



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

PB AWARDS

For Under 10s & Under 12s

For U10 & U12 athletes we would encourage awarding a PB Triathlon or Quadrathlon Award to celebrate their success, as well as to encourage a multi-events approach to early athletics, in line with our Long-Term Athlete Development guidelines. Individual PB Awards can be used to show progress in different areas and to increase the number of awards available, but we would discourage any form of early specialisation through these 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

For each award level 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. For example, if an athlete achieves Level 4 in the 50m, Level 3 in the long jump and Level 6 in the howler throw they would score 4 + 3 + 6 = 13 points which would give them a Level 5 PB Triathlon Award.

This is the same principle for a **PB Quadrathlon Award** – just add together the four point scores from an athlete's best sprinting, endurance, jumping and throwing events to find their award level.

Multi-Event Award Standards (Male and Females)

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

KMC Format Standards

If using the KMC competition format please use the following table for both males and females.

KMC Triathlon	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
Points (using Roster)	30-59	60-79	80-109	110-139	140-169	170-189	190-209	210-229	230+
KMC Quadrathlon	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
Points (using Roster)	40-69	70-109	110-139	140-179	180-209	210-249	250-279	280-309	310+

SPRINTS

Male Award Standards

50m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U10	10.50	10.00	09.80	09.60	09.40	09.20	09.00	08.90	08.80
U12	09.20	09.00	08.90	08.80	08.70	08.60	08.50	08.40	08.30
60m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U10	11.50	11.00	10.80	10.60	10.40	10.20	10.00	09.80	09.60
U12	10.40	10.20	10.00	09.80	09.60	09.40	09.20	09.00	08.80
75m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U12	15.00	14.50	14.00	13.50	13.00	12.50	12.00	11.60	11.20

Female Award Standards

50m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U10	11.00	10.50	10.20	10.00	09.80	09.60	09.40	09.20	09.00
U12	09.60	09.40	09.20	09.00	08.90	08.80	08.70	08.60	08.50
60m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U10	12.50	12.10	11.80	11.50	11.20	10.90	10.60	10.30	10.00
U12	11.50	11.20	10.90	10.60	10.30	10.00	09.70	09.40	09.10
75m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U12	16.00	15.00	14.50	14.00	13.50	13.00	12.50	12.10	11.70

ENDURANCE

Male Award Standards

400m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U10	02:30.00	02:15.00	02:00.00	01:50.00	01:40.00	01:35.00	01:30.00	01:25.00	01:20.00
U12	02:00.00	01:50.00	01:40.00	01:35.00	01:30.00	01:25.00	01:20.00	01:15.00	01:10.00
600m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U12	02:30.00	02:20.00	02:10.00	02:05.00	02:00.00	01:55.00	01:52.00	01:49.00	01:46.00

Female Award Standards

400m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U10	02:30.00	02:15.00	02:00.00	01:50.00	01:40.00	01:35.00	01:30.00	01:25.00	01:20.00
U12	02:00.00	01:50.00	01:40.00	01:35.00	01:30.00	01:25.00	01:20.00	01:15.00	01:10.00
600m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U12	02:35.00	02:25.00	02:15.00	02:10.00	02:05.00	02:00.00	01:55.00	01:50.00	01:47.00

JUMPS

Male Award Standards

Standing Long Jump	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U10	1.00	1.10	1.20	1.30	1.40	1.50	1.60	1.70	1.80
U12	1.30	1.40	1.50	1.60	1.70	1.80	1.90	1.95	2.00
Long Jump	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U10	1.60	1.70	1.80	1.90	2.00	2.25	2.50	2.75	3.00
U12	2.00	2.25	2.50	2.75	3.00	3.25	3.50	3.75	4.00
Standing Triple Jump	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U12	4.00	4.25	4.50	4.75	5.00	5.25	5.50	5.75	6.00
Vertical Jump	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U10	0.10	0.12	0.14	0.16	0.18	0.20	0.25	0.30	0.35
U12	0.16	0.18	0.20	0.25	0.30	0.35	0.40	0.45	0.50
High Jump	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U10	0.80	0.85	0.90	0.95	1.00	1.05	1.10	1.15	1.20
U12	0.90	0.95	1.00	1.05	1.10	1.15	1.20	1.25	1.30

Female Award Standards

Standing Long Jump	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U10	0.90	1.00	1.10	1.20	1.30	1.40	1.50	1.60	1.70
U12	1.10	1.20	1.30	1.40	1.50	1.60	1.70	1.80	1.90
Long Jump	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U10	1.50	1.60	1.70	1.80	1.90	2.00	2.25	2.50	2.75
U12	1.90	2.00	2.25	2.50	2.75	3.00	3.25	3.50	3.75
Standing Triple Jump	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U12	3.60	3.80	4.00	4.25	4.50	4.75	5.00	5.25	5.50
Vertical Jump	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U10	0.10	0.12	0.14	0.16	0.18	0.20	0.25	0.30	0.35
U12	0.14	0.16	0.18	0.20	0.25	0.30	0.35	0.40	0.45
High Jump	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U10	0.70	0.75	0.80	0.85	0.90	0.95	1.00	1.05	1.10
U12	0.80	0.85	0.90	0.95	1.00	1.05	1.10	1.15	1.20

THROWS

Male Award Standards

Chest Push	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U10	6.00	6.50	7.00	7.50	8.00	8.50	9.00	9.50	10.00
U12	7.00	7.50	8.00	8.50	9.00	9.50	10.00	11.00	12.00
Shot Put	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U10	5.40	5.80	6.20	6.60	7.00	7.40	8.00	8.60	9.20
Howler/Ball Throw	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U10	8.00	10.00	12.00	14.00	16.00	18.00	20.00	22.00	24.00
U12	14.00	16.00	18.00	20.00	22.00	24.00	26.00	28.00	30.00

Female Award Standards

Chest Push	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U10	6.00	6.50	7.00	7.50	8.00	8.50	9.00	9.50	10.00
U12	6.00	7.00	7.50	8.00	8.50	9.00	9.50	10.00	11.00
Shot Put	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U10	4.20	4.60	5.00	5.50	6.00	6.50	7.00	7.60	8.20
Howler/Ball Throw	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U10	7.00	8.00	10.00	12.00	14.00	16.00	18.00	20.00	22.00
U12	12.00	14.00	16.00	18.00	20.00	22.00	24.00	26.00	28.00

