



BC Athletics Junior Development Crest Criteria & Standards

Able Bodied Athletes

- 1) Athletes must have a competitive BC Athletics Junior Development Athlete membership.
- 2) Athletes must meet [JD Crest Award standard](#) in at least three events.
- 3) All performances must be achieved at [BC Athletics sanctioned meets](#).

Para Athletes

- 1) Athletes must have a competitive BC Athletics Junior Development Athlete membership.
- 2) Athletes must be registered with BC Athletics as an athlete with a disability.
- 3) Athletes must have competed in 3 different events during the season, comprised of at least 1 track and 1 field event.
- 4) All performances must be achieved at [BC Athletics sanctioned meets](#).

GIRLS TRACK EVENTS

Event	Crest Std	9		10		11		12		13	
		Year Old		Year Old		Year Old		Year Old		Year Old	
60m	G	0	10.54	0	09.97	0	09.60	0			
	S	0	11.18	0	10.58	0	10.19	0			
	B	0	11.91	0	11.28	0	10.85	0			
100m	G	0	16.91	0	15.66	0	14.94	0	14.50	0	14.15
	S	0	17.94	0	16.61	0	15.85	0	15.39	0	15.01
	B	0	19.12	0	17.70	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	38.24				
	S	4	15.59	4	04.00	3	51.52				
	B	4	32.35	4	20.00	4	06.69				
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	11.90	0	11.44				
	S	0	13.40	0	12.62	0	12.14				
	B	0	14.28	0	13.45	0	12.93				
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	33.20	0	33.91
	S							0	35.23	0	35.97
	B							0	37.54	0	38.33
800RW	G	5	39.50	5	09.70	5	12.80	4	48.50		
	S	6	00.20	5	28.50	5	31.90	5	06.10		
	B	6	23.80	5	50.10	5	53.60	5	26.20		
1500RW	G									9	14.40
	S									9	48.20
	B									10	26.80

GIRLS FIELD EVENTS & PENTATHLON

Event	Crest Std	9		10		11		12		13	
		Year Old		Year Old		Year Old		Year Old		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	02.05
	S									0	01.87
	B									0	01.72
Shot Put	G	0	04.16	0	05.52	0	07.18	0	06.76	0	08.07
	S	0	03.51	0	04.66	0	06.07	0	05.71	0	06.82
	B	0	02.88	0	03.82	0	04.97	0	04.68	0	05.58
Discus	G			0	13.88	0	18.33	0	21.60	0	24.34
	S			0	11.73	0	15.49	0	18.26	0	20.58
	B			0	09.61	0	12.68	0	14.95	0	16.85
Javelin	G			0	13.62	0	18.00	0	21.82	0	25.10
	S			0	11.51	0	15.21	0	18.44	0	21.22
	B			0	09.43	0	12.46	0	15.10	0	17.37
Hammer	G							0	21.05	0	27.75
	S							0	17.79	0	23.46
	B							0	14.57	0	19.21
Pentathlon	G	0	1189	0	1568	0	1774	0	2182	0	2360
	S	0	1034	0	1363	0	1542	0	1897	0	2051
	B	0	810	0	1068	0	1208	0	1486	0	1607

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

BOYS TRACK EVENTS

Event	Crest Std	9		10		11		12		13	
		Year Old		Year Old		Year Old		Year Old		Year Old	
60m	G	0	10.39	0	09.89	0	09.54	0			
	S	0	11.03	0	10.49	0	10.12	0			
	B	0	11.75	0	11.18	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	46.61	0	43.93
	S							0	49.44	0	46.60
	B							0	52.69	0	49.66
600m	G	2	07.54	2	00.06	1	54.99				
	S	2	15.30	2	07.37	2	01.98				
	B	2	24.17	2	15.72	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	52.85
	S							4	22.30	4	07.03
	B							4	39.50	4	23.23
2000m	G									6	59.70
	S									7	25.20
	B									7	54.40
60H	G	0	12.32	0	11.69	0	11.37				
	S	0	13.07	0	12.40	0	12.07				
	B	0	13.93	0	13.21	0	12.86				
80H	G							0	14.27	0	13.61
	S							0	15.13	0	14.44
	B							0	16.13	0	15.38
200H	G							0	32.51	0	30.77
	S							0	34.49	0	32.64
	B							0	36.75	0	34.78
800RW	G	5	59.00	5	14.40	4	53.90	4	42.50		
	S	6	20.90	5	33.60	5	11.80	4	59.70		
	B	6	45.80	5	55.50	5	32.20	5	19.30		
1500RW	G									8	53.00
	S									9	25.40
	B									10	02.50

BOYS FIELD EVENTS & PENTATHLON

Event	Crest Std	9		10		11		12		13	
		Year Old		Year Old		Year Old		Year Old		Year Old	
Long Jump	G	0	03.13	0	03.43	0	03.63	0	04.01	0	04.55
	S	0	02.85	0	03.12	0	03.32	0	03.66	0	04.15
	B	0	02.62	0	02.87	0	03.04	0	03.36	0	03.81
High Jump	G	0	01.01	0	01.11	0	01.19	0	01.27	0	01.39
	S	0	00.92	0	01.01	0	01.08	0	01.16	0	01.27
	B	0	00.85	0	00.93	0	00.99	0	01.07	0	01.17
Triple Jump	G									0	09.23
	S									0	08.42
	B									0	07.73
Pole Vault	G									0	02.14
	S									0	01.95
	B									0	01.79
Shot Put	G	0	04.90	0	06.70	0	07.81	0	07.69	0	09.54
	S	0	04.14	0	05.66	0	06.60	0	06.50	0	08.07
	B	0	03.39	0	04.64	0	05.40	0	05.32	0	06.60
Discus	G			0	15.86	0	19.89	0	21.76	0	26.82
	S			0	13.40	0	16.81	0	18.39	0	22.67
	B			0	10.97	0	13.77	0	15.06	0	18.56
Javelin	G			0	17.22	0	21.03	0	24.51	0	32.05
	S			0	14.55	0	17.77	0	20.72	0	27.09
	B			0	11.92	0	14.55	0	16.96	0	22.18
Hammer	G							0	26.06	0	33.08
	S							0	22.03	0	27.96
	B							0	18.04	0	22.90
Pentathlon	G	0	1434	0	1831	0	1914	0	2333	0	2869
	S	0	1246	0	1592	0	1664	0	2028	0	2494
	B	0	976	0	1247	0	1304	0	1589	0	1954

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