



COLOURED PATCHES – Girls

Coloured Patches were introduced to encourage and reward ‘all-rounder’ performance in the U7 to U15 age groups.

They are not intended to reward individual excellence in ‘pet’ events, but to encourage athletes to ‘have a go’ and improve their performances across as many events as they can in both track and field.

Results can be achieved at any Cherrybrook club event, and all LANSW or ANSW sanctioned events where the results are online and can be verified. Each result can only be used once.

What each Coloured Patch represents

Yellow – All (or at least most) athletes should be able to achieve this patch

Green – Entry to Zone standard

Red – Qualify to Region standard

Blue – Qualify to State standard

Gold – State final potential standard.



U7 GIRLS COLOURED PATCH ACHIEVEMENT AWARDS 2023/24

Name: _____

To attain a coloured patch, athletes must equal or better the standards for that colour **in 2 track and 1 field event OR 1 track and 2 field events.**

Results can be achieved at any Cherrybrook club event, and all LANSW or ANSW sanctioned events where the results are online and can be verified. Each result can only be used once.

Athletes must achieve/complete the coloured patches in order, regardless of performance. A result can only be used once.

| | YELLOW | | | GREEN | | | RED | | | BLUE | | | GOLD (any 2 events) | | |
|--------------------|----------|----------|------|----------|----------|------|----------|----------|------|----------|----------|------|---------------------|----------|------|
| TRACK EVENT | Required | Achieved | Date | Required | Achieved | Date | Required | Achieved | Date | Required | Achieved | Date | Required | Achieved | Date |
| 50m | 14.50 | | | 12.00 | | | 11.20 | | | 10.20 | | | 9.60 | | |
| 70m | 19.50 | | | 16.30 | | | 15.50 | | | 13.60 | | | 12.80 | | |
| 100m | 28.50 | | | 23.50 | | | 22.10 | | | 19.70 | | | 18.70 | | |
| 200m | 1.02.60 | | | 52.00 | | | 47.80 | | | 41.60 | | | 38.60 | | |
| 500m | 3.15.00 | | | 2.42.00 | | | 2.38.00 | | | 2.22.00 | | | 2.10.00 | | |
| FIELD EVENT | | | | | | | | | | | | | | | |
| Long Jump | 1.30 | | | 1.80 | | | 2.10 | | | 2.40 | | | 2.80 | | |
| Discus | 3.40 | | | 4.90 | | | 7.00 | | | 8.00 | | | 10.00 | | |
| Shot Put | 1.90 | | | 2.50 | | | 3.20 | | | 3.80 | | | 4.30 | | |



U8 GIRLS COLOURED PATCH ACHIEVEMENT AWARDS 2023/24

Name: _____

To attain a coloured patch, athletes must equal or better the standards for that colour in **2 track and 1 field** event OR **1 track and 2 field** events.

Results can be achieved at any Cherrybrook club event, and all LANSW or ANSW sanctioned events where the results are online and can be verified. Each result can only be used once.

Athletes must achieve/complete the coloured patches in order, regardless of performance. A result can only be used once.

| | YELLOW | | | GREEN | | | RED | | | BLUE | | | GOLD (any 2 events) | | |
|--------------------|----------|----------|------|----------|----------|------|----------|----------|------|----------|----------|------|---------------------|----------|------|
| TRACK EVENT | Required | Achieved | Date | Required | Achieved | Date | Required | Achieved | Date | Required | Achieved | Date | Required | Achieved | Date |
| 70m | 17.10 | | | 15.80 | | | 13.80 | | | 12.90 | | | 12.40 | | |
| 100m | 25.00 | | | 22.50 | | | 19.50 | | | 18.00 | | | 17.00 | | |
| 200m | 58.50 | | | 47.70 | | | 44.50 | | | 38.60 | | | 35.60 | | |
| 400m | 2.01.00 | | | 1.49.00 | | | 1.44.00 | | | 1.26.50 | | | 1.18.00 | | |
| 700m | 4.21.00 | | | 3.54.0 | | | 3.25.00 | | | 2.55.00 | | | 2.37.00 | | |
| 60m Hurdles | 19.00 | | | 16.50 | | | 15.40 | | | 13.50 | | | 12.80 | | |
| FIELD EVENT | | | | | | | | | | | | | | | |
| Long Jump | 1.40 | | | 2.10 | | | 2.60 | | | 2.80 | | | 3.40 | | |
| Discus | 3.40 | | | 5.30 | | | 8.00 | | | 10.00 | | | 16.00 | | |
| Shot Put | 2.00 | | | 2.60 | | | 3.60 | | | 4.30 | | | 5.80 | | |



U9 GIRLS COLOURED PATCH ACHIEVEMENT AWARDS 2023/24

Name: _____

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

Results can be achieved at any Cherrybrook club event, and all LANSW or ANSW sanctioned events where the results are online and can be verified. Each result can only be used once.

