

JD Crest Standards for 2017

These crest standards are derived from the 2017 JD Awards Standards

Values in RED are for new events (10 years or less) and are estimates

Criteria

1. be a full time competitive member of BC Athletics
2. qualifying performances must be done at meets from JD approved list
3. to qualify for a crest athletes must attain a crest standard in each of at least 3 different events. The crest level is determined by the truncated average of the top three performances assigning 3 for gold, 2 for silver and 1 for bronze

GIRLS TRACK EVENTS

| Event | Crest Std | 9 Year Old | 10 Year Old | 11 Year Old | 12 Year Old | 13 Year Old |
|-------|-----------|---------------|----------------|----------------|----------------|----------------|
| 60m | G | 0 10.55 | 0 10.14 | 0 09.57 | 0 | |
| | S | 0 11.19 | 0 10.76 | 0 10.15 | 0 | |
| | B | 0 11.92 | 0 11.46 | 0 10.82 | 0 | |
| 100m | G | 0 16.91 | 0 15.78 | 0 14.94 | 0 14.50 | 0 14.15 |
| | S | 0 17.94 | 0 16.74 | 0 15.85 | 0 15.39 | 0 15.01 |
| | B | 0 19.12 | 0 17.84 | 0 16.89 | 0 16.40 | 0 16.00 |
| 200m | G | | | 0 31.31 | 0 29.97 | 0 29.33 |
| | S | | | 0 33.21 | 0 31.79 | 0 31.12 |
| | B | | | 0 35.39 | 0 33.88 | 0 33.16 |
| 300m | G | | | | 0 48.30 | 0 46.56 |
| | S | | | | 0 51.24 | 0 49.40 |
| | B | | | | 0 54.60 | 0 52.64 |
| 600m | G | 2 10.52 | 2 03.05 | 1 57.86 | | |
| | S | 2 18.46 | 2 10.54 | 2 05.04 | | |
| | B | 2 27.54 | 2 19.10 | 2 13.24 | | |
| 800m | G | | | | 2 40.10 | 2 36.40 |
| | S | | | | 2 49.80 | 2 45.90 |
| | B | | | | 3 01.00 | 2 56.80 |
| 1000m | G | 4 00.91 | 3 50.00 | 3 40.99 | | |
| | S | 4 15.59 | 4 04.00 | 3 54.44 | | |
| | B | 4 32.35 | 4 20.00 | 4 09.81 | | |
| 1200m | G | | | | 4 17.59 | 4 12.99 |
| | S | | | | 4 33.27 | 4 28.39 |
| | B | | | | 4 51.19 | 4 45.99 |
| 2000m | G | | | | | 7 34.20 |
| | S | | | | | 8 01.80 |
| | B | | | | | 8 33.40 |
| 60H | G | 0 12.64 | 0 12.10 | 0 11.50 | | |
| | S | 0 13.40 | 0 12.84 | 0 12.20 | | |
| | B | 0 14.28 | 0 13.68 | 0 13.00 | | |
| 80H | G | | | | 0 14.52 | 0 14.05 |
| | S | | | | 0 15.41 | 0 14.91 |
| | B | | | | 0 16.42 | 0 15.89 |
| 200H | G | | | | 0 33.32 | 0 32.82 |
| | S | | | | 0 35.34 | 0 34.82 |
| | B | | | | 0 37.66 | 0 37.11 |
| 800RW | G | 5 39.50 | 5 09.70 | 5 16.60 | 4 48.50 | |
| | S | 6 00.20 | 5 28.50 | 5 35.90 | 5 06.10 | |
| | B | 6 23.80 | 5 50.10 | 5 57.90 | 5 26.20 | |

GIRLS TRACK EVENTS continued

| Event | Crest Std | 9 Year Old | | 10 Year Old | | 11 Year Old | | 12 Year Old | | 13 Year Old | |
|--------|-----------|------------|--|-------------|--|-------------|--|-------------|--|-------------|-------|
| 1500RW | G | | | | | | | | | 9 | 14.40 |
| | S | | | | | | | | | 9 | 48.20 |
| | B | | | | | | | | | 10 | 26.80 |

