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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 U13, U14, U15, U16, U17, U18, U20 & Senior*
- 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?

* For non-disabled athletes ** For disabled athletes



Dina Asher-Smith

Jazmin Sawyers

Scott Lincoln





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PB AWARDS

SPRINTS

Male Award Standards

60m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U13 (bottom year U14s)	9.60	9.40	9.20	9.00	8.80	8.60	8.40	8.20	8.00
U14	9.30	9.10	8.90	8.70	8.50	8.30	8.10	7.93	7.78
U15 (bottom year U16s)	9.00	8.80	8.60	8.40	8.20	8.00	7.80	7.65	7.55
U16	8.80	8.60	8.40	8.20	8.00	7.83	7.68	7.55	7.45
U17 (bottom year U18s)	8.60	8.40	8.20	8.00	7.80	7.65	7.55	7.45	7.35
U18	8.40	8.20	8.00	7.83	7.68	7.55	7.45	7.35	7.25
U20 (Junior)	8.20	8.00	7.80	7.65	7.55	7.45	7.35	7.25	7.15
Senior	7.80	7.65	7.55	7.45	7.35	7.25	7.15	7.05	6.95
75m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U13 (bottom year U14s)	12.50	12.00	11.60	11.20	10.80	10.50	10.25	10.00	9.75
U14	12.00	11.60	11.20	10.80	10.50	10.25	10.00	9.75	9.50
100m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U13 (bottom year U14s)	16.00	15.50	15.00	14.60	14.20	13.80	13.40	13.00	12.70
U14	15.10	14.65	14.20	13.80	13.45	13.15	12.75	12.45	12.20
U15 (bottom year U16s)	14.20	13.80	13.40	13.00	12.70	12.50	12.10	11.90	11.70
U16	13.60	13.25	12.95	12.55	12.30	12.10	11.80	11.60	11.45
U17 (bottom year U18s)	13.00	12.70	12.50	12.10	11.90	11.70	11.50	11.30	11.20
U18	12.75	12.40	12.20	11.90	11.70	11.50	11.35	11.20	11.10
U20 (Junior)	12.50	12.10	11.90	11.70	11.50	11.30	11.20	11.10	11.00
Senior	11.70	11.50	11.30	11.20	11.10	11.00	10.90	10.80	10.70
150m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U13 (bottom year U14s)	23.50	23.00	22.50	22.00	21.50	21.00	20.50	20.00	19.60
U14	22.50	22.00	21.50	21.00	20.50	20.00	19.60	19.20	18.80
200m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U13 (bottom year U14s)	33.00	32.00	31.00	30.00	29.00	28.00	27.00	26.00	25.50
U14	31.00	30.00	29.00	28.00	27.25	26.50	25.80	25.10	24.65
U15 (bottom year U16s)	29.00	28.00	27.00	26.00	25.50	25.00	24.60	24.20	23.80
U16	27.50	26.75	26.00	25.30	24.85	24.40	24.00	23.60	23.30
U17 (bottom year U18s)	26.00	25.50	25.00	24.60	24.20	23.80	23.40	23.00	22.80
U18	25.30	24.85	24.40	24.00	23.60	23.30	23.00	22.70	22.50
U20 (Junior)	24.60	24.20	23.80	23.40	23.00	22.80	22.60	22.40	22.20
Senior	23.80	23.40	23.00	22.80	22.60	22.40	22.20	22.00	21.70
300m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U15 (bottom year U16s)	51.00	49.00	47.00	45.00	43.00	41.50	40.50	39.50	38.70
U16	48.00	46.00	44.25	42.75	41.25	40.10	39.25	38.40	37.70
U17 (bottom year U18s)	45.00	43.00	41.50	40.50	39.50	38.70	38.00	37.30	36.70
U18	43.25	41.75	40.50	39.60	38.75	38.00	37.35	36.70	36.10
U20 (Junior)	41.50	40.50	39.50	38.70	38.00	37.30	36.70	36.10	35.50
Senior	39.50	38.70	38.00	37.30	36.70	36.10	35.50	35.00	34.50
400m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U17 (bottom year U18s)	64.00	62.00	60.00	58.50	57.00	55.60	54.20	53.00	52.00
U18	62.00	60.25	58.50	57.05	55.60	54.30	53.10	52.00	51.00
U20 (Junior)	60.00	58.50	57.00	55.60	54.20	53.00	52.00	51.00	50.00
Senior	57.00	55.60	54.20	53.00	52.00	51.00	50.00	49.20	48.50

