

## JD Crest Standards for 2010

These awards standards are based on the 2009 All Time Top Ten Tables as described in the report

Values in RED are for new events 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 weakest standard of the top three performances e.g. if an athlete has 2 gold standard and one bronze standard performance then the crest awarded is BRONZE

### GIRLS TRACK EVENTS

Event	Crest Std	9 Year Old	10 Year Old	11 Year Old	12 Year Old	13 Year Old	14 Year Old
60m	G	10.37	09.83	09.55			
	S	11.01	10.43	10.14			
	B	11.73	11.11	10.80			
100m	G	16.99	15.78	14.98	14.52	14.16	14.14
	S	18.02	16.75	15.89	15.41	15.02	15.01
	B	19.20	17.84	16.93	16.42	16.00	15.99
200m	G			31.32	29.97	29.34	29.03
	S			33.22	31.80	31.13	30.80
	B			35.40	33.88	33.17	32.82
300m	G						45.50
	S						49.00
	B						52.00
400m	G			1 10.42	1 08.93	1 07.23	
	S			1 14.71	1 13.12	1 11.32	
	B			1 19.61	1 17.92	1 16.00	
800m	G	3 05.10	2 55.80	2 49.00	2 41.10	2 37.20	2 34.30
	S	3 16.30	3 06.50	2 59.30	2 50.90	2 46.80	2 43.70
	B	3 29.20	3 18.80	3 11.10	3 02.10	2 57.70	2 54.40
1200m	G						4 15.00
	S						4 32.00
	B						4 48.00
1500m	G	6 18.10	6 02.00	5 51.40	5 33.00	5 27.40	
	S	6 41.10	6 24.00	6 12.80	5 53.20	5 47.40	
	B	7 07.40	6 49.20	6 37.20	6 16.40	6 10.20	
2000m	G						7 32.00
	S						8 03.00
	B						8 32.00
3000m	G					11 54.10	
	S					12 37.60	
	B					13 27.30	
60H	G	13.02	12.15	11.61			
	S	13.82	12.89	12.32			
	B	14.72	13.74	13.13			
80H	G				14.60	14.19	13.57
	S				15.49	15.05	14.40
	B				16.51	16.04	15.34
200H	G				34.38	32.84	31.80
	S				36.47	34.83	33.40
	B				38.87	37.12	35.60
800RW	G	5 43.60	5 09.70	5 16.60	4 49.50		
	S	6 04.60	5 28.50	5 35.90	5 07.10		
	B	6 28.50	5 50.10	5 57.90	5 27.30		
1500RW	G					9 33.00	9 05.50
	S					10 07.90	9 38.70
	B					10 47.70	10 16.70
1500SC no water jump	G						5 40.00
	S						6 02.00
	B						6 25.00

GIRLS FIELD EVENTS AND PENTATHLON

Event	Crest Std	9 Year Old	10 Year Old	11 Year Old	12 Year Old	13 Year Old	14 Year Old
Long Jump	G	03.05	03.46	03.68	03.96	04.25	04.47
	S	02.78	03.16	03.36	03.61	03.88	04.08
	B	02.55	02.90	03.08	03.31	03.56	03.74
High Jump	G	00.95	01.09	01.17	01.24	01.28	01.32
	S	00.87	01.00	01.06	01.13	01.16	01.20
	B	00.80	00.92	00.98	01.04	01.07	01.10
Triple Jump	G			07.60	08.19	08.77	09.11
	S			06.93	07.47	08.00	08.31
	B			06.37	06.86	07.35	07.63
Pole Vault	G					02.02	02.13
	S					01.84	01.94
	B					01.69	01.78
Shot Put	G	04.11	05.37	06.71	06.56	07.45	07.85
	S	03.47	04.54	05.67	05.55	06.30	06.64
	B	02.84	03.72	04.64	04.54	05.16	05.43
Discus	G		13.50	15.94	17.83	22.15	22.12
	S		11.41	13.47	15.07	18.73	18.70
	B		09.34	11.03	12.34	15.33	15.31
Javelin	G		12.55	16.15	19.31	22.29	25.31
	S		10.61	13.65	16.32	18.84	21.40
	B		08.69	11.18	13.36	15.43	17.52
Hammer	G				19.22	24.44	30.56
	S				16.25	20.66	25.83
	B				13.30	16.92	21.15
Pentathlon	G	1236	1578	1749	2072	2230	2492
	S	1075	1372	1521	1801	1939	2011
	B	842	1075	1192	1411	1519	1572

