

CHERRYBROOK COLOURED PATCH ACHIEVEMENT AWARD RECORDING SHEET

UNDER 7 GIRLS

Performance standards for each event are displayed in the table below.
 To be awarded a coloured achievement patch you must equal or better the standards for that colour in either one(1) field and two(2) track events or two(1) track and one(2) field event.
 The coloured patches can only be earned in order eg yellow then green then red then blue and finally Gold. A result (however brilliant) can only be used once.

Name: _____ 2011/12

BLUE + any 2 events

TRACK EVENT	YELLOW			GREEN			RED			BLUE			GOLD		
	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
50m	13.0			12.4			11.2			10.0			9.2		
70m	17.2			16.0			14.6			13.4			12.6		
100m	25.2			23.5			22.0			19.7			17.5		
200m	58.0			52.0			48.0			41.6			37.5		
500m	3.15.0			2.52.0			2.45.0			2.10.0			1.55.0		
FIELD EVENT															
Long Jump	1.30			1.80			2.10			2.40			3.00		
Discus	3.65			4.90			5.60			8.00			11.00		
Shot Put	2.00			2.50			3.20			3.80			5.00		

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UNDER 8 GIRLS

Performance standards for each event are displayed in the table below.
To be awarded a coloured achievement patch you must equal or better the standards for that colour in either one(1) field and two(2) track events or two(1) track and one(2) field event.
The coloured patches can only be earned in order eg yellow then green then red then blue and finally Gold. A result (however brilliant) can only be used once.

Name: _____ 2011/12

BLUE + any 2 events

TRACK EVENT	YELLOW			GREEN			RED			BLUE			GOLD		
	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
70m	17.1			15.5			13.8			12.4			11.4		
100m	25.0			22.1			19.5			17.4			16.2		
200m	55.0			47.5			43.5			37.6			34.0		
400m	1.59.0			1.45.0			1.36.0			1.28.0			1.18.0		
700m	4.10.0			3.55.0			3.40.0			3.08.0			2.38.0		
60m Hurdles	19.0			16.5			15.0			13.5			12.1		
FIELD EVENT															
Long Jump	2.00			2.30			2.50			2.85			3.55		
Discus	5.60			7.00			8.40			11.20			17.50		
Shot Put	2.30			3.10			4.00			4.60			6.00		

CHERRYBROOK COLOURED PATCH ACHIEVEMENT AWARD RECORDING SHEET

**UNDER 9
GIRLS**

Performance standards for each event are displayed in the table below.

To be awarded a coloured achievement patch you must equal or better the standards for that colour in two(2) field and two(2) track events.

The coloured patches can only be earned in order eg yellow then green then red then blue and finally Gold. A result (however brilliant) can only be used once.

Name: _____ 2011/12

BLUE + any 2 events

TRACK EVENT	YELLOW			GREEN			RED			BLUE			GOLD		
	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
70m	15.2			13.5			12.5			11.2			10.4		
100m	22.0			19.8			18.5			16.4			15.2		
200m	50.0			43.0			39.2			34.7			31.4		
400m	1.57.0			1.40.0			1.32.0			1.22.0			1.15.2		
800m	4.18.0			3.55.0			3.35.0			3.05.0			2.50.0		
60m Hurdles	16.5			14.2			13.7			12.0			11.0		
FIELD EVENT															
Long Jump	2.10			2.55			2.95			3.30			3.60		
High Jump	0.70			0.80			0.90			1.05			1.15		
Discus	5.80			8.60			10.10			16.00			20.00		
Shot Put	2.40			3.50			4.50			5.20			7.30		

CHERRYBROOK COLOURED PATCH ACHIEVEMENT AWARD RECORDING SHEET

UNDER 10 GIRLS

Performance standards for each event are displayed in the table below.
 To be awarded a coloured achievement patch you must equal or better the standards for that colour in two (2) field and two(2) track events.
 The coloured patches can only be earned in order eg yellow then green then red then blue and finally Gold. A result (however brilliant) can only be used once.