Female Award Standards

60m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U13 (bottom year U14s)	11.20	10.70	10.20	9.80	9.40	9.10	8.90	8.70	8.50
U14	10.70	10.25	9.80	9.45	9.15	8.90	8.70	8.50	8.33
U15 (bottom year U16s)	10.20	9.80	9.40	9.10	8.90	8.70	8.50	8.30	8.15
U16	9.80	9.45	9.15	8.90	8.70	8.50	8.33	8.18	8.05
U17 (bottom year U18s)	9.40	9.10	8.90	8.70	8.50	8.30	8.15	8.05	7.95
U18	9.15	8.90	8.70	8.50	8.33	8.18	8.05	7.98	7.90
U20 (Junior)	8.90	8.70	8.50	8.30	8.15	8.05	7.95	7.90	7.85
Senior	8.50	8.30	8.15	8.05	7.95	7.90	7.85	7.80	7.75
75m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U13 (bottom year U14s)	13.00	12.50	12.10	11.70	11.30	11.00	10.75	10.50	10.25
U14	12.50	12.10	11.70	11.30	11.00	10.75	10.50	10.25	10.00
100m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U13 (bottom year U14s)	17.00	16.50	16.00	15.60	15.20	14.80	14.40	14.00	13.70
U14	15.90	15.45	15.00	14.65	14.35	14.05	13.75	13.45	13.20
U15 (bottom year U16s)	14.80	14.40	14.00	13.70	13.50	13.30	13.10	12.90	12.70
U16	14.40	14.05	13.75	13.50	13.30	13.10	12.90	12.75	12.60
U17 (bottom year U18s)	14.00	13.70	13.50	13.30	13.10	12.90	12.70	12.60	12.50
U18	13.75	13.50	13.30	13.10	12.90	12.75	12.60	12.50	12.40
U20 (Junior)	13.50	13.30	13.10	12.90	12.70	12.60	12.50	12.40	12.30
Senior	13.10	12.90	12.70	12.60	12.50	12.40	12.30	12.20	12.10
150m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U13 (bottom year U14s)	25.00	24.40	23.80	23.20	22.60	22.00	21.50	21.00	20.50
U14	23.80	23.20	22.60	22.00	21.50	21.00	20.60	20.20	19.80
200m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U13 (bottom year U14s)	36.00	34.00	32.70	31.70	30.80	30.50	29.70	29.20	28.50
U14	34.35	32.85	31.75	31.10	30.25	29.85	29.10	28.50	27.85
U15 (bottom year U16s)	32.70	31.70	30.80	30.50	29.70	29.20	28.50	27.80	27.20
U16	31.75	31.10	30.25	29.85	29.10	28.50	27.85	27.25	26.75
U17 (bottom year U18s)	30.80	30.50	29.70	29.20	28.50	27.80	27.20	26.70	26.30
U18	30.25	29.85	29.10	28.50	27.85	27.25	26.75	26.30	25.90
U20 (Junior)	29.70	29.20	28.50	27.80	27.20	26.70	26.30	25.90	25.50
Senior	28.50	27.80	27.20	26.70	26.30	25.90	25.50	25.10	24.70
300m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U15 (bottom year U16s)	55.00	53.00	51.00	49.00	47.00	45.20	44.00	43.00	42.40
U16	53.00	51.00	49.00	47.10	45.50	44.10	43.20	42.40	41.65
U17 (bottom year U18s)	51.00	49.00	47.00	45.20	44.00	43.00	42.40	41.80	40.90
U18	50.00	48.00	46.10	44.60	43.50	42.70	42.10	41.35	40.55
U20 (Junior)	49.00	47.00	45.20	44.00	43.00	42.40	41.80	40.90	40.20
Senior	47.00	45.20	44.00	43.00	42.40	41.80	40.90	40.20	39.70
400m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U18	75.00	72.50	70.00	68.00	66.00	64.00	62.00	60.50	59.50
U20 (Junior)	72.00	69.50	67.00	65.00	63.00	61.00	59.50	58.00	57.00
Senior	69.50	67.00	65.00	63.00	61.00	59.50	58.00	57.00	55.60

