.10	14.95	14.75	14.55	14.35	14.10
T62	18.50	18.00	17.50	17.00	16.00	15.00	14.00	13.00	12.00
T63	18.00	17.00	16.75	16.50	16.25	16.00	15.75	15.50	15.25
T64	16.00	15.50	15.00	14.50	14.00	13.55	13.40	13.20	12.95
200m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
T11	29.40	29.05	28.75	28.40	28.05	27.70	27.30	26.90	26.40
T12	28.80	28.50	28.20	27.85	27.50	27.15	26.80	26.35	25.90
T13	28.65	28.35	28.00	27.70	27.35	27.00	26.60	26.20	25.75
T33	52.00	48.50	45.00	41.50	38.00	35.95	35.35	34.70	34.00
T34	55.00	50.00	45.00	40.50	36.00	33.25	32.70	32.15	31.45
T35	65.00	57.00	49.00	41.00	35.00	30.70	30.25	29.80	29.30
T36	50.00	45.00	40.00	35.00	32.00	29.55	29.15	28.70	28.20
T37	39.00	36.50	34.00	32.00	30.50	28.70	28.30	27.90	27.40
T38	60.00	52.00	44.00	36.00	30.00	27.90	27.50	27.05	26.60
T42	40.00	38.00	35.50	33.00	31.00	29.75	29.35	28.90	28.40
T43	31.00	29.00	27.50	26.75	26.00	25.60	25.25	24.85	24.45
T44	35.00	32.00	30.50	29.25	28.25	27.45	27.10	26.65	26.20
T45-47	35.00	32.00	30.00	29.00	28.00	27.00	26.60	26.20	25.75
T51	49.50	48.85	48.20	47.55	46.85	46.15	45.40	44.55	43.65
T52	48.50	46.00	44.00	42.00	40.00	38.05	37.40	36.75	36.00
T53	38.50	36.00	35.00	34.00	33.00	31.95	31.40	30.85	30.20
T54	35.00	33.50	32.00	31.50	31.00	30.50	30.00	29.45	28.85
T61	31.60	31.25	30.90	30.55	30.15	29.80	29.35	28.90	28.40
T62	27.20	26.90	26.60	26.30	25.95	25.60	25.25	24.85	24.45
T63	31.60	31.25	30.90	30.55	30.15	29.80	29.35	28.90	28.40
T64	37.50	35.00	32.50	30.50	28.50	27.45	27.10	26.65	26.20
400m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
T11	1:05.85	1:05.10	1:04.35	1:03.55	1:02.75	1:01.85	1:00.95	0:59.95	0:58.85
T12	1:11.00	1:08.50	1:06.00	1:03.50	1:01.00	1:00.00	0:59.10	0:58.15	0:57.05
T13	1:13.00	1:08.50	1:06.00	1:03.50	1:01.00	0:59.65	0:58.75	0:57.80	0:56.75
T20	1:03.55	1:02.80	1:02.10	1:01.30	1:00.50	0:59.70	0:58.80	0:57.85	0:56.80
T33	1:17.00	1:15.95	1:14.90	1:13.85	1:12.75	1:11.60	1:10.35	1:09.05	1:07.60
T34	1:24.00	1:18.00	1:13.00	1:08.00	1:03.00	1:02.00	1:00.95	0:59.80	0:58.55
T35	1:23.00	1:21.00	1:18.00	1:15.00	1:13.00	1:11.70	1:10.65	1:09.50	1:08.20
T36	1:17.00	1:15.00	1:12.00	1:10.00	1:07.00	1:06.25	1:05.25	1:04.20	1:03.00
T37	1:09.00	1:08.00	1:07.00	1:06.00	1:04.60	1:03.70	1:02.75	1:01.75	1:00.60
T38	1:10.00	1:08.00	1:06.00	1:05.00	1:04.00	1:02.50	1:01.60	1:00.60	0:59.50
T42	1:09.00	1:07.00	1:05.00	1:03.00	1:01.00	1:00.00	0:59.15	0:58.15	0:57.10
T43	0:59.65	0:59.00	0:58.30	0:57.55	0:56.85	0:56.05	0:55.25	0:54.35	0:53.35
T44	1:07.70	1:06.95	1:06.15	1:05.35	1:04.50	1:03.60	1:02.65	1:01.65	1:00.50
T45-47	1:04.00	1:03.25	1:02.50	1:01.75	1:00.95	1:00.15	0:59.25	0:58.25	0:57.20
T51	1:43.00	1:41.60	1:40.20	1:38.79	1:37.30	1:35.80	1:34.15	1:32.40	1:30.45
T52	1:17.40	1:16.35	1:15.30	1:14.25	1:13.15	1:12.00	1:10.75	1:09.45	1:07.95
T53	1:29.00	1:21.00	1:13.00	1:05.00	1:01.00	0:59.75	0:58.75	0:57.65	0:56.40
T54	1:30.00	1:20.00	1:10.00	1:03.00	0:58.00	0:57.05	0:56.05	0:55.00	0:53.85
T61	1:03.90	1:03.15	1:02.40	1:01.65	1:00.85	1:00.00	0:59.15	0:58.15	0:57.10
T62	0:59.65	0:59.00	0:58.30	0:57.55	0:56.85	0:56.05	0:55.25	0:54.35	0:53.35
T63	1:03.90	1:03.15	1:02.40	1:01.65	1:00.85	1:00.00	0:59.15	0:58.15	0:57.10
T64	1:07.70	1:06.95	1:06.15	1:05.35	1:04.50	1:03.60	1:02.65	1:01.65	1:00.50