**BOYS TRACK EVENTS**

Event	Crest Std	9 Year Old	10 Year Old	11 Year Old	12 Year Old	13 Year Old	14 Year Old
60m	G	10.26	09.61	09.45			
	S	10.89	10.19	10.02			
	B	11.60	10.86	10.68			
100m	G	16.39	15.47	15.04	14.54	13.47	12.89
	S	17.38	16.41	15.95	15.42	14.29	13.68
	B	18.52	17.49	17.00	16.44	15.22	14.57
200m	G			30.70	29.47	27.35	26.52
	S			32.56	31.27	29.01	28.14
	B			34.70	33.32	30.91	29.98
300m	G						41.00
	S						44.10
	B						46.70
400m	G			1 09.77	1 07.01	1 02.79	
	S			1 14.02	1 11.09	1 06.62	
	B			1 18.87	1 15.75	1 10.98	
800m	G	3 00.20	2 49.30	2 41.00	2 35.90	2 25.50	2 18.60
	S	3 11.20	2 59.60	2 50.80	2 45.40	2 34.30	2 27.00
	B	3 23.70	3 11.40	3 02.00	2 56.20	2 44.50	2 36.60
1000m Pentathlon	G						2 58.00
	S						3 09.00
	B						3 21.00
1200m	G						3 39.00
	S						3 54.00
	B						4 09.00
1500m	G	5 56.80	5 37.00	5 25.30	5 17.40	5 03.90	
	S	6 18.50	5 57.50	5 45.10	5 36.80	5 22.40	
	B	6 43.30	6 20.90	6 07.70	5 58.80	5 43.50	
2000m	G						6 46.00
	S						7 10.00
	B						7 35.00
3000m	G					10 49.50	
	S					11 29.00	
	B					12 14.20	
60H	G	12.56	11.71	11.45			
	S	13.33	12.42	12.14			
	B	14.20	13.23	12.94			
80H	G				14.35	13.61	
	S				15.23	14.44	
	B				16.23	15.39	
100H	G						15.99
	S						16.96
	B						18.07
200H	G				33.50	31.16	46.60
	S				35.54	33.05	49.44
	B				37.87	35.22	52.68
300H	G						
	S						
	B						
800RW	G	6 05.00	5 30.80	5 05.10	4 51.50		
	S	6 27.30	5 51.00	5 23.70	5 09.20		
	B	6 52.60	6 14.00	5 44.90	5 29.50		
1500RW	G					9 23.10	8 41.30
	S					9 57.30	9 13.00
	B					10 36.50	9 49.30
1500SC no water jump	G						5 08.00
	S						5 30.00
	B						5 46.00

BOYS FIELD EVENTS AND PENTATHLON

Event	Crest Std	9 Year Old	10 Year Old	11 Year Old	12 Year Old	13 Year Old	14 Year Old
Long Jump	G	03.13	03.43	03.64	03.93	04.56	05.04
	S	02.86	03.13	03.32	03.59	04.16	04.59
	B	02.62	02.87	03.05	03.29	03.82	04.22
High Jump	G	01.01	01.11	01.19	01.27	01.37	01.45
	S	00.92	01.01	01.08	01.16	01.25	01.32
	B	00.85	00.93	00.99	01.07	01.15	01.21
Triple Jump	G			07.78	08.25	09.23	10.04
	S			07.10	07.53	08.42	09.16
	B			06.52	06.91	07.73	08.41
Pole Vault	G					02.12	02.49
	S					01.94	02.27
	B					01.79	02.08
Shot Put	G	04.87	05.87	07.02	07.20	08.78	08.74
	S	04.12	04.96	05.93	06.09	07.42	07.39
	B	03.37	04.06	04.86	04.98	06.07	06.05
Discus	G		13.56	18.32	20.68	26.69	29.34
	S		11.46	15.49	17.48	22.56	24.80
	B		09.39	12.68	14.31	18.47	20.31
Javelin	G		16.47	19.90	19.89	26.59	31.35
	S		13.92	16.82	16.81	22.47	26.50
	B		11.40	13.77	13.76	18.40	21.70
Hammer	G				21.93	28.77	31.69
	S				18.53	24.32	26.79
	B				15.18	19.91	21.93
Pentathlon	G	1537	1778	1842	2270	2792	2570
	S	1336	1546	1601	1974	2427	2107
	B	1047	1211	1254	1546	1902	1679