Name: _____ 2011/12

BLUE + any 2 events

TRACK EVENT	YELLOW			GREEN			RED			BLUE			GOLD		
	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
70m	14.6			13.2			12.0			11.0			10.5		
100m	21.0			19.0			17.2			15.8			14.8		
200m	46.0			41.0			37.0			32.6			30.5		
400m	1.55			1.35.0			1.27.0			1.18.0			1.10.0		
800m	4.05.0			3.50.0			3.30.0			3.00.0			2.40.0		
1500m	8.40.0			8.00.0			7.20.0			6.10.0			5.40.0		
60m Hurdles	16.5			14.5			13.5			12.5			11.0		
FIELD EVENT															
Long Jump	2.40			2.90			3.20			3.65			4.10		
High Jump	0.80			0.90			1.00			1.10			1.20		
Discus	6.00			9.00			14.00			18.00			24.00		
Shot Put	2.90			4.30			5.40			6.50			8.40		

CHERRYBROOK COLOURED PATCH ACHIEVEMENT AWARD RECORDING SHEET

**UNDER 11
GIRLS**

Performance standards for each event are displayed in the table below.

To be awarded a coloured achievement patch you must equal or better the standards for that colour in either two(2) field and three(3) track events or two(2) track and three(3) field events.

The coloured patches can only be earned in order eg yellow then green then red then blue and finally Gold. A result (however brilliant) can only be used once.

Name: _____ 2011/12

BLUE + any 2 events

	YELLOW			GREEN			RED			BLUE			GOLD		
TRACK EVENT	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
100m	20.5			18.5			17.0			15.6			14.2		
200m	45.0			40.5			36.0			32.2			29.6		
400m	1.54.0			1.33.0			1.24.0			1.14.0			1.08.0		
800m	4.04.0			3.48.0			3.28.0			2.58.0			2.38.0		
1500m	8.30.0			7.50.0			7.10.0			5.58.00			5.22.0		
60m Hurdles	16.2			14.2			12.9			11.7			10.3		
FIELD EVENT															
Long Jump	2.70			3.00			3.45			3.90			4.30		
High Jump	0.90			1.00			1.10			1.20			1.35		
Triple Jump	5.40			6.10			6.80			8.20			8.90		
Discus	6.50			9.50			14.00			19.50			25.50		
Shot Put	3.20			4.60			5.50			7.50			9.30		

CHERRYBROOK COLOURED PATCH ACHIEVEMENT AWARD RECORDING SHEET

UNDER 12 GIRLS

Performance standards for each event are displayed in the table below.

To be awarded a coloured achievement patch you must equal or better the standards for that colour in either two(2) field and three(3) track events or two (2) track and three(3) field events.

The coloured patches can only be earned in order eg yellow then green then red then blue and finally Gold. A result (however brilliant) can only be used once.

Name: _____ 2011/12

BLUE + any 2 events

TRACK EVENT	YELLOW			GREEN			RED			BLUE			GOLD		
	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
100m	20.0			17.4			16.0			14.9			13.8		
200m	41.0			36.2			33.8			30.7			28.6		
400m	1.38.0			1.28.0			1.20.0			1.13.00			1.06.0		
800m	3.55.0			3.35.0			3.25.0			2.47.0			2.35.0		
1500m	8.20.0			7.10.0			6.40.0			6.00.0			5.18.0		
60m Hurdles	16.0			14.4			13.0			11.6			10.5		
FIELD EVENT															
Long Jump	2.80			3.30			3.70			4.10			4.50		
High Jump	0.95			1.05			1.15			1.25			1.40		
Triple Jump	6.00			6.70			7.30			8.60			9.50		
Discus	8.00			10.00			15.00			20.70			27.00		
Shot Put	3.50			5.40			5.90			8.50			10.00		
Javelin	7.00			8.80			12.60			17.00			21.50		

CHERRYBROOK COLOURED PATCH ACHIEVEMENT AWARD RECORDING SHEET

**UNDER 13
GIRLS**

Performance standards for each event are displayed in the table below. To be awarded a coloured achievement patch you must equal or better the standards for that colour in either two(2) field and three(3) track events or two (2) track and three(3) field events. The coloured patches can only be earned in order eg yellow then green then red then blue and finally Gold. A result (however brilliant) can only be used once. Name: _____ 2011/12