Female Award Standards

100m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
T11	15.85	15.70	15.50	15.30	15.05	14.85	14.60	14.35	14.10
T12	15.80	15.60	15.40	15.20	15.00	14.80	14.55	14.30	14.05
T13	17.00	16.50	16.00	15.50	15.00	14.80	14.60	14.35	14.05
T33	38.00	32.00	30.00	28.00	26.00	24.65	24.25	23.80	23.35
T34	37.00	31.00	27.00	25.00	22.50	21.45	21.10	20.75	20.35
T35	24.00	22.00	20.00	19.00	18.50	17.95	17.65	17.35	17.00
T36	29.00	26.00	23.00	20.00	18.00	17.65	17.40	17.10	16.75
T37	27.00	24.00	22.00	20.00	18.00	16.70	16.45	16.15	15.85
T38	26.00	23.00	21.00	19.00	17.00	16.05	15.80	15.55	15.25
T42	24.50	23.00	21.50	20.00	19.00	18.70	18.40	18.10	17.75
T43	19.50	18.75	18.00	17.00	16.00	15.70	15.45	15.15	14.85
T44	18.00	17.50	17.00	16.50	16.00	15.95	15.70	15.40	15.10
T45-47	19.50	18.50	17.50	16.50	15.50	15.30	15.05	14.80	14.50
T51	34.75	34.30	33.85	33.40	32.95	32.45	31.95	31.40	30.75
T52	24.70	24.40	24.10	23.75	23.45	23.10	22.70	22.30	21.90
T53	21.70	21.40	21.15	20.85	20.55	20.25	19.95	19.60	19.20
T54	32.50	29.00	26.00	23.00	20.50	20.15	19.80	19.45	19.10
T61	20.00	19.75	19.50	19.25	19.00	18.70	18.40	18.10	17.75
T62	16.75	16.55	16.35	16.15	15.90	15.70	15.45	15.15	14.85
T63	26.50	24.00	22.00	20.50	19.50	18.70	18.40	18.10	17.75
T64	17.00	16.80	16.60	16.40	16.15	15.95	15.70	15.40	15.10
200m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
T11	32.95	32.50	32.05	31.65	31.20	30.70	30.20	29.65	29.05
T12	32.15	31.75	31.35	30.90	30.45	30.00	29.50	28.95	28.40
T13	38.50	36.00	34.00	32.50	31.25	30.65	30.15	29.60	29.00
T33	73.00	60.00	53.00	49.00	46.00	43.40	42.65	41.85	40.90
T34	76.00	60.00	51.00	45.00	40.00	38.60	37.95	37.20	36.40
T35	49.00	46.00	43.00	40.00	37.50	36.60	36.00	35.35	34.65
T36	68.00	59.00	51.00	45.00	39.00	37.00	36.40	35.75	35.05
T37	69.50	59.00	50.00	44.00	38.00	35.00	34.45	33.80	33.10
T38	53.50	49.00	44.00	39.00	35.00	33.40	32.85	32.25	31.60
T42	60.00	59.00	58.00	57.00	56.00	55.00	54.00	53.00	52.00
T43	49.00	48.00	47.00	46.00	45.00	44.00	43.00	42.00	41.00
T44	38.50	37.00	36.00	35.00	33.75	33.05	32.50	31.95	31.30
T45-47	41.00	38.00	36.00	34.00	32.00	31.40	30.90	30.35	29.70
T51	78.00	74.00	70.00	67.00	65.00	63.35	62.20	61.05	59.70
T52	51.50	49.00	46.50	44.00	42.00	41.25	40.50	39.75	38.85
T53	38.80	38.25	37.70	37.15	36.60	36.00	35.35	34.65	33.90
T54	66.50	58.00	49.00	42.00	37.00	36.20	35.60	34.90	34.15
T61	43.30	42.75	42.20	41.60	41.00	40.40	39.75	39.00	38.20
T62	34.50	34.05	33.60	33.15	32.65	32.15	31.60	31.05	30.40
T63	43.30	42.75	42.20	41.60	41.00	40.40	39.75	39.00	38.20
T64	35.45	35.00	34.55	34.05	33.60	33.05	32.50	31.95	31.30
400m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
T11</									