GIRLS FIELD EVENTS AND PENTATHLON

| Event | Crest Std | 9 Year Old | | 10 Year Old | | 11 Year Old | | 12 Year Old | | 13 Year Old | |
|-------------|-----------|------------|-------|-------------|-------|-------------|-------|-------------|-------|-------------|-------|
| Long Jump | G | 0 | 03.04 | 0 | 03.46 | 0 | 03.67 | 0 | 04.00 | 0 | 04.25 |
| | S | 0 | 02.77 | 0 | 03.16 | 0 | 03.35 | 0 | 03.65 | 0 | 03.87 |
| | B | 0 | 02.55 | 0 | 02.90 | 0 | 03.07 | 0 | 03.35 | 0 | 03.56 |
| High Jump | G | 0 | 00.96 | 0 | 01.09 | 0 | 01.16 | 0 | 01.24 | 0 | 01.27 |
| | S | 0 | 00.88 | 0 | 01.00 | 0 | 01.06 | 0 | 01.13 | 0 | 01.16 |
| | B | 0 | 00.80 | 0 | 00.91 | 0 | 00.97 | 0 | 01.04 | 0 | 01.07 |
| Triple Jump | G | | | | | | | | | 0 | 08.77 |
| | S | | | | | | | | | 0 | 08.00 |
| | B | | | | | | | | | 0 | 07.34 |
| Pole Vault | G | | | | | | | | | 0 | 02.02 |
| | S | | | | | | | | | 0 | 01.84 |
| | B | | | | | | | | | 0 | 01.69 |
| Shot Put | G | 0 | 04.16 | 0 | 05.52 | 0 | 07.00 | 0 | 06.56 | 0 | 07.84 |
| | S | 0 | 03.51 | 0 | 04.66 | 0 | 05.92 | 0 | 05.55 | 0 | 06.63 |
| | B | 0 | 02.88 | 0 | 03.82 | 0 | 04.85 | 0 | 04.54 | 0 | 05.43 |
| Discus | G | | | 0 | 13.50 | 0 | 18.33 | 0 | 20.40 | 0 | 23.87 |
| | S | | | 0 | 11.41 | 0 | 15.49 | 0 | 17.24 | 0 | 20.18 |
| | B | | | 0 | 09.34 | 0 | 12.68 | 0 | 14.12 | 0 | 16.52 |
| Javelin | G | | | 0 | 13.56 | 0 | 18.00 | 0 | 21.82 | 0 | 25.10 |
| | S | | | 0 | 11.46 | 0 | 15.21 | 0 | 18.44 | 0 | 21.22 |
| | B | | | 0 | 09.39 | 0 | 12.46 | 0 | 15.10 | 0 | 17.37 |
| Hammer | G | | | | | | | 0 | 20.36 | 0 | 27.36 |
| | S | | | | | | | 0 | 17.21 | 0 | 23.13 |
| | B | | | | | | | 0 | 14.09 | 0 | 18.94 |
| Pentathlon | G | 0 | 1189 | 0 | 1568 | 0 | 1774 | 0 | 2168 | 0 | 2360 |
| | S | 0 | 1034 | 0 | 1363 | 0 | 1542 | 0 | 1885 | 0 | 2051 |
| | B | 0 | 810 | 0 | 1068 | 0 | 1208 | 0 | 1476 | 0 | 1607 |

Tentative values are in red since event is new (10 years or less).

BOYS TRACK EVENTS

| Event | Crest Std | 9 Year Old | | 10 Year Old | | 11 Year Old | | 12 Year Old | | 13 Year Old | |
|--------|-----------|------------|-------|-------------|-------|-------------|-------|-------------|-------|-------------|-------|
| 60m | G | 0 | 10.32 | 0 | 09.75 | 0 | 09.54 | 0 | | | |
| | S | 0 | 10.94 | 0 | 10.35 | 0 | 10.12 | 0 | | | |
| | B | 0 | 11.66 | 0 | 11.03 | 0 | 10.78 | 0 | | | |
| 100m | G | 0 | 16.29 | 0 | 15.47 | 0 | 14.98 | 0 | 14.36 | 0 | 13.33 |
| | S | 0 | 17.29 | 0 | 16.41 | 0 | 15.89 | 0 | 15.23 | 0 | 14.14 |
| | B | 0 | 18.42 | 0 | 17.49 | 0 | 16.93 | 0 | 16.23 | 0 | 15.07 |
| 200m | G | 0 | | | | 0 | 30.69 | 0 | 29.05 | 0 | 27.26 |
| | S | 0 | | | | 0 | 32.56 | 0 | 30.82 | 0 | 28.92 |
| | B | 0 | | | | 0 | 34.70 | 0 | 32.85 | 0 | 30.82 |
| 300m | G | | | | | | | 0 | 46.65 | 0 | 44.54 |
| | S | | | | | | | 0 | 49.49 | 0 | 47.25 |
| | B | | | | | | | 0 | 52.74 | 0 | 50.35 |
| 600m | G | 2 | 08.78 | 2 | 00.75 | 1 | 54.99 | | | | |
| | S | 2 | 16.63 | 2 | 08.09 | 2 | 01.98 | | | | |
| | B | 2 | 25.59 | 2 | 16.50 | 2 | 09.99 | | | | |
| 800m | G | | | | | | | 2 | 34.30 | 2 | 24.90 |
| | S | | | | | | | 2 | 43.60 | 2 | 33.70 |
| | B | | | | | | | 2 | 54.40 | 2 | 43.80 |
| 1000m | G | 3 | 52.29 | 3 | 37.35 | 3 | 26.99 | | | | |
| | S | 4 | 06.43 | 3 | 50.58 | 3 | 39.59 | | | | |
| | B | 4 | 22.59 | 4 | 05.69 | 3 | 53.99 | | | | |
| 1200m | G | | | | | | | 4 | 07.25 | 3 | 54.60 |
| | S | | | | | | | 4 | 22.30 | 4 | 08.88 |
| | B | | | | | | | 4 | 39.50 | 4 | 25.20 |
| 2000m | G | | | | | | | | | 6 | 59.70 |
| | S | | | | | | | | | 7 | 25.20 |
| | B | | | | | | | | | 7 | 54.40 |
| 60H | G | 0 | 12.32 | 0 | 11.70 | 0 | 11.37 | | | | |
| | S | 0 | 13.07 | 0 | 12.41 | 0 | 12.07 | | | | |
| | B | 0 | 13.93 | 0 | 13.22 | 0 | 12.86 | | | | |
| 80H | G | | | | | | | 0 | 14.34 | 0 | 13.61 |
| | S | | | | | | | 0 | 15.22 | 0 | 14.44 |
| | B | | | | | | | 0 | 16.22 | 0 | 15.38 |
| 200H | G | | | | | | | 0 | 32.51 | 0 | 31.03 |
| | S | | | | | | | 0 | 34.49 | 0 | 32.92 |
| | B | | | | | | | 0 | 36.75 | 0 | 35.07 |
| 800RW | G | 5 | 59.00 | 5 | 14.40 | 5 | 05.10 | 4 | 51.50 | | |
| | S | 6 | 20.90 | 5 | 33.60 | 5 | 23.70 | 5 | 09.20 | | |
| | B | 6 | 45.80 | 5 | 55.50 | 5 | 44.90 | 5 | 29.50 | | |
| 1500RW | G | | | | | | | | | 9 | 23.10 |
| | S | | | | | | | | | 9 | 57.30 |
| | B | | | | | | | | | 10 | 36.50 |