Athletes must achieve/complete the coloured patches in order, regardless of performance. A result can only be used once.

| | YELLOW | | | GREEN | | | RED | | | BLUE | | | GOLD (any 2 events) | | |
|--------------------|----------|----------|------|----------|----------|------|----------|----------|------|----------|----------|------|---------------------|----------|------|
| TRACK EVENT | Required | Achieved | Date | Required | Achieved | Date | Required | Achieved | Date | Required | Achieved | Date | Required | Achieved | Date |
| 70m | 16.50 | | | 14.10 | | | 13.30 | | | 12.40 | | | 11.20 | | |
| 100m | 24.00 | | | 19.80 | | | 18.00 | | | 17.30 | | | 15.60 | | |
| 200m | 54.00 | | | 43.00 | | | 39.80 | | | 36.30 | | | 32.80 | | |
| 400m | 1.59.00 | | | 1.42.00 | | | 1.34.00 | | | 1.22.40 | | | 1.15.60 | | |
| 800m | 4.30.00 | | | 3.55.00 | | | 3.35.00 | | | 3.06.00 | | | 2.55.00 | | |
| 700m Walk | 6.48.00 | | | 6.27.00 | | | 5.50.00 | | | 5.00.00 | | | 4.23.00 | | |
| 60m Hurdles | 18.50 | | | 14.20 | | | 13.70 | | | 12.20 | | | 11.30 | | |
| FIELD EVENT | | | | | | | | | | | | | | | |
| Long Jump | 1.85 | | | 2.55 | | | 3.00 | | | 3.20 | | | 3.50 | | |
| High Jump | 0.65 | | | 0.80 | | | 0.90 | | | 0.95 | | | 1.05 | | |
| Discus | 3.60 | | | 7.00 | | | 10.00 | | | 13.00 | | | 19.50 | | |
| Shot Put | 2.20 | | | 2.80 | | | 3.90 | | | 5.00 | | | 6.15 | | |



U10 GIRLS COLOURED PATCH ACHIEVEMENT AWARDS 2023/24

Name: _____

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

Results can be achieved at any Cherrybrook club event, and all LANSW or ANSW sanctioned events where the results are online and can be verified. Each result can only be used once.

Athletes must achieve/complete the coloured patches in order, regardless of performance. A result can only be used once.

| | YELLOW | | | GREEN | | | RED | | | BLUE | | | GOLD (any 2 events) | | |
|--------------------|----------|----------|------|----------|----------|------|----------|----------|------|----------|----------|------|---------------------|----------|------|
| TRACK EVENT | Required | Achieved | Date | Required | Achieved | Date | Required | Achieved | Date | Required | Achieved | Date | Required | Achieved | Date |
| 70m | 15.30 | | | 13.20 | | | 12.60 | | | 12.00 | | | 10.70 | | |
| 100m | 22.00 | | | 19.00 | | | 17.60 | | | 16.20 | | | 15.10 | | |
| 200m | 48.50 | | | 42.00 | | | 39.00 | | | 35.30 | | | 31.00 | | |
| 400m | 1.58.00 | | | 1.35.00 | | | 1.30.00 | | | 1.18.00 | | | 1.11.40 | | |
| 800m | 4.28.00 | | | 3.42.00 | | | 3.25.00 | | | 2.58.00 | | | 2.40.50 | | |
| 1100m Walk | 9.20.00 | | | 8.40.00 | | | 8.20.00 | | | 7.20.00 | | | 6.25.00 | | |
| 60m Hurdles | 20.50 | | | 15.00 | | | 14.00 | | | 12.50 | | | 11.50 | | |
| FIELD EVENT | | | | | | | | | | | | | | | |
| Long Jump | 2.30 | | | 2.70 | | | 3.15 | | | 3.50 | | | 3.85 | | |
| High Jump | 0.75 | | | 0.90 | | | 1.00 | | | 1.05 | | | 1.15 | | |
| Discus | 5.00 | | | 9.00 | | | 14.00 | | | 16.80 | | | 22.50 | | |
| Shot Put | 2.40 | | | 4.00 | | | 4.80 | | | 5.50 | | | 7.50 | | |



U11 GIRLS - COLOURED PATCH ACHIEVEMENT AWARDS 2023/24

Name: _____

To attain a coloured patch, athletes must equal or better the standards for that colour in 3 track and 2 field events OR 2 track and 3 field events.