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PB AWARDS

PARA ENDURANCE

Male Award Standards

800m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
T11	3:02.00	3:00.00	2:58.00	2:56.00	2:54.00	2:52.00	2:50.00	2:48.00	2:46.00
T12	2:28.60	2:27.10	2:25.55	2:23.95	2:22.25	2:20.50	2:18.65	2:16.60	2:14.35
T13	2:25.10	2:23.60	2:22.10	2:20.55	2:18.90	2:17.20	2:15.40	2:13.40	2:11.20
T20	2:57.00	2:48.00	2:39.00	2:30.00	2:22.00	2:20.05	2:18.20	2:16.15	2:13.90
T33	3:53.00	3:30.00	3:10.00	2:55.00	2:40.00	2:28.80	2:26.10	2:23.20	2:20.00
T34	3:38.00	3:00.00	2:45.00	2:20.00	2:04.00	2:01.25	1:59.05	1:56.65	1:54.05
T35	3:37.00	3:29.00	3:20.00	3:11.00	3:02.00	2:57.90	2:55.55	2:52.95	2:50.10
T36	3:47.00	3:35.00	3:15.00	2:55.00	2:38.00	2:34.40	2:32.35	2:30.10	2:27.60
T37	3:03.00	2:54.00	2:46.00	2:38.00	2:30.00	2:27.90	2:25.90	2:23.80	2:21.40
T38	2:35.30	2:33.70	2:32.10	2:30.40	2:28.70	2:26.85	2:24.90	2:22.75	2:20.40
T44	4:17.00	4:14.00	4:11.00	4:08.00	4:05.00	4:02.00	3:59.00	3:56.00	3:52.50
T45-47	2:40.00	2:37.00	2:32.00	2:27.00	2:22.00	2:19.35	2:17.50	2:15.50	2:13.25
T51	3:45.90	3:42.65	3:39.35	3:36.05	3:32.60	3:29.00	3:25.20	3:21.10	3:16.60
T52	3:29.00	3:10.00	2:55.00	2:40.00	2:25.00	2:22.00	2:19.45	2:16.70	2:13.65
T53	3:20.00	3:00.00	2:42.00	2:22.00	2:02.00	1:58.35	1:56.20	1:53.90	1:51.35
T54	2:54.00	2:40.00	2:25.00	2:10.00	1:56.00	1:53.75	1:51.70	1:49.45	1:47.00
T64	2:54.10	2:52.30	2:50.50	2:48.60	2:46.70	2:44.65	2:42.45	2:40.05	2:37.40
1500m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
T11	6:13.00	6:08.00	6:03.00	5:58.00	5:53.00	5:48.00	5:43.00	5:38.00	5:33.00
T12	4:57.50	4:54.00	4:51.00	4:47.50	4:44.00	4:40.00	4:37.00	4:32.00	4:28.00
T13	5:27.00	5:17.00	5:07.00	4:56.00	4:45.00	4:41.00	4:37.00	4:33.00	4:28.00
T20	5:12.00	5:06.00	5:00.00	4:54.00	4:48.00	4:44.00	4:40.00	4:36.00	4:31.00
T33	5:59.00	5:53.00	5:48.00	5:42.00	5:36.00	5:30.00	5:24.00	5:17.00	5:09.00
T34	5:36.00	5:04.00	4:42.00	4:20.00	3:58.00	3:53.00	3:48.00	3:43.00	3:38.00
T36	5:56.00	5:52.00	5:48.00	5:44.00	5:40.00	5:36.00	5:32.00	5:26.00	5:20.00
T37	5:22.00	5:18.00	5:15.00	5:11.00	5:07.00	5:04.00	5:00.00	4:55.00	4:50.00
T38	6:03.00	5:48.00	5:33.00	5:18.00	5:03.00	4:58.00	4:54.00	4:49.00	4:44.00
T44	5:58.00	5:55.00	5:50.00	5:46.00	5:42.00	5:38.00	5:33.00	5:28.00	5:23.00
T45-47	5:28.00	5:19.00	5:08.00	4:57.00	4:46.00	4:42.20	4:38.30	4:34.07	4:29.36
T51	7:08.00	7:01.00	6:54.00	6:48.00	6:41.00	6:34.00	6:26.00	6:18.00	6:09.00
T52	7:24.00	6:00.00	5:15.00	4:55.00	4:40.00	4:32.00	4:27.00	4:21.00	4:15.00
T53/54	5:03.00	4:45.00	4:25.00	4:05.00	3:45.00	3:39.00	3:35.00	3:30.00	3:26.00
T64	5:58.00	5:55.00	5:51.00	5:47.00	5:42.00	5:38.00	5:33.00	5:28.00	5:23.00