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 (bottom year U14s)	11.60	11.30	11.00	10.75	10.50	10.25	10.00	9.80	9.60
U14	11.10	10.80	10.50	10.30	10.10	9.85	9.60	9.40	9.20
U15 (bottom year U16s)	10.50	10.25	10.00	9.80	9.60	9.40	9.20	9.00	8.80
U16	10.30	10.10	9.85	9.60	9.40	9.20	9.00	8.80	8.60
U17 (bottom year U18s)	10.00	9.80	9.60	9.40	9.20	9.00	8.80	8.60	8.45
U18	9.80	9.60	9.40	9.20	9.00	8.80	8.60	8.45	8.30
U20 (Junior)	9.80	9.60	9.40	9.20	9.00	8.80	8.60	8.45	8.30
Senior	9.60	9.40	9.20	9.00	8.80	8.60	8.45	8.30	8.20
SPRINT HURDLES	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U13 (80m)	18.00	17.00	16.00	15.50	15.00	14.50	14.10	13.80	13.50
U14 (80m)	17.00	16.00	15.00	14.50	14.00	13.50	13.10	12.80	12.50
U15 (100m)	21.00	19.50	18.50	17.50	16.50	16.00	15.60	15.30	15.00
U16 (100m)	20.00	19.00	18.00	17.00	16.00	15.50	15.10	14.80	14.50
U17 (110m)	22.00	21.00	20.00	19.00	18.50	18.00	17.50	17.00	16.50
U18 (110m)	21.00	20.00	19.00	18.00	17.50	17.00	16.50	16.00	15.50
U20 (Junior) (110m)	20.00	19.00	18.00	17.50	17.00	16.50	16.00	15.50	15.10
Senior (110m)	20.00	18.00	17.50	17.00	16.50	16.00	15.50	15.10	14.80
LONG HURDLES	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U14 (200m)	42.00	39.00	37.00	35.00	33.50	32.00	30.50	29.50	28.50
U16 (300m)	55.00	53.00	51.00	49.00	47.00	45.00	44.00	43.00	42.00
U17 (400m)	70.00	68.50	67.00	65.50	64.00	62.50	61.00	59.50	58.00
U18 (400m)	68.50	67.00	65.50	64.00	62.50	61.00	59.50	58.25	57.00
U20 (Junior) (400m)	67.00	65.50	64.00	62.50	61.00	59.50	58.00	57.00	56.00
Senior (400m)	64.00	62.50	61.00						