Results can be achieved at any Cherrybrook club event, and all LANSW or ANSW sanctioned events where the results are online and can be verified. Each result can only be used once.

Athletes must achieve/complete the coloured patches in order, regardless of performance. A result can only be used once.

| | YELLOW | | | GREEN | | | RED | | | BLUE | | | GOLD (any 2 events) | | |
|-------------|----------|----------|------|----------|----------|------|----------|----------|------|----------|----------|------|---------------------|----------|------|
| TRACK EVENT | Required | Achieved | Date | Required | Achieved | Date | Required | Achieved | Date | Required | Achieved | Date | Required | Achieved | Date |
| 100m | 21.00 | | | 17.80 | | | 16.80 | | | 16.00 | | | 14.30 | | |
| 200m | 47.50 | | | 41.00 | | | 35.00 | | | 33.00 | | | 29.20 | | |
| 400m | 1.54.00 | | | 1.31.50 | | | 1.28.50 | | | 1.15.00 | | | 1.08.00 | | |
| 800m | 4.15.00 | | | 3.44.00 | | | 3.28.00 | | | 2.54.00 | | | 2.38.00 | | |
| 1500m | 9.00.00 | | | 8.00.00 | | | 7.25.00 | | | 5.52.00 | | | 5.25.50 | | |
| 1100m Walk | 11.00.00 | | | 8.30.00 | | | 8.00.00 | | | 7.10.00 | | | 6.20.00 | | |
| 80m Hurdles | 25.00 | | | 22.20 | | | 20.00 | | | 16.00 | | | 14.80 | | |
| FIELD EVENT | | | | | | | | | | | | | | | |
| Long Jump | 2.40 | | | 2.80 | | | 3.50 | | | 3.70 | | | 4.20 | | |
| High Jump | 0.90 | | | 1.00 | | | 1.10 | | | 1.15 | | | 1.20 | | |
| Triple Jump | 5.40 | | | 6.10 | | | 6.80 | | | 7.60 | | | 8.80 | | |
| Discus | 5.85 | | | 9.50 | | | 15.00 | | | 20.00 | | | 25.00 | | |
| Shot Put | 3.00 | | | 4.50 | | | 5.80 | | | 7.20 | | | 9.30 | | |
| Javelin | 5.00 | | | 6.80 | | | 9.00 | | | 12.50 | | | 18.50 | | |



U12 GIRLS COLOURED PATCH ACHIEVEMENT AWARDS 2023/24

Name: _____

To attain a coloured patch, athletes must equal or better the standards for that colour in 3 track and 2 field events OR 2 track and 3 field events.

Results can be achieved at any Cherrybrook club event, and all LANSW or ANSW sanctioned events where the results are online and can be verified. Each result can only be used once.

Athletes must achieve/complete the coloured patches in order, regardless of performance. A result can only be used once.

| | YELLOW | | | GREEN | | | RED | | | BLUE | | | GOLD (any 2 events) | | |
|---------------------|----------|----------|------|----------|----------|------|----------|----------|------|----------|----------|------|---------------------|----------|------|
| TRACK EVENT | Required | Achieved | Date | Required | Achieved | Date | Required | Achieved | Date | Required | Achieved | Date | Required | Achieved | Date |
| 100m | 20.00 | | | 17.40 | | | 16.10 | | | 14.90 | | | 13.80 | | |
| 200m | 41.00 | | | 37.00 | | | 33.80 | | | 31.20 | | | 28.40 | | |
| 400m | 1.41.00 | | | 1.30.50 | | | 1.22.40 | | | 1.12.00 | | | 1.06.00 | | |
| 800m | 4.01.00 | | | 3.42.00 | | | 3.26.50 | | | 2.46.00 | | | 2.36.60 | | |
| 1500m | 8.45.00 | | | 7.30.00 | | | 6.50.00 | | | 5.50.00 | | | 5.18.00 | | |
| 1500m Walk | 12.00.00 | | | 11.30.00 | | | 11.00.00 | | | 9.50.00 | | | 8.50.00 | | |
| 80m Hurdles | 24.00 | | | 21.50 | | | 18.50 | | | 15.70 | | | 14.30 | | |
| FIELD EVENTS | | | | | | | | | | | | | | | |
| Long Jump | 2.70 | | | 3.30 | | | 3.70 | | | 4.00 | | | 4.25 | | |
| High Jump | 0.95 | | | 1.10 | | | 1.20 | | | 1.25 | | | 1.30 | | |
| Triple Jump | 5.80 | | | 6.50 | | | 7.80 | | | 8.40 | | | 9.05 | | |
| Discus | 8.00 | | | 11.00 | | | 16.00 | | | 20.70 | | | 27.00 | | |
| Shot Put | 3.10 | | | 5.40 | | | 6.25 | | | 8.00 | | | 10.00 | | |
| Javelin | 7.00 | | | 9.00 | | | 13.20 | | | 17.00 | | | 21.50 | | |