Female Award Standards

800m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
T11	3:03.45	3:00.95	2:58.45	2:55.90	2:53.25	2:50.50	2:47.55	2:44.40	2:40.95
T12	3:30.00	3:27.00	3:24.00	3:21.00	3:18.00	3:15.00	3:12.00	3:09.00	3:06.00
T13	3:14.60	3:11.95	3:09.30	3:06.60	3:03.80	3:00.85	2:57.76	2:54.40	2:50.70
T20	3:01.90	2:59.40	2:56.95	2:54.40	2:51.80	2:49.05	2:46.15	2:43.05	2:39.60
T33	4:10.00	03:30.00	3:13.60	3:10.20	3:06.70	3:03.05	2:59.25	2:55.15	2:50.70
T34	2:38.20	2:35.55	2:32.90	2:30.20	2:27.45	2:24.60	2:21.60	2:18.35	2:14.85
T35	4:48.25	4:44.35	4:40.40	4:36.40	4:32.25	4:27.90	4:23.30	4:18.35	4:12.90
T38	3:57.00	3:54.00	3:51.00	3:48.00	3:45.00	3:42.00	3:39.00	3:36.00	3:33.00
T45-47	3:06.35	3:03.80	3:01.25	2:58.70	2:56.00	2:53.20	2:50.25	2:47.00	2:43.50
T52	2:59.05	2:56.05	2:53.05	2:50.00	2:46.85	2:43.65	2:40.25	2:36.55	2:32.60
T53	2:46.00	2:38.00	2:29.00	2:21.00	2:13.00	2:09.95	2:07.25	2:04.35	2:01.20
T54	2:47.00	2:38.00	2:29.00	2:21.00	2:13.00	2:10.70	2:08.00	2:05.05	2:01.90
1500m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
T11	6:09.00	6:05.00	6:00.00	5:55.00	5:50.00	5:44.00	5:39.00	5:33.00	5:26.00
T12	6:53.00	6:40.00	6:25.00	6:05.00	5:45.00	5:40.00	5:34.00	5:28.00	5:21.00
T13	6:10.00	5:59.00	5:49.00	5:39.00	5:29.00	5:23.00	5:18.00	5:12.00	5:06.00
T20	6:07.00	6:00.00	5:50.00	5:42.00	5:34.00	5:28.00	5:23.00	5:17.00	5:11.00
T33	7:43.00	7:26.00	7:08.00	6:50.00	6:33.00	6:25.00	6:17.00	6:08.00	5:59.00
T34	7:02.00	6:15.00	5:45.00	5:17.00	4:47.00	4:40.00	4:34.00	4:28.00	4:21.00
T53/54	6:13.00	5:40.00	5:10.00	4:40.00	4:11.00	4:05.00	4:00.00	3:54.00	3:48.00