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PB AWARDS

ENDURANCE

Male Award Standards

600m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U13 (bottom year U14s)	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
U14	02:00.00	01:55.00	01:52.00	01:49.00	01:46.00	01:43.00	01:40.00	01:37.00	01:35.00
800m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U13 (bottom year U14s)	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
U14	02:40.00	02:35.00	02:30.50	02:26.50	02:22.50	02:18.50	02:15.00	02:12.50	02:10.00
U15 (bottom year U16s)	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
U16	02:24.00	02:20.00	02:16.50	02:13.50	02:11.00	02:08.50	02:06.00	02:04.00	02:02.00
U17 (bottom year U18s)	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
U18	02:15.00	02:12.00	02:09.50	02:07.00	02:05.00	02:03.00	02:01.00	01:59.00	01:57.00
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	01:57.00	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 (bottom year U14s)	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
U14	04:40.00	04:30.00	04:20.00	04:10.00	04:03.00	03:56.00	03:51.00	03:47.00	03:43.00
1500m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U13 (bottom year U14s)	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
U14	05:45.00	05:30.00	05:20.00	05:10.00	05:00.00	04:50.00	04:40.00	04:32.00	04:25.00
U15 (bottom year U16s)	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
U16	05:15.00	05:05.00	04:55.00	04:45.00	04:37.50	04:30.00	04:22.50	04:17.50	04:12.50
U17 (bottom year U18s)	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
U18	04:50.00	04:40.00	04:32.50	04:25.00	04:20.00	04:15.00	04:10.00	04:05.00	04:01.25
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 (bottom year U16s)	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
U16	11:00.00	10:37.50	10:22.50	10:07.50	09:52.50	09:37.50	09:25.00	09:13.50	09:02.50
U17 (bottom year U18s)	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
U18	10:00.00	09:45.00	09:32.50	09:21.00	09:10.00	09:00.00	08:52.50	08:46.00	08:40.00
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
U18	22:00.00	21:00.00	20:00.00	19:30.00	19:00.00	18:30.00	18:00.00	17:30.00	17:00.00
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

600m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U13 (bottom year U14s)	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
U14	02:15.00	02:10.00	02:00.00	01:55.00	01:50.00	01:47.00	01:44.00	01:42.00	01:40.00
800m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U13 (bottom year U14s)	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
U14	02:57.50	02:50.00	02:45.00	02:40.50	02:36.50	02:33.00	02:29.50	02:26.50	02:24.00
U15 (bottom year U16s)	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
U16	02:42.50	02:37.50	02:33.00	02:29.50	02:27.00	02:25.00	02:23.00	02:21.00	02:19.00
U17 (bottom year U18s)	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
U18	02:37.50	02:33.00	02:29.50	02:27.00	02:25.00	02:23.00	02:21.00	02:19.00	02:17.00
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 (bottom year U14s)	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
U14	04:50.00	04:40.00	04:30.00	04:20.00	04:13.00	04:06.00	04:01.00	03:57.00	03:53.00
1500m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U13 (bottom year U14s)	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
U14	06:05.00	05:55.00	05:45.00	05:35.00	05:26.00	05:18.00	05:10.00	05:03.50	04:58.00
U15 (bottom year U16s)	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
U16	05:45.00	05:35.00	05:25.00	05:16.00	05:09.00	05:03.00	04:57.50	04:52.50	04:47.50
U17 (bottom year U18s)	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
U18	05:35.00	05:25.00	05:16.00	05:09.00	05:03.00	04:57.50	04:52.50	04:47.50	04:42.50
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	04:40.00	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 (bottom year U16s)	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
U16	12:37.50	12:22.50	12:07.50	11:52.50	11:37.50	11:22.50	11:07.50	10:55.00	10:40.00
U17 (bottom year U18s)	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
U18	12:00.00	11:45.00	11:30.00	11:15.00	11:00.00	10:45.00	10:32.50	10:22.50	10:10.00
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
U18	26:00.00	25:00.00	24:00.00	22:00.00	21:20.00	20:40.00	20:10.00	19:40.00	19:20.00
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

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
Senior	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

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 (bottom year U14s)	14:30.00	14:00.00	13:30.00	13:00.00	12:30.00	12:00.00	11:35.00	11:10.00	10:50.00
U14	14:00.00	13:30.00	13:00.00	12:30.00	12:00.00	11:35.00	11:10.00	10:50.00	10:30.00
3,000m	Level 1	Level 2	Level 3	Level 4	Level 5	Level			