U13 GIRLS COLOURED PATCH ACHIEVEMENT AWARDS 2023/24

Name: _____

To attain a coloured patch, athletes must equal or better the standards for that colour in 3 track and 2 field events OR 2 track and 3 field events.

Results can be achieved at any Cherrybrook club event, and all LANSW or ANSW sanctioned events where the results are online and can be verified. Each result can only be used once.

Athletes must achieve/complete the coloured patches in order, regardless of performance. A result can only be used once.

| | YELLOW | | | GREEN | | | RED | | | BLUE | | | GOLD (any 2 events) | | |
|--------------------|----------|----------|------|----------|----------|------|----------|----------|------|----------|----------|------|---------------------|----------|------|
| TRACK EVENT | Required | Achieved | Date | Required | Achieved | Date | Required | Achieved | Date | Required | Achieved | Date | Required | Achieved | Date |
| 100m | 19.00 | | | 17.20 | | | 15.60 | | | 14.40 | | | 13.60 | | |
| 200m | 39.00 | | | 35.00 | | | 33.00 | | | 30.00 | | | 28.00 | | |
| 400m | 1.37.00 | | | 1.25.00 | | | 1.19.50 | | | 1.10.50 | | | 1.04.60 | | |
| 800m | 3.48.00 | | | 3.26.00 | | | 3.15.00 | | | 2.45.60 | | | 2.32.50 | | |
| 1500m | 8.00.00 | | | 7.15.00 | | | 6.30.00 | | | 5.48.00 | | | 5.16.00 | | |
| 3000m | 17.00.00 | | | 15.30.00 | | | 13.30.00 | | | 12.50.00 | | | 11.45.00 | | |
| 1500m Walk | 11.25.00 | | | 11.00.00 | | | 10.45.00 | | | 9.40.00 | | | 8.37.00 | | |
| 80m Hurdles | 23.00 | | | 21.30 | | | 20.10 | | | 16.00 | | | 14.00 | | |
| 200m Hurdle | 43.00 | | | 40.00 | | | 37.00 | | | 34.60 | | | 32.20 | | |
| FIELD EVENT | | | | | | | | | | | | | | | |
| Long Jump | 2.85 | | | 3.35 | | | 3.95 | | | 4.25 | | | 4.45 | | |
| High Jump | 1.00 | | | 1.15 | | | 1.20 | | | 1.30 | | | 1.42 | | |
| Triple Jump | 6.10 | | | 7.40 | | | 8.30 | | | 9.00 | | | 9.60 | | |
| Discus | 8.80 | | | 11.90 | | | 18.00 | | | 22.00 | | | 30.50 | | |
| ShotPut | 3.80 | | | 5.50 | | | 6.45 | | | 8.40 | | | 9.60 | | |
| Javelin | 8.20 | | | 11.50 | | | 15.90 | | | 21.00 | | | 26.50 | | |



U14 GIRLS COLOURED PATCH ACHIEVEMENT AWARDS 2023/24

Name: _____

To attain a coloured patch, athletes must equal or better the standards for that colour in **3 track and 2 field** events OR **2 track and 3 field** events.

Results can be achieved at any Cherrybrook club event, and all LANSW or ANSW sanctioned events where the results are online and can be verified. Each result can only be used once.

