

JD Awards Standards for 2023

These awards standards are based on the 2021 All Time Top Ten Tables as described below

Values in red are for new events and are tentative. They may be changed slightly by awards committee

The philosophy used for creating these JD Awards Standards:

- a Take the average of the #1, #2, and #3 from the All Time Top Ten list (Av123) from 2021 as the starting point for each event.
- b Multiply Av123 by factors which define JD Awards standards for that event.
- c There is a different factor for each of the seven areas of athletics:
sprints, distance, hurdles, vertical jumps, horizontal jumps, throws and pentathlon
- d The factors give a similar distribution in each area and give a weighting to each area that reflects the number of events.
- e The set of factors used was obtained from the results for all athletes and all events in the 2011, 2012 and 2013 seasons

Criteria for awarding JD Awards

- 1 Be a full time competitive member of BC Athletics
- 2 Athlete must have competed at least ONE of the three JD Championships in the previous 12 months
JD T&F Championships (July), the JD Pentathlon Championships (June) and the BC XC Championships (prev. October)
- 3 Athlete must have competed at THREE meets from the JD approved list in the previous 12 months
- 4 To qualify for an award athletes must attain JD awards standard in at least one event at a JD Approved meet.
- 5 9 to 12 year olds must also have competed in at least one running event, one throwing event and one jumping event at an approved meet

GIRLS

	9	10	11	12	13
	Year Old	Year Old	Year Old	Year Old	Year Old
Event	F13	F12	F11	F10	F09
60m	09.59	09.08	08.74		
100m	15.39	14.25	13.60	13.20	12.88
200m			28.49	27.27	26.69
300m				43.95	42.37
600m	2 00.35	1 53.46	1 48.68		
800m				2 27.64	2 24.24
1000m	3 42.15	3 32.08	3 21.23		
1200m				3 57.52	3 53.28
2000m					6 58.84
60H	11.32	10.66	10.25		
80H				13.01	12.59
200H				29.74	30.37
800RW	5 13.10	4 45.58	4 48.48	4 26.07	
1500RW					8 31.26
Long Jump	03.49	03.97	04.21	04.59	04.87
High Jump	01.12	01.27	01.35	01.44	01.48
Triple Jump					10.05
Pole Vault					02.38
Shot Put	05.75	07.63	09.92	09.34	11.15
Discus		19.18	25.32	29.84	33.63
Javelin		18.82	24.87	30.14	34.68
Hammer				29.08	38.34
Pentathlon	1327	1750	1980	2435	2633

Tentative values in red since event is fairly recent (last ten years)

Awards committee may choose slightly different values if conditions warrant

BOYS

	9	10	11	12	13
	Year Old	Year Old	Year Old	Year Old	Year Old
Event	M13	M12	M11	M10	M09
60m	09.46	09.00	08.68		
100m	14.83	14.08	13.63	13.07	12.13
200m			27.93	26.44	24.81
300m				42.41	39.97
600m	1 57.60	1 50.71	1 46.03		
800m				2 22.28	2 13.65
1000m	3 34.19	3 20.41	3 10.86		
1200m				3 47.98	3 34.71
2000m					6 27.03
60H	11.04	10.47	10.19		
80H				12.78	12.19
200H				29.12	27.56
800RW	5 31.07	4 49.97	4 31.02	4 20.51	
1500RW					8 11.46
Long Jump	03.59	03.93	04.17	04.60	05.22
High Jump	01.18	01.29	01.38	01.48	01.62
Triple Jump					10.58
Pole Vault					02.48
Shot Put	06.77	09.26	10.79	10.63	13.19
Discus		21.91	27.48	30.06	37.05
Javelin		23.79	29.05	33.86	44.28
Hammer				36.00	45.70
Pentathlon	1600	2043	2136	2603	3201

Tentative values in red since event is fairly recent (last ten years)

Awards committee may choose slightly different values if conditions warrant