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PB AWARDS

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 (bottom year U14s)	3.00	3.25	3.50	3.75	4.00	4.25	4.50	4.75	5.00
U14	3.38	3.63	3.88	4.13	4.38	4.63	4.88	5.13	5.38
U15 (bottom year U16s)	3.75	4.00	4.25	4.50	4.75	5.00	5.25	5.50	5.75
U16	4.13	4.38	4.63	4.88	5.13	5.38	5.63	5.85	6.08
U17 (bottom year U18s)	4.50	4.75	5.00	5.25	5.50	5.75	6.00	6.20	6.40
U18	4.75	5.00	5.25	5.50	5.75	5.98	6.20	6.40	6.60
U20 (Junior)	5.00	5.25	5.50	5.75	6.00	6.20	6.40	6.60	6.80
Senior	5.25	5.50	5.75	6.00	6.20	6.40	6.60	6.80	7.00
TRIPLE JUMP	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U14	8.00	8.50	8.75	9.00	9.25	9.50	10.00	10.60	11.20
U15 (bottom year U16s)	8.75	9.00	9.25	9.50	10.00	10.60	11.20	11.80	12.30
U16	9.00	9.25	9.63	10.05	10.60	11.20	11.75	12.30	12.80
U17 (bottom year U18s)	9.25	9.50	10.00	10.60	11.20	11.80	12.30	12.80	13.30
U18	9.63	10.05	10.60	11.20	11.75	12.30	12.80	13.28	13.75
U20 (Junior)	10.00	10.60	11.20	11.80	12.30	12.80	13.30	13.75	14.20
Senior	11.20	11.80	12.30	12.80	13.30	13.75	14.20	14.60	14.80
HIGH JUMP	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U13 (bottom year U14s)	1.10	1.15	1.20	1.25	1.30	1.35	1.40	1.45	1.50
U14	1.18	1.23	1.28	1.33	1.38	1.43	1.48	1.53	1.59
U15 (bottom year U16s)	1.25	1.30	1.35	1.40	1.45	1.50	1.55	1.61	1.67
U16	1.33	1.38	1.43	1.48	1.53	1.59	1.64	1.70	1.76
U17 (bottom year U18s)	1.40	1.45	1.50	1.55	1.61	1.67	1.73	1.79	1.85
U18	1.45	1.50	1.56	1.61	1.67	1.73	1.79	1.85	1.90
U20 (Junior)	1.50	1.55	1.61	1.67	1.73	1.79	1.85	1.90	1.95
Senior	1.55	1.61	1.67	1.73	1.79	1.85	1.90	1.95	2.00
POLE VAULT	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U14	1.80	2.00	2.20	2.40	2.60	2.80	3.00	3.20	3.40
U15 (bottom year U16s)	2.00	2.20	2.40	2.60	2.80	3.00	3.20	3.40	3.60
U16	2.20	2.40	2.60	2.80	3.00	3.20	3.40	3.60	3.80
U17 (bottom year U18s)	2.40	2.60	2.80	3.00	3.20	3.40	3.60	3.80	4.00
U18	2.60	2.80	3.00	3.20	3.40	3.60	3.80	4.00	4.20
U20 (Junior)	2.80	3.00	3.20	3.40	3.60	3.80	4.00	4.20	4.40
Senior	3.20	3.40	3.60	3.80	4.00	4.20	4.40	4.55	4.70