BOYS FIELD EVENTS AND PENTATHLON

| Event | Crest Std | 9 Year Old | | 10 Year Old | | 11 Year Old | | 12 Year Old | | 13 Year Old | |
|-------------|-----------|------------|-------|-------------|-------|-------------|-------|-------------|-------|-------------|-------|
| Long Jump | G | 0 | 03.13 | 0 | 03.43 | 0 | 03.63 | 0 | 03.94 | 0 | 04.55 |
| | S | 0 | 02.85 | 0 | 03.12 | 0 | 03.32 | 0 | 03.59 | 0 | 04.15 |
| | B | 0 | 02.62 | 0 | 02.87 | 0 | 03.04 | 0 | 03.30 | 0 | 03.81 |
| High Jump | G | 0 | 01.01 | 0 | 01.11 | 0 | 01.19 | 0 | 01.27 | 0 | 01.37 |
| | S | 0 | 00.92 | 0 | 01.01 | 0 | 01.08 | 0 | 01.16 | 0 | 01.25 |
| | B | 0 | 00.85 | 0 | 00.93 | 0 | 00.99 | 0 | 01.07 | 0 | 01.14 |
| Triple Jump | G | | | | | | | | | 0 | 09.23 |
| | S | | | | | | | | | 0 | 08.42 |
| | B | | | | | | | | | 0 | 07.73 |
| Pole Vault | G | | | | | | | | | 0 | 02.02 |
| | S | | | | | | | | | 0 | 01.84 |
| | B | | | | | | | | | 0 | 01.69 |
| Shot Put | G | 0 | 04.90 | 0 | 06.70 | 0 | 07.81 | 0 | 07.58 | 0 | 08.80 |
| | S | 0 | 04.14 | 0 | 05.66 | 0 | 06.60 | 0 | 06.41 | 0 | 07.44 |
| | B | 0 | 03.39 | 0 | 04.64 | 0 | 05.40 | 0 | 05.25 | 0 | 06.09 |
| Discus | G | | | 0 | 15.76 | 0 | 19.89 | 0 | 21.51 | 0 | 26.69 |
| | S | | | 0 | 13.32 | 0 | 16.81 | 0 | 18.18 | 0 | 22.56 |
| | B | | | 0 | 10.90 | 0 | 13.77 | 0 | 14.89 | 0 | 18.47 |
| Javelin | G | | | 0 | 17.22 | 0 | 20.58 | 0 | 24.51 | 0 | 32.05 |
| | S | | | 0 | 14.55 | 0 | 17.39 | 0 | 20.72 | 0 | 27.09 |
| | B | | | 0 | 11.92 | 0 | 14.24 | 0 | 16.96 | 0 | 22.18 |
| Hammer | G | | | | | | | 0 | 24.08 | 0 | 28.77 |
| | S | | | | | | | 0 | 20.35 | 0 | 24.31 |
| | B | | | | | | | 0 | 16.67 | 0 | 19.91 |
| Pentathlon | G | 0 | 1434 | 0 | 1796 | 0 | 1914 | 0 | 2333 | 0 | 2792 |
| | S | 0 | 1246 | 0 | 1561 | 0 | 1664 | 0 | 2028 | 0 | 2427 |
| | B | 0 | 976 | 0 | 1223 | 0 | 1304 | 0 | 1589 | 0 | 1901 |

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