PARA JUMPS

Male Award Standards

Long Jump	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
T11	3.70	3.95	4.20	4.45	4.70	4.95	5.20	5.45	5.75
T12	3.35	3.70	4.10	4.45	4.80	5.15	5.50	5.85	6.25
T13	3.00	3.40	3.80	4.20	4.60	5.00	5.40	5.80	6.15
T20	4.85	5.00	5.20	5.40	5.55	5.75	5.95	6.10	6.25
T35	2.20	2.40	2.60	2.80	3.00	3.20	3.40	3.60	3.80
T36	1.40	1.80	2.20	2.60	3.00	3.40	3.80	4.20	4.60
T37	4.30	4.60	4.75	4.85	5.00	5.10	5.25	5.35	5.50
T38	3.40	3.65	3.90	4.15	4.50	4.75	5.00	5.25	5.50
T42	3.10	3.40	3.70	4.00	4.40	4.70	5.00	5.35	5.70
T43/44	3.40	3.75	4.10	4.50	4.85	5.20	5.55	5.90	6.30
T45-47	4.30	4.50	4.70	5.00	5.20	5.40	5.60	5.80	6.05
T61	4.75	4.85	4.95	5.05	5.15	5.30	5.40	5.55	5.75
T62	5.25	5.35	5.45	5.60	5.70	5.85	6.00	6.15	6.35
T63	4.75	4.85	4.95	5.05	5.15	5.30	5.40	5.55	5.75
T64	4.00	4.20	4.35	4.50	4.65	4.80	4.95	5.10	5.35
Triple Jump	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
T11	10.10	10.20	10.35	10.45	10.60	10.70	10.90	11.05	11.20
T12	10.10	10.20	10.35	10.45	10.60	10.70	10.90	11.05	11.20
T13	6.25	7.00	7.70	8.40	9.10	9.80	10.50	11.20	11.85
T20	11.10	11.20	11.35	11.45	11.60	11.75	11.90	12.10	12.30
T45-47	8.95	9.35	9.75	10.05	10.45	10.85	11.25	11.65	12.10
High Jump	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
T11	1.18	1.20	1.21	1.23	1.25	1.27	1.30	1.32	1.35
T12	1.30	1.33	1.35	1.37	1.40	1.42	1.45	1.48	1.50
T13	1.25	1.31	1.37	1.43	1.49	1.55	1.61	1.67	1.73
F20	1.25	1.32	1.38	1.44	1.50	1.56	1.62	1.68	1.75
T42	1.44	1.46	1.48	1.51	1.53	1.55	1.58	1.61	1.65
T43/44	1.67	1.70	1.72	1.75	1.78	1.81	1.84	1.87	1.92
T45-47	1.10	1.17	1.24	1.31	1.38	1.45	1.52	1.59	1.65
T61	1.44	1.46	1.48	1.51	1.53	1.55	1.58	1.61	1.65
T62	1.67	1.70	1.72	1.75	1.78	1.81	1.84	1.87	1.92
T63	1.44	1.46	1.48	1.51	1.53	1.55	1.58	1.61	1.65
T64	1.67	1.70	1.72	1.75	1.78	1.81	1.84	1.87	1.92