BLUE + any 2 events

	YELLOW			GREEN			RED			BLUE			GOLD		
TRACK EVENT	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
100m	19.0			16.5			15.0			14.6			13.6		
200m	38.0			34.0			32.5			29.6			28.4		
400m	1.33.0			1.23.5			1.16.0			1.10.5			1.04.0		
800m	3.45.0			3.25.0			3.15.0			2.45.0			2.32.0		
1500m	7.40.0			6.55.0			6.35.0			5.50.0			5.15.0		
3000m	16.50.0			15.00.0			13.50.0			12.50.0			11.30.0		
80m Hurdles	23.0			20.9			18.8			15.3			14.0		
200m Hurdles	42.0			39.0			37.0			34.2			31.0		
FIELD EVENT															
Long Jump	3.00			3.40			3.80			4.30			4.65		
High Jump	1.00			1.10			1.20			1.30			1.42		
Triple Jump	6.30			7.00			7.80			8.80			9.60		
Discus	9.00			12.00			16.50			21.50			29.20		
Shot Put	3.80			5.20			6.80			9.00			10.20		
Javelin	8.20			11.50			15.90			20.00			26.50		

CHERRYBROOK COLOURED PATCH ACHIEVEMENT AWARD RECORDING SHEET

**UNDER 14
GIRLS**

Performance standards for each event are displayed in the table below. To be awarded a coloured achievement patch you must equal or better the standards for that colour in either two(2) field and three(3) track events or two(2) track and three(3) field events. The coloured patches can only be earned in order eg yellow then green then red then blue and finally Gold. A result (however brilliant) can only be used once.

Name: _____ 2011/12
BLUE + any 2 events

	YELLOW			GREEN			RED			BLUE			GOLD		
TRACK EVENT	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
100m	18.0			15.8			14.6			14.1			13.4		
200m	36.0			33.2			31.0			29.4			27.8		
400m	1.29.0			1.20.0			1.14.0			1.08.0			1.02.50		
800m	3.30.0			3.20.0			3.10.0			2.40.0			2.31.0		
1500m	7.10.0			6.40.0			6.25.0			5.40.0			5.08.0		
3000m	15.50.0			14.30.0			13.30.0			12.10.0			11.24..0		
80m Hurdles	22.0			19.8			17.8			15.2			13.6		
200m Hurdles	40.0			37.5			36.0			34.00			30.6		
FIELD EVENT															
Long Jump	3.20			3.50			3.90			4.40			4.90		
High Jump	1.05			1.15			1.25			1.40			1.50		
Triple Jump	6.70			7.80			8.90			9.40			10.00		
Discus	10.0			13.40			18.80			23.50			28.00		
Shot Put	4.10			5.80			7.00			9.50			10.40		
Javelin	9.50			13.40			17.60			21.00			27.00		

CHERRYBROOK COLOURED PATCH ACHIEVEMENT AWARD RECORDING SHEET

UNDER 15 GIRLS

Performance standards for each event are displayed in the table below. To be awarded a coloured achievement patch you must equal or better the standards for that colour in either two(2) field and three(3) track events or two(2) track and three(3) field events. The coloured patches can only be earned in order eg yellow then green then red then blue and finally Gold. A result (however brilliant) can only be used once

Name: _____ 2011/12

BLUE + any 2 events

	YELLOW			GREEN			RED			BLUE			GOLD		
TRACK EVENT	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
100m	17.0			15.3			14.3			13.8			13.2		
200m	35.5			32.5			30.0			29.1			27.6		
400m	1.27.0			1.19.5			1.13.5			1.06.0			1.02.0		
800m	3.20.0			3.15.0			3.05.0			2.38.0			2.30.0		
1500m	6.45.0			6.35.0			6.20.0			5.38.00			5.05.0		
3000m	14.40.0			14.00.0			13.20.0			12.08.0			11.20.0		
90m Hurdles	25.0			22.5			19.5			17.0			14.8		
200m Hurdles	39.5			36.5			34.5			33.5			30.5		
FIELD EVENT															
Long Jump	3.30			3.65			4.10			4.50			4.95		
High Jump	1.10			1.20			1.30			1.45			1.55		
Triple Jump	7.00			8.00			9.00			9.70			10.10		
Discus	10.50			14.00			19.70			24.00			29.00		
Shot Put	4.40			6.20			7.50			9.80			10.80		
Javelin	12.00			16.60			19.60			22.00			28.00		

CHERRYBROOK COLOURED PATCH ACHIEVEMENT AWARD RECORDING SHEET

UNDER 7 BOYS

Performance standards for each event are displayed in the table below.
 To be awarded a coloured achievement patch you must equal or better the standards for that colour in either one(1) field and two(2) track events or two (2) field and one (1) track event.
 The coloured patches can only be earned in order eg yellow then green then red then blue and finally Gold. A result (however brilliant) can only be used once.