Female Award Standards

LONG JUMP	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U13 (bottom year U14s)	2.50	2.75	3.00	3.25	3.50	3.75	4.00	4.25	4.50
U14	2.88	3.13	3.38	3.63	3.88	4.13	4.38	4.60	4.80
U15 (bottom year U16s)	3.25	3.50	3.75	4.00	4.25	4.50	4.75	4.95	5.10
U16	3.50	3.75	4.00	4.25	4.50	4.73	4.93	5.10	5.25
U17 (bottom year U18s)	3.75	4.00	4.25	4.50	4.75	4.95	5.10	5.25	5.40
U18	3.88	4.13	4.38	4.63	4.85	5.03	5.18	5.33	5.45
U20 (Junior)	4.00	4.25	4.50	4.75	4.95	5.10	5.25	5.40	5.50
Senior	4.50	4.75	4.95	5.10	5.25	5.40	5.50	5.60	5.70
TRIPLE JUMP	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U14	7.00	7.50	7.75	8.00	8.25	8.50	8.75	9.00	9.50
U15 (bottom year U16s)	7.50	7.75	8.00	8.25	8.50	8.75	9.00	9.50	10.00
U16	7.88	8.13	8.38	8.63	9.00	9.38	9.70	10.15	10.50
U17 (bottom year U18s)	8.25	8.50	8.75	9.00	9.50	10.00	10.40	10.80	11.00
U18	8.63	9.00	9.38	9.70	10.15	10.50	10.80	11.10	11.30
U20 (Junior)	9.00	9.50	10.00	10.40	10.80	11.00	11.20	11.40	11.60
Senior	10.40	10.80	11.00	11.20	11.40	11.60	11.80	11.90	12.00
HIGH JUMP	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U13 (bottom year U14s)	1.00	1.05	1.10	1.15	1.20	1.25	1.30	1.35	1.40
U14	1.08	1.13	1.18	1.23	1.28	1.33	1.38	1.43	1.48
U15 (bottom year U16s)	1.15	1.20	1.25	1.30	1.35	1.40	1.45	1.50	1.55
U16	1.18	1.23	1.28	1.33	1.38	1.43	1.48	1.53	1.58
U17 (bottom year U18s)	1.20	1.25	1.30	1.35	1.40	1.45	1.50	1.55	1.60
U18	1.23	1.28	1.33	1.38	1.43	1.48	1.53	1.58	1.63
U20 (Junior)	1.25	1.30	1.35	1.40	1.45	1.50	1.55	1.60	1.65
Senior	1.30	1.35	1.40	1.45	1.50	1.55	1.60	1.65	1.70
POLE VAULT	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U14	1.00	1.20	1.40	1.60	1.80	2.00	2.20	2.40	2.50
U15 (bottom year U16s)	1.00	1.20	1.40	1.60	1.80	2.00	2.25	2.50	2.75
U16	1.20	1.40	1.60	1.80	2.03	2.25	2.50	2.75	3.00
U17 (bottom year U18s)	1.40	1.60	1.80	2.00	2.25	2.50	2.75	3.00	3.25
U18	1.50	1.70	1.90	2.13	2.38	2.63	2.88	3.13	3.38
U20 (Junior)	1.60	1.80	2.00	2.25	2.50	2.75	3.00	3.25	3.50
Senior	1.80	2.00	2.25	2.50	2.75	3.00	3.25	3.50	3.75