Female Award Standards

Long Jump	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
T11	3.62	3.69	3.76	3.84	3.92	4.01	4.11	4.21	4.34
T12	4.30	4.40	4.50	4.60	4.70	4.80	4.90	5.05	5.20
T13	3.15	3.30	3.45	3.60	3.75	3.90	4.05	4.20	4.30
T20	3.00	3.25	3.50	3.75	4.00	4.25	4.50	4.70	4.85
T35	2.50	2.55	2.60	2.65	2.70	2.75	2.85	2.90	3.00
T36	2.60	2.70	2.80	2.90	3.00	3.10	3.15	3.25	3.30
T37	2.35	2.55	2.75	3.00	3.20	3.40	3.60	3.80	4.00
T38	3.60	3.65	3.75	3.80	3.90	4.00	4.10	4.20	4.30
T42	3.25	3.30	3.40	3.45	3.55	3.60	3.70	3.80	3.90
T43/44	2.40	2.75	3.10	3.45	3.80	4.15	4.50	4.85	5.10
T45-47	3.65	3.85	4.00	4.15	4.30	4.45	4.60	4.75	5.00
T61	3.25	3.30	3.40	3.45	3.55	3.60	3.70	3.80	3.90
T62	4.20	4.30	4.40	4.50	4.60	4.70	4.80	4.90	5.05
T63	3.25	3.30	3.40	3.45	3.55	3.60	3.70	3.80	3.90
T64	4.20	4.30	4.40	4.50	4.60	4.70	4.80	4.90	5.05
Triple Jump	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
T20	9.60	9.75	9.90	10.05	10.20	10.35	10.55	10.75	10.95
High Jump	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
F20	1.15	1.18	1.21	1.24	1.27				