Name: _____ 2011/12

BLUE + any 2 events

TRACK EVENT	YELLOW			GREEN			RED			BLUE			GOLD		
	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
50m	13.0			11.9			10.8			9.8			8.8		
70m	17.2			15.5			14.2			13.0			12.0		
100m	25.0			22.5			21.0			18.5			16.8		
200m	58.0			51.0			46.0			39.0			36.0		
500m	3.05.0			2.40.0			2.30.0			2.00.0			1.50.0		
FIELD EVENT															
Long Jump	1.50			2.00			2.30			2.60			3.10		
Discus	4.00			5.40			7.20			9.00			15.00		
Shot Put	2.20			2.70			3.80			4.80			6.30		

CHERRYBROOK COLOURED PATCH ACHIEVEMENT AWARD RECORDING SHEET

UNDER 8 BOYS

Performance standards for each event are displayed in the table below.
 To be awarded a coloured achievement patch you must equal or better the standards for that colour in either one(1) field and two(2) track events or two(2) field and one(1) track event.
 The coloured patches can only be earned in order eg yellow then green then red then blue and finally Gold. A result (however brilliant) can only be used once.

Name: _____ 2011/12

BLUE + any 2 events

TRACK EVENT	YELLOW			GREEN			RED			BLUE			GOLD		
	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
70m	16.5			14.5			13.0			11.9			11.0		
100m	23.5			20.0			18.5			16.5			15.6		
200m	55.0			45.0			42.0			36.2			33.4		
400m	1.55.0			1.41.0			1.32.0			1.24.0			1.16.0		
700m	4.00.0			3.42.0			3.25.0			2.49.0			2.30.0		
60m Hurdles	17.5			15.0			14.4			12.8			11.4		
FIELD EVENT															
Long Jump	2.10			2.50			2.85			3.20			3.65		
Discus	7.00			8.40			11.00			16.60			18.00		
Shot Put	2.60			3.50			4.50			5.90			7.00		

CHERRYBROOK COLOURED PATCH ACHIEVEMENT AWARD RECORDING SHEET

**UNDER 9
BOYS**

Performance standards for each event are displayed in the table below.

To be awarded a coloured achievement patch you must equal or better the standards for that colour in two(2) field and two(2) track events.

The coloured patches can only be earned in order eg yellow then green then red then blue and finally Gold. A result (however brilliant) can only be used once.

Name: _____ 2011/12

BLUE + any 2 events

TRACK EVENT	YELLOW			GREEN			RED			BLUE			GOLD		
	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
70m	15.0			13.0			11.8			11.00			10.4		
100m	22.0			19.0			17.5			15.6			15.0		
200m	47.0			42.0			38.0			32.6			31.0		
400m	1.47.0			1.35.0			1.25.0			1.18.0			1.11.0		
800m	4.05.0			3.42.0			3.32.0			2.58.0			2.45.0		
60m Hurdles	15.0			13.7			13.0			11.5			10.5		
FIELD EVENT															
Long Jump	2.30			2.85			3.25			3.50			3.95		
High Jump	0.75			0.85			0.95			1.05			1.20		
Discus	8.00			11.50			14.20			18.00			22.50		
Shot Put	3.00			3.80			4.90			6.10			7.50		

CHERRYBROOK COLOURED PATCH ACHIEVEMENT AWARD RECORDING SHEET

UNDER 10 BOYS

Performance standards for each event are displayed in the table below.
 To be awarded a coloured achievement patch you must equal or better the standards for that colour in two (2) field and two(2) track events.
 The coloured patches can only be earned in order eg yellow then green then red then blue and finally Gold. A result (however brilliant) can only be used once.