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	6.60	7.00	7.40	8.00	8.60	9.20	9.80	10.40
U14 (3kg)	6.80	7.30	7.80	8.30	8.90	9.50	10.20	10.90	11.60
U15 (4kg)	7.40	8.00	8.60	9.20	9.80	10.40	11.20	12.00	12.80
U16 (4kg)	7.70	8.30	8.90	9.50	10.10	10.80	11.60	12.40	13.20
U17 (5kg)	8.00	8.60	9.20	9.80	10.40	11.20	12.00	12.80	13.60
U18 (5kg)	8.60	9.20	9.80	10.50	11.20	12.00	12.80	13.60	14.40
U20 (Junior) (6kg)	9.20	9.80	10.40	11.20	12.00	12.80	13.60	14.40	15.20
Senior (7.26kg)	10.40	11.20	12.00	12.80	13.60	14.40	15.20	16.00	16.50
DISCUS	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U13 (1kg)	10.00	12.00	14.00	16.00	18.00	20.00	22.00	24.00	26.00
U14 (1kg)	13.00	15.00	17.00	19.00	21.00	23.00	25.50	28.00	30.50
U15 (1.25kg)	16.00	18.00	20.00	22.00	24.00	26.00	29.00	32.00	35.00
U16 (1.25kg)	18.00	20.00	22.00	24.00	26.50	29.00	32.00	35.00	38.00
U17 (1.5kg)	20.00	22.00	24.00	26.00	29.00	32.00	35.00	38.00	41.00
U18 (1.5kg)	21.00	23.00	25.00	27.50	30.50	33.50	36.50	39.50	42.50
U20 (Junior) (1.75kg)	22.00	24.00	26.00	29.00	32.00	35.00	38.00	41.00	44.00
Senior (2kg)	29.00	32.00	35.00	38.00	41.00	44.00	47.00	50.00	52.00
HAMMER	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U14 (3kg)	12.00	15.00	18.00	21.00	24.00	27.00	30.00	33.00	36.00
U15 (4kg)	18.00	21.00	24.00	27.00	30.00	33.00	36.00	39.00	42.00
U16 (4kg)	22.50	25.50	28.50	31.50	34.50	37.50	40.50	43.50	46.50
U17 (5kg)	27.00	30.00	33.00	36.00	39.00	42.00	45.00	48.00	51.00
U18 (5kg)	28.50	31.50	34.50	37.50	40.50	43.50	46.50	49.50	52.50
U20 (Junior) (6kg)	30.00	33.00	36.00	39.00	42.00	45.00	48.00	51.00	54.00
Senior (7.26kg)	39.00	42.00	45.00	48.00	51.00	54.00	57.00	60.00	62.00
JAVELIN	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U13 (500g)	12.00	14.00	17.00	20.00	23.00	26.00	29.00	32.00	35.00
U14 (500g)	16.00	18.50	21.50	24.50	27.50	30.50	33.50	36.50	39.50
U15 (600g)	20.00	23.00	26.00	29.00	32.00	35.00	38.00	41.00	44.00
U16 (600g)	23.00	26.00	29.00	32.00	35.00	38.00	41.00	44.00	47.00
U17 (700kg)	26.00	29.00	32.00	35.00	38.00	41.00	44.00	47.00	50.00
U18 (700kg)	29.00	32.00	35.00	38.00	41.00	44.00	47.00	50.00	53.00
U20 (Junior) (800g)	32.00	35.00	38.00	41.00	44.00	47.00	50.00	53.00	56.00
Senior (800g)	44.00	47.00	50.00	53.00	56.00	59.00	62.00	65.00	67.00

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	5.50	6.00	6.50	7.00	7.60	8.20	8.80	9.40
U14 (2.72kg)	5.50	6.00	6.50	7.05	7.60	8.20	8.80	9.40	10.10
U15 (3kg)	6.00	6.50	7.00	7.60	8.20	8.80	9.40	10.00	10.80
U16 (3kg)	6.50	7.05	7.60	8.20	8.80	9.40	10.10	10.80	11.60
U17 (3kg)	7.00	7.60	8.20	8.80	9.40	10.00	10.80	11.60	12.40
U18 (3kg)	7.30	7.90	8.50	9.10	9.70	10.40	11.20	12.00	12.80
U20 (Junior) (4kg)	7.60	8.20	8.80	9.40	10.00	10.80	11.60	12.40	13.20
Senior (4kg)	8.80	9.60	10.20	11.00	11.80	12.60	13.20	14.00	14.80
DISCUS	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U13 (0.75kg)	10.00	12.00	14.00	16.00	18.00	20.00	22.00	24.00	26.00
U14 (0.75kg)	12.00	14.00	16.00	18.00	20.00	22.00	24.00	26.50	29.00
U15 (1kg)	14.00	16.00	18.00	20.00</					