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

PB AWARDS

PARA THROWS

Male Award Standards

Shot Put	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
F11	4.50	5.25	6.00	6.75	7.50	8.25	9.00	9.60	10.00
F12	6.50	7.00	7.50	8.00	8.50	9.00	9.50	10.00	10.50
F13	4.50	5.25	6.00	6.75	7.50	8.25	9.00	9.60	10.00
F20	5.55	6.40	7.20	8.00	8.80	9.60	10.40	11.20	12.20
F32	2.50	3.00	3.50	4.00	4.25	4.50	4.75	5.00	5.25
F33	3.50	4.40	5.30	6.20	7.10	8.00	8.90	9.80	10.70
F34	5.80	6.40	7.20	8.00	8.80	9.10	9.50	9.90	10.40
F35	4.00	5.25	6.50	7.75	9.00	10.50	12.00	13.00	13.55
F36	2.70	3.40	4.10	5.00	6.10	7.30	8.50	9.70	10.90
F37	9.50	10.00	10.30	10.60	10.90	11.25	11.60	12.00	12.30
F38	4.50	5.70	6.90	8.10	9.30	10.50	11.70	12.90	14.10
F40	7.20	7.50	7.75	8.00	8.20	8.50	8.75	9.10	9.50
F41	4.50	5.75	7.00	8.00	9.00	10.00	10.50	11.00	11.50
F42	9.00	10.20	10.50	10.80	11.10	11.50	11.80	12.30	12.80
F43/44	6.00	7.00	8.00	9.00	10.50	12.00	12.50	13.00	14.00
F46	8.00	9.00	10.00	11.00	11.50	12.00	12.50	13.00	14.00
F52	6.30	6.50	6.80	7.00	7.25	7.50	7.85	8.20	8.60
F53	5.50	5.70	5.90	6.10	6.35	6.60	6.85	7.15	7.50
F54	5.50	6.00	6.25	6.50	6.75	7.00	7.50	8.00	8.50
F55	5.90	6.80	7.70	8.30	8.60	8.90	9.30	9.70	10.15
F56	5.40	6.50	7.50	8.00	8.50	9.00	9.30	9.70	10.10
F57	6.10	6.60	7.10	7.60	8.10	8.60	9.10	9.60	10.10
F61	9.90	10.20	10.50	10.80	11.15	11.50	11.90	12.30	12.80
F62	7.10	7.40	7.70	8.00	8.30	8.60	8.90	9.20	9.50
F63	9.90	10.20	10.50	10.80	11.15	11.50	11.90	12.30	12.80
F64	8.30	8.50	8.80	9.10	9.40	9.70	10.00	10.30	10.60
Discus	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
F11	18.30	18.40	18.50	18.60	18.70	18.80	18.90	19.00	19.10
F12	30.22	31.25	32.32	33.45	34.64	35.93	37.35	38.93	40.74
F13	12.00	13.50	15.00	16.75	18.50	20.25	21.75	23.50	24.70
F20	10.40	13.75	17.10	20.45	23.80	27.20	30.55	33.90	37.30
F32	6.55	8.00	9.40	10.80	12.20	13.60	15.00	16.40	17.80
F33	11.75	13.70	15.60	17.60	19.50	21.40	23.40	25.40	27.40
F34	10.30	13.20	16.10	19.00	21.90	24.80	27.70	30.60	33.45
F35	12.80	15.55	18.30	21.05	23.80	26.55	29.30	32.05	34.80
F36	3.50	6.50	10.00	14.00	20.00	25.00	30.00	32.50	35.00
F37	27.00	29.00	31.00	33.50	36.00	38.50	40.50	42.50	44.60
F38	10.70	14.00	16.90	19.00	33.17	34.41	35.76	37.27	36.60
F40	14.00	15.00	16.00	17.00	18.00	19.00	19.70	20.50	21.50
F41	14.00	16.00	18.00	20.00	22.00	24.00	26.20	28.40	30.60
F42	21.00	23.00	25.00	27.00	30.00	33.00	36.00	38.00	40.00
F43/44	20.00	23.00	25.00	27.00	30.00	35.00	40.00	45.00	50.00
F46	22.20	23.50	24.80	26.10	27.40	28.70	30.00	31.30	32.60
F51	7.10	7.40	7.70	8.00	8.35	8.70	9.15	9.60	10.10
F52	6.50	6.75	7.00	7.25	7.50	7.75	8.00	8.50	8.95
F53	15.25	15.90	16.55	17.25	18.00	18.80	19.65	20.65	21.75
F54	12.00	12.70	13.40	14.10	14.80	15.50	16.20	16.90	17.60
F55	13.80	15.00	17.50	20.00	22.50	25.00	27.50	30.00	31.50
F56	13.90	15.70	17.50	19.30	21.10	22.90	24.70	26.50	28.25
F57	16.00	19.00	22.00	25.00	28.00	31.10	34.20	37.30	40.40
F61	29.00	30.00	31.00	32.10	33.25	34.50	35.85	37.35	39.10
F62	36.90	38.20	39.50	40.85	42.30	43.90	45.60	47.55	49.75
F63	29.00	30.00	31.00	32.10	33.25	34.50	35.85	37.35	39.10
F64	21.00	23.00	25.00	27.00	29.00	31.00	33.00	35.00	36.00
Javelin	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
F11	17.70	19.20	20.70	22.20	23.70	25.20	26.70	28.20	29.70
F12	13.35	15.60	17.85	20.10	22.40	26.65	28.80	30.00	31.40
F13	25.70	29.70	33.70	37.70	41.70	45.70	49.70	53.70	57.70
F20	6.40	10.00	13.50	17.00	20.50	24.00	27.50	31.00	34.60
F33	7.80	9.20	10.60	12.00	13.50	14.90	16.30	17.75	19.20
F34	8.40	10.40	12.40	14.40	16.40	18.40	20.40	22.40	24.65
F35	9.60	11.40	13.20	15.00	16.80	18.60	20.40	22.20	24.00
F36	5.15	7.55	10.00	12.40	14.80	17.20	19.60	22.00	24.30
F37	20.00	22.70	25.40	28.10	30.80	33.50	36.20	38.90	41.50
F38	15.00	18.20	21.40	24.60	27.80	31.00	34.20	37.40	40.50
F40	16.60	18.40	20.20	22.00	23.80	25.60	27.40	29.20	31.10
F41	10.15	13.60	17.10	20.50	23.90	27.40	30.80	34.30	37.81
F42	20.80	23.70	26.60	29.50	32.40	35.30	38.20	41.10	44.00
F43/44	9.00	13.00	17.00	21.00	24.90	28.80	32.70	36.60	40.00
F46	21.60	24.10	26.60	29.10	31.60	34.10	36.60	39.10	42.00
F52	10.50	10.95	11.40	11.90	12.40	12.95	13.55	14.25	15.00
F53	12.90	13.45	14.00	14.60	15.25	15.90	16.65	17.50	18.45
F54	10.00	12.00	14.00	16.50	18.50	20.00	21.50	23.00	23.75
F55	13.80	15.30	16.80	18.30	19.80	21.30	22.80	24.30	26.00
F56	11.70	13.20	14.70	16.20	17.70	19.20	20.70	22.20	23.60
F57	10.80	14.00	17.30	20.60	23.90	27.20	30.40	33.50	37.20
F61	31.65	32.90	34.15	35.45	36.85	38.35	40.00	41.85	44.00
F62	9.00	10.00	11.50	13.00	14.50	16.50	18.50	20.50	22.65
F63	31.65	32.90	34.15	35.45	36.85	38.35	40.00	41.85	44.00
F64	24.70	26.10	27.50	29.00	30.50	32.00	33.50	35.00	36.50
Club Throw	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
F31	14.80	15.00	15.20	15.40	15.60	15.80	16.00	16.20	16.40
F32	18.80	19.00	20.50	22.00	24.00	26.00	27.50	29.00	30.55
F51	19.10	19.80	20.55	21.35	22.15	23.05	24.00	25.10	26.35

