# PB AWARDS 

## SPRINTS

Male Award Standards

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

Female Award Standards

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

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

## HURDLES

Male Award Standards

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

Female Award Standards

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

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

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

 

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

 

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

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

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

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

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

 

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

## ENDURANCE

Male Award Standards

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

Female Award Standards


