

## **JD Crest Standards for 2022**

These crest standards are derived from the 2022 JD Awards Standards

Values in RED are for new events (10 years or less) and are estimates

### Criteria

<b>1</b>	<b>be a full time competitive member of BC Athletics</b>
<b>2</b>	<b>qualifying performances must be done at meets from JD approved list</b>
<b>3</b>	<b>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</b>

## 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		09.97		09.60				
	S		11.18		10.58		10.19				
	B		11.91		11.28		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				
	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		33.91
	S								35.23		35.97
	B								37.54		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 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	06.76	08.07
	S	03.51	04.66	06.07	05.71	06.82
	B	02.88	03.82	04.97	04.68	05.58
Discus	G		13.88	18.33	21.60	24.34
	S		11.73	15.49	18.26	20.58
	B		09.61	12.68	14.95	16.85
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	27.75
	S				17.79	23.46
	B				14.57	19.21
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	07.69	09.54
	S	04.14	05.66	06.60	06.50	08.07
	B	03.39	04.64	05.40	05.32	06.60
Discus	G		15.86	19.89	21.76	26.82
	S		13.40	16.81	18.39	22.67
	B		10.97	13.77	15.06	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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