Female Award Standards

Shot Put	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
F11	6.00	6.10	6.30	6.50	6.70	6.90	7.10	7.30	7.50
F12	6.50	7.25	8.00	8.75	9.50	10.00	10.40	10.80	11.40
F13	7.00	7.15	7.30	7.45	7.60	7.75	7.90	8.15	8.30
F20	4.00	4.70	5.40	6.10	6.80	7.50	8.20	8.90	9.40
F32	1.80	2.20	2.70	3.20	3.70	4.20	4.70	5.20	5.70
F33	2.40	2.60	2.80	3.00	3.20	3.40	3.60	3.75	3.90
F34	3.00	3.50	4.10	4.70	5.20	5.70	6.20	6.70	7.20
F35	2.90	3.60	4.30	5.00	5.70	6.30	7.00	7.70	8.40
F36	2.80	3.30	3.80	4.30	4.80	5.30	5.80	6.30	6.80
F37	4.00	4.80	5.60	6.40	7.20	8.00	8.80	9.60	10.30
F38	4.50	5.10	5.70	6.30	6.90	7.50	8.10	8.80	9.50
F40	4.30	4.60	5.00	5.30	5.60	6.00	6.35	6.70	7.00
F41	4.10	4.50	4.90	5.30	5.70	6.10	6.60	7.10	7.60
F42	4.20	4.70	5.20	5.70	6.20	6.70	7.10	7.60	8.00
F43/44	5.20	5.70	6.20	6.70	7.30	7.90	8.60	9.10	9.50
F46	6.40	6.65	6.90	7.15	7.40	7.65	7.90	8.20	8.60
F52	2.20	2.40	2.60	2.80	3.00	3.20	3.40	3.55	3.70
F53	3.15	3.30	3.40	3.50	3.65	3.80	3.95	4.10	4.30
F54	3.90	4.10	4.30	4.50	4.70	4.90	5.10	5.30	5.50
F55	4.50	5.00	5.30	5.50	5.70	5.95	6.20	6.45	6.75
F56	3.80	4.50	5.00	5.50	6.00	6.35	6.60	6.90	7.25
F57	3.00	3.50	4.00	4.50	5.10	5.70	6.20	6.70	7.20
F61	6.25	6.50	6.75	7.00	7.25	7.55	7.85	8.20	8.60
F62	8.25	8.55	8.85	9.15	9.50	9.90	10.30	10.75	11.30
F63	6.30	6.50	6.75	7.00	7.25	7.55	7.85	8.20	8.60
F64	8.25	8.55	8.85	9.15	9.50	9.90	10.30	10.75	11.30
Discus	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
F11	23.85	24.80	25.75	26.75	27.85	29.00	30.25	31.70	33.30
F12	15.00	20.00	25.00	27.50	30.00	32.50	34.00	35.50	37.00
F13	18.70	19.40	20.15	21.00	21.80	22.70	23.70	24.80	26.00
F20	13.30	16.80	20.30	23.80	27.30	30.80	34.30	37.80	41.60
F32	4.25	5.00	6.00	7.00	8.00	9.00	9.50	10.00	10.50
F33	4.25	5.00	6.00	7.00	8.00	9.00	10.00	10.50	11.00
F34	4.65	6.30	7.60	9.00	10.50	12.10	14.10	16.10	18.10
F35	8.40	10.20	12.00</						