Name: _____ 2011/12

BLUE + any 2 events

TRACK EVENT	YELLOW			GREEN			RED			BLUE			GOLD		
	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
70m	14.0			12.2			11.5			10.8			10.2		
100m	19.5			18.0			16.5			15.3			14.4		
200m	45.0			39.5			35.7			32.0			30.0		
400m	1.42.0			1.30.0			1.21.0			1.15.0			1.08.0		
800m	4.00.0			3.40.0			3.26.0			2.52.0			2.38.0		
1500m	8.10.0			7.10.0			6.40.0			5.48.0			5.20.0		
60m Hurdles	16.0			14.2			13.3			11.8			10.7		
FIELD EVENT															
Long Jump	2.50			3.00			3.45			3.95			4.20		
High Jump	0.85			0.95			1.10			1.20			1.25		
Discus	9.00			13.60			16.00			22.50			28.00		
Shot Put	3.40			4.40			6.00			7.30			8.60		

CHERRYBROOK COLOURED PATCH ACHIEVEMENT AWARD RECORDING SHEET

**UNDER 11
BOYS**

Performance standards for each event are displayed in the table below.

To be awarded a coloured achievement patch you must equal or better the standards for that colour in either two(2) field and three(3) track events or two(2) track and three(3) field events.

The coloured patches can only be earned in order eg yellow then green then red then blue and finally Gold. A result (however brilliant) can only be used once.

Name: _____ 2011/12

BLUE + any 2 events

	YELLOW			GREEN			RED			BLUE			GOLD		
TRACK EVENT	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
100m	18.5			17.0			16.0			14.7			13.8		
200m	42.0			37.8			34.5			31.0			28.5		
400m	1.38.0			1.28.0			1.19.0			1.13.0			1.05.0		
800m	3.45.0			3.30.0			3.10.0			2.42.0			2.26.0		
1500m	7.50.0			7.05.0			6.38.0			5.40.0			5.08.0		
60m Hurdles	15.5			13.7			12.8			11.5			10.2		
FIELD EVENT															
Long Jump	2.70			3.10			3.55			4.10			4.50		
High Jump	0.90			1.05			1.15			1.25			1.40		
Triple Jump	5.85			6.50			7.40			8.60			9.50		
Discus	9.00			12.50			16.00			21.50			28.00		
Shot Put	3.80			5.00			6.50			8.50			10.50		

CHERRYBROOK COLOURED PATCH ACHIEVEMENT AWARD RECORDING SHEET

**UNDER 12
BOYS**

Performance standards for each event are displayed in the table below. To be awarded a coloured achievement patch you must equal or better the standards for that colour in either two(2) field and three(3) track events or two(2) track and three(3) field events. The coloured patches can only be earned in order eg yellow then green then red then blue and finally Gold. A result (however brilliant) can only be used once.

Name: _____ 2011/12

BLUE + any 2 events

TRACK EVENT	YELLOW			GREEN			RED			BLUE			GOLD		
	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
100m	18.0			16.5			15.3			13.8			13.3		
200m	40.0			35.0			33.6			30.2			28.2		
400m	1.33.0			1.25.0			1.16.0			1.10.0			1.02.5		
800m	3.40.0			3.25.0			3.12.0			2.40.0			2.30.0		
1500m	7.30.0			6.50.0			6.35.0			5.30.0			5.08.0		
60m Hurdles	15.0			13.9			12.8			11.2			10.2		
FIELD EVENT															
Long Jump	3.00			3.45			3.90			4.30			4.85		
High Jump	0.95			1.10			1.20			1.35			1.45		
Triple Jump	6.00			7.00			7.75			9.10			9.90		
Discus	9.50			14.00			18.00			24.00			30.00		
Shot Put	4.00			5.50			6.00			8.00			9.80		
Javelin	8.00			11.00			15.00			20.50			28.00		

CHERRYBROOK COLOURED PATCH ACHIEVEMENT AWARD RECORDING SHEET

UNDER 13 BOYS

Performance standards for each event are displayed in the table below. To be awarded a coloured achievement patch you must equal or better the standards for that colour in either two(2) field and three(3) track events or two(2) track and three(3) field events. The coloured patches can only be earned in order eg yellow then green then red then blue and finally Gold. A result (however brilliant) can only be used once.

