

JD Crest Standards for 2019

These crest standards are derived from the 2019 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 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	03.04	03.46	03.67	04.00	04.25
	S	02.77	03.16	03.35	03.65	03.87
	B	02.55	02.90	03.07	03.35	03.56
High Jump	G	00.96	01.09	01.16	01.24	01.27
	S	00.88	01.00	01.06	01.13	01.16
	B	00.80	00.91	00.97	01.04	01.07
Triple Jump	G					08.77
	S					08.00
	B					07.34
Pole Vault	G					02.02
	S					01.84
	B					01.69
Shot Put	G	04.16	05.52	07.00	06.56	07.84
	S	03.51	04.66	05.92	05.55	06.63
	B	02.88	03.82	04.85	04.54	05.43
Discus	G		13.50	18.33	20.40	23.87
	S		11.41	15.49	17.24	20.18
	B		09.34	12.68	14.12	16.52
Javelin	G		13.62	18.00	21.82	25.10
	S		11.51	15.21	18.44	21.22
	B		09.43	12.46	15.10	17.37
Hammer	G				20.36	27.36
	S				17.21	23.13
	B				14.09	18.94
Pentathlon	G	1189	1568	1774	2182	2360
	S	1034	1363	1542	1897	2051
	B	810	1068	1208	1486	1607

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

GIRLS TRACK EVENTS

Event	Crest Std	9 Year Old		10 Year Old		11 Year Old		12 Year Old		13 Year Old	
60m	G		10.54		10.05		09.61				
	S		11.18		10.66		10.20				
	B		11.91		11.36		10.87				
100m	G		16.91		15.78		14.94		14.50		14.15
	S		17.94		16.74		15.85		15.39		15.01
	B		19.12		17.84		16.89		16.40		16.00
200m	G						31.31		29.97		29.33
	S						33.21		31.79		31.12
	B						35.39		33.88		33.16
300m	G								48.30		46.56
	S								51.24		49.40
	B								54.60		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		12.64		11.90		11.44				
	S		13.40		12.62		12.14				
	B		14.28		13.45		12.93				
80H	G								14.52		14.05
	S								15.41		14.91
	B								16.42		15.89
200H	G								33.20		32.82
	S								35.23		34.82
	B								37.54		37.11
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

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	03.13	03.43	03.63	04.01	04.55
	S	02.85	03.12	03.32	03.66	04.15
	B	02.62	02.87	03.04	03.36	03.81
High Jump	G	01.01	01.11	01.19	01.27	01.37
	S	00.92	01.01	01.08	01.16	01.25
	B	00.85	00.93	00.99	01.07	01.14
Triple Jump	G					09.23
	S					08.42
	B					07.73
Pole Vault	G					02.14
	S					01.95
	B					01.79
Shot Put	G	04.90	06.70	07.81	07.63	09.54
	S	04.14	05.66	06.60	06.45	08.07
	B	03.39	04.64	05.40	05.28	06.60
Discus	G		15.86	19.89	21.51	26.82
	S		13.40	16.81	18.18	22.67
	B		10.97	13.77	14.89	18.56
Javelin	G		17.22	21.03	24.51	32.05
	S		14.55	17.77	20.72	27.09
	B		11.92	14.55	16.96	22.18
Hammer	G				26.06	33.08
	S				22.03	27.96
	B				18.04	22.90
Pentathlon	G	1434	1796	1914	2333	2869
	S	1246	1561	1664	2028	2494
	B	976	1223	1304	1589	1954

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		10.39		09.89		09.54				
	S		11.03		10.49		10.12				
	B		11.75		11.18		10.78				
100m	G		16.29		15.47		14.98		14.36		13.33
	S		17.29		16.41		15.89		15.23		14.14
	B		18.42		17.49		16.93		16.23		15.07
200m	G						30.69		29.05		27.26
	S						32.56		30.82		28.92
	B						34.70		32.85		30.82
300m	G								46.61		43.93
	S								49.44		46.60
	B								52.69		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 39.18		3 31.74				
	S		4 06.43		3 52.52		3 44.63				
	B		4 22.59		4 07.77		3 59.36				
1200m	G							4 07.25		3 54.60	
	S							4 22.30		4 08.88	
	B							4 39.50		4 25.20	
2000m	G									7 10.50	
	S									7 36.80	
	B									8 06.70	
60H	G		12.32		11.70		11.37				
	S		13.07		12.41		12.07				
	B		13.93		13.22		12.86				
80H	G							14.27		13.61	
	S							15.13		14.44	
	B							16.13		15.38	
200H	G							32.51		30.77	
	S							34.49		32.64	
	B							36.75		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									9	23.10
	S									9	57.30
	B									10	36.50