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PB AWARDS

COMBINED EVENTS

Male Award Standards

	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
PENTATHLON (indoor)									
U13 (bottom year U14s)	600	800	1000	1200	1400	1600	1800	1900	2000
U14	800	1000	1200	1400	1600	1800	2000	2150	2300
U15 (bottom year U16s)	1000	1200	1400	1600	1800	2000	2200	2400	2600
U16	1200	1400	1600	1800	2000	2200	2400	2600	2800
HEPTATHLON (indoor)									
U15 (bottom year U16s)	1500	1750	2000	2250	2500	2750	3000	3250	3500
U16	1750	2000	2250	2500	2750	3000	3250	3500	3750
U17 (bottom year U18s)	2000	2250	2500	2750	3000	3250	3500	3750	4000
U18	2250	2500	2750	3000	3250	3500	3750	4000	4250
U20 (Junior)	2500	2750	3000	3250	3500	3750	4000	4250	4500
Senior	3000	3250	3500	3750	4000	4250	4500	4750	5000
PENTATHLON (outdoor)									
U13 (bottom year U14s)	600	800	1000	1200	1400	1600	1800	1900	2000
U14	800	1000	1200	1400	1600	1800	2000	2150	2300
U15 (bottom year U16s)	1000	1200	1400	1600	1800	2000	2200	2400	2600
U16	1200	1400	1600	1800	2000	2200	2400	2600	2800
OCTATHLON									
U15 (bottom year U16s)	2500	2750	3000	3250	3500	3750	4000	4250	4500
U16	2750	3000	3250	3500	3750	4000	4250	4500	4750
DECATHLON									
U17 (bottom year U18s)	2600	2950	3300	3650	4000	4350	4700	5050	5400
U18	2950	3300	3650	4000	4350	4700	5050	5400	5750
U20 (Junior)	3300	3650	4000	4350	4700	5050	5400	5750	6100
Senior	4000	4350	4700	5050	5400	5750	6100	6450	6600

Female Award Standards

	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
PENTATHLON (indoor)									
U13 (bottom year U14s)	750	1000	1200	1400	1600	1800	2000	2200	2400
U14	1000	1200	1400	1600	1800	2000	2200	2400	2600
U15 (bottom year U16s)	1200	1400	1600	1800	2000	2200	2400	2600	2800
U16	1400	1600	1800	2000	2200	2400	2600	2800	3000
U17 (bottom year U18s)	1600	1800	2000	2200	2400	2600	2800	3000	3200
U18	1800	2000	2200	2400	2600	2800	3000	3200	3400
U20 (Junior)	2000	2200	2400	2600	2800	3000	3200	3400	3550
Senior	2400	2600	2800	3000	3200	3400	3550	3700	3800
PENTATHLON (outdoor)									
U13 (bottom year U14s)	750	1000	1200	1400	1600	1800	2000	2200	2400
U14	1000	1200	1400	1600	1800	2000	2200	2400	2600
U15 (bottom year U16s)	1200	1400	1600	1800	2000	2200	2400	2600	2800
U16	1400	1600	1800	2000	2200	2400	2600	2800	3000
HEPTATHLON									
U15 (bottom year U16s)	1500	1750	2000	2250	2500	2750	3000	3250	3500
U16	1750	2000	2250	2500	2750	3000	3250	3500	3750
U17 (bottom year U18s)	2000	2250	2500	2750	3000	3250	3500	3750	4000
U18	2250	2500	2750	3000	3250	3500	3750	4000	4250
U20 (Junior)	2500	2750	3000	3250	3500	3750	4000	4250	4500
Senior	3250	3500	3750	4000	4250	4500	4750	5000	5200

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 athlete'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

	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
PB Triathlon									
Points	2	5	7	10	13	16	18	20	22
PB Quadrathlon									
Points	3	6	10	13	17	20	24	27	30

