

# Boys' Award Standards

STAGE PROGRESSIONS	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5	Stage 6	Stage 7	Stage 8	Stage 9
<b>SPRINTS</b>	<b>1 Star</b>	<b>2 Star</b>	<b>3 Star</b>	<b>Bronze</b>	<b>Silver</b>	<b>Gold</b>	<b>Platinum</b>	<b>Elite</b>	<b>Podium</b>
50m Standards	14.8s	12.0s	10.3s	9.6s	8.9s	8.3s	7.8s	7.4s	7.0s
75m Standards	21.0s	17.0s	15.0s	13.5s	12.5s	11.5s	10.7s	10.0s	9.5s
100m Standards	23.0s	18.7s	16.7s	14.6s	14.2s	13.8s	13.4s	13.0s	12.7s
200m Standards	-	-	-	30.3s	29.3s	28.8s	27.6s	27.0s	26.0s
300m Standards	-	-	-	56.5s	54.0s	51.5s	48.5s	45.0s	42.5s
<b>HURDLES</b>	<b>1 Star</b>	<b>2 Star</b>	<b>3 Star</b>	<b>Bronze</b>	<b>Silver</b>	<b>Gold</b>	<b>Platinum</b>	<b>Elite</b>	<b>Podium</b>
60m Standards	25.0s	19.0s	15.5s	13.5s	12.0s	11.0s	10.5s	10.1s	9.7s
70m Standards	24.0s	20.4s	17.3s	15.8s	14.5s	13.6s	13.0s	12.5s	12.2s
75m Standards	23.0s	21.0s	18.0s	16.5s	15.3s	14.5s	13.8s	13.5s	13.2s
80m Standards	-	-	-	-	-	15.2s	14.4s	14.0s	13.4s
<b>ENDURANCE</b>	<b>1 Star</b>	<b>2 Star</b>	<b>3 Star</b>	<b>Bronze</b>	<b>Silver</b>	<b>Gold</b>	<b>Platinum</b>	<b>Elite</b>	<b>Podium</b>
400m Standards	3m 20s	2m 30s	2m 05s	1m 45s	1m 35s	1m 20s	1m 10s	1m 05s	1m 00s
600m Standards	6m 00s	4m 30s	3m 20s	2m 50s	2m 30s	2m 15s	2m 05s	2m 00s	1m 50s
800m Standards	4m 00s	3m 40s	3m 20s	3m 00s	2m 50s	2m 41s	2m 33s	2m 27s	2m 20s
1500m Standards	6m 20s	6m 05s	5m 50s	5m 38s	5m 28s	5m 19s	5m 10s	4m 59s	4m 46s
<b>JUMPS</b>	<b>1 Star</b>	<b>2 Star</b>	<b>3 Star</b>	<b>Bronze</b>	<b>Silver</b>	<b>Gold</b>	<b>Platinum</b>	<b>Elite</b>	<b>Podium</b>
Standing Long Jump	0.35m	0.90m	1.40m	1.60m	1.80m	2.00m	2.30m	2.60m	2.80m
Long Jump	1.00m	1.80m	2.40m	3.00m	3.50m	4.00m	4.40m	4.70m	5.05m
Standing Triple Jump	1.00m	2.40m	4.00m	4.60m	5.10m	5.60m	-	-	-
Triple Jump	-	-	-	-	-	6.40m	8.50m	9.70m	10.60m
High Jump	0.20m	0.50m	0.80m	1.00m	1.10m	1.20m	1.30m	1.40m	1.50m
<b>THROWS</b>	<b>1 Star</b>	<b>2 Star</b>	<b>3 Star</b>	<b>Bronze</b>	<b>Silver</b>	<b>Gold</b>	<b>Platinum</b>	<b>Elite</b>	<b>Podium</b>
Shot Put	1.00m	2.00m	3.25m	4.80m	5.80m	6.80m	8.00m	9.40m	10.15m
Javelin	1.00m	5.00m	10.00m	12.00m	15.00m	19.00m	26.00m	30.00m	33.50m
Discus	1.00m	5.00m	8.00m	10.00m	12.00m	17.00m	22.00m	24.00m	26.00m

