

JD Crest Standards for 2021

These crest standards are derived from the 2021 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	10.54	10.05	09.60		
	S	11.18	10.66	10.19		
	B	11.91	11.36	10.85		
100m	G	16.91	15.66	14.94	14.50	14.15
	S	17.94	16.61	15.85	15.39	15.01
	B	19.12	17.70	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		

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					02.05
	S					01.87
	B					01.72
Shot Put	G	04.16	05.52	07.18	06.66	07.36
	S	03.51	04.66	06.07	05.63	06.22
	B	02.88	03.82	04.97	04.61	05.09
Discus	G		13.50	18.33	21.60	23.87
	S		11.41	15.49	18.26	20.18
	B		09.34	12.68	14.95	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				21.05	27.36
	S				17.79	23.13
	B				14.57	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).

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 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	12.32	11.69	11.37		
	S	13.07	12.40	12.07		
	B	13.93	13.21	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					8 53.00
	S					9 25.40
	B					10 02.50

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	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	01.39
	S	00.92	01.01	01.08	01.16	01.27
	B	00.85	00.93	00.99	01.07	01.17
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	1831	1914	2333	2869
	S	1246	1592	1664	2028	2494
	B	976	1247	1304	1589	1954

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