Name: _____ 2011/12

BLUE + any 2 events

	YELLOW			GREEN			RED			BLUE			GOLD		
TRACK EVENT	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
100m	17.5			16.0			14.5			13.6			12.8		
200m	37.0			34.0			32.0			28.8			25.9		
400m	1.30.0			1.22.0			1.12.0			1.04.0			59.8		
800m	3.30.0			3.15.0			3.05.0			2.40.0			2.22.5		
1500m	7.10.0			6.40.0			6.10.0			5.30.0			5.06.0		
3000m	16.00.0			14.00.0			13.00.0			12.00.0			10.50.0		
80m Hurdles	21.0			18.5			16.8			15.0			13.5		
200m Hurdles	40.0			37.5			35.0			33.0			29.6		
FIELD EVENT															
Long Jump	3.10			3.55			4.00			4.50			5.10		
High Jump	1.05			1.15			1.25			1.40			1.50		
Triple Jump	6.30			7.50			8.20			9.80			10.20		
Discus	10.00			14.00			18.50			26.00			32.00		
Shot Put	4.30			5.50			7.20			9.90			11.20		
Javelin	9.00			12.00			16.50			23.00			30.00		

CHERRYBROOK COLOURED PATCH ACHIEVEMENT AWARD RECORDING SHEET

UNDER 14 BOYS

Performance standards for each event are displayed in the table below. To be awarded a coloured achievement patch you must equal or better the standards for that colour in either two(2) field and three(3) track events or two(2) track and three(3) field events. The coloured patches can only be earned in order eg yellow then green then red then blue and finally Gold. A result (however brilliant) can only be used once.

Name: _____ 2011/12
BLUE + any 2 events

	YELLOW			GREEN			RED			BLUE			GOLD		
TRACK EVENT	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
100m	17.0			15.5			13.8			12.9			12.4		
200m	35.5			33.0			29.9			27.5			25.2		
400m	1.28.0			1.20.0			1.10.0			1.03.0			57.8		
800m	3.20.0			3.05.0			2.50.0			2.30.0			2.15.0		
1500m	6.50.0			6.30.0			6.00.0			5.15.0			4.45.0		
3000m	15.00.0			13.50.0			12.50.0			11.10.0			10.30.0		
90m Hurdles	22.0			19.5			17.8			15.4			13.8		
200m Hurdles	38.5			36.0			33.0			31.0			28.5		
FIELD EVENT															
Long Jump	3.40			3.95			4.30			4.80			5.20		
High Jump	1.10			1.20			1.35			1.45			1.60		
Triple Jump	7.00			8.00			9.00			9.50			11.00		
Discus	12.00			16.00			24.00			30.00			38.00		
Shot Put	4.40			6.00			8.10			10.00			11.50		
Javelin	10.00			15.00			22.00			28.00			35.00		

CHERRYBROOK COLOURED PATCH ACHIEVEMENT AWARD RECORDING SHEET

**UNDER 15
BOYS**

Performance standards for each event are displayed in the table below. To be awarded a coloured achievement patch you must equal or better the standards for that colour in either two(2) field and three(3) track events or two(2) track and three(3) field events. and finally Gold. A result (however brilliant) can only be used once.

Name: _____ 2011/12

BLUE + any 2 events

	YELLOW			GREEN			RED			BLUE			GOLD		
TRACK EVENT	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
100m	16.5			15.1			13.9			12.3			11.9		
200m	34.5			32.0			29.5			24.8			24.0		
400m	1.26.0			1.18.0			1.08.0			1.00.0			55.0		
800m	3.10.0			2.55.0			2.45.0			2.24.0			2.10.0		
1500m	6.30.0			6.00.0			5.30.0			5.10.0			4.30.0		
3000m	14.30.0			13.20.0			12.10.0			11.00.0			10.10.0		
100m Hurdles	24.0			20.0			18.0			16.5			14.2		
200m Hurdles	37.0			34.5			32.0			30.5			27.0		
FIELD EVENT															
Long Jump	3.60			4.25			4.70			5.20			5.90		
High Jump	1.15			1.25			1.40			1.60			1.70		
Triple Jump	7.50			8.60			9.90			10.30			12.00		
Discus	15.00			18.00			26.00			34.00			43.00		
Shot Put	4.70			7.00			9.10			11.00			13.00		
Javelin	13.00			18.50			25.00			32.00			43.00		