Athletes must achieve/complete the coloured patches in order, regardless of performance. A result can only be used once.

| | YELLOW | | | GREEN | | | RED | | | BLUE | | | GOLD (any 2 events) | | |
|--------------------|----------|----------|------|----------|----------|------|----------|----------|------|----------|----------|------|---------------------|----------|------|
| TRACK EVENT | Required | Achieved | Date | Required | Achieved | Date | Required | Achieved | Date | Required | Achieved | Date | Required | Achieved | Date |
| 100m | 18.00 | | | 16.40 | | | 15.30 | | | 14.10 | | | 13.40 | | |
| 200m | 37.00 | | | 34.70 | | | 31.00 | | | 29.80 | | | 27.80 | | |
| 400m | 1.32.00 | | | 1.24.40 | | | 1.18.00 | | | 1.09.40 | | | 1.02.70 | | |
| 800m | 3.39.00 | | | 3.26.00 | | | 3.10.00 | | | 2.45.00 | | | 2.30.00 | | |
| 1500m | 7.45.00 | | | 7.00.00 | | | 6.29.00 | | | 5.46.00 | | | 5.12.00 | | |
| 3000m | 16.50.00 | | | 15.00.00 | | | 13.00.00 | | | 12.40.00 | | | 11.42.00 | | |
| 1500m Walk | 11.20.00 | | | 10.55.00 | | | 10.30.00 | | | 9.36.00 | | | 8.35.00 | | |
| 80m Hurdles | 22.00 | | | 20.40 | | | 18.30 | | | 14.60 | | | 13.90 | | |
| 200m Hurdles | 42.60 | | | 39.50 | | | 36.80 | | | 34.00 | | | 31.60 | | |
| FIELD EVENT | | | | | | | | | | | | | | | |
| Long Jump | 3.05 | | | 3.50 | | | 4.00 | | | 4.40 | | | 4.80 | | |
| High Jump | 1.05 | | | 1.20 | | | 1.25 | | | 1.40 | | | 1.45 | | |
| Triple Jump | 6.50 | | | 7.70 | | | 8.90 | | | 9.30 | | | 10.00 | | |
| Discus | 9.80 | | | 13.00 | | | 18.20 | | | 23.00 | | | 28.00 | | |
| Shot Put | 4.10 | | | 5.60 | | | 6.50 | | | 8.50 | | | 10.00 | | |
| Javelin | 9.50 | | | 12.00 | | | 16.00 | | | 22.20 | | | 27.00 | | |



U15 GIRLS COLOURED PATCH ACHIEVEMENT AWARDS 2023/24

Name: _____

To attain a coloured patch, athletes must equal or better the standards for that colour in 3 track and 2 field events OR 2 track and 3 field events.

Results can be achieved at any Cherrybrook club event, and all LANSW or ANSW sanctioned events where the results are online and can be verified. Each result can only be used once.

Athletes must achieve/complete the coloured patches in order, regardless of performance. A result can only be used once.

| | YELLOW | | | GREEN | | | RED | | | BLUE | | | GOLD (any 2 events) | | |
|--------------------|----------|----------|------|----------|----------|------|----------|----------|------|----------|----------|------|---------------------|----------|------|
| TRACK EVENT | Required | Achieved | Date | Required | Achieved | Date | Required | Achieved | Date | Required | Achieved | Date | Required | Achieved | Date |
| 100m | 17.00 | | | 16.20 | | | 15.00 | | | 14.00 | | | 13.30 | | |
| 200m | 35.50 | | | 33.00 | | | 30.80 | | | 29.30 | | | 27.50 | | |
| 400m | 1.30.00 | | | 1.23.80 | | | 1.17.50 | | | 1.07.40 | | | 1.02.50 | | |
| 800m | 3.36.00 | | | 3.18.00 | | | 3.05.00 | | | 2.43.00 | | | 2.29.00 | | |
| 1500m | 7.30.00 | | | 6.55.00 | | | 6.25.00 | | | 5.38.00 | | | 5.10.50 | | |
| 3000m | 16.20.00 | | | 14.30.00 | | | 12.30.00 | | | 11.55.00 | | | 11.44.00 | | |
| 1500m Walk | 10.50.00 | | | 10.30.00 | | | 10.15.00 | | | 9.20.00 | | | 8.19.00 | | |
| 90m Hurdles | 25.00 | | | 23.00 | | | 20.00 | | | 16.80 | | | 14.80 | | |
| 300m Hurdles | 1.10.00 | | | 1.06.50 | | | 1.02.00 | | | 53.80 | | | 51.00 | | |
| FIELD EVENT | | | | | | | | | | | | | | | |
| Long Jump | 3.15 | | | 3.60 | | | 4.05 | | | 4.40 | | | 4.80 | | |
| High Jump | 1.10 | | | 1.20 | | | 1.25 | | | 1.40 | | | 1.45 | | |
| Triple Jump | 6.80 | | | 7.90 | | | 9.00 | | | 9.40 | | | 10.20 | | |
| Discus | 10.30 | | | 14.00 | | | 19.00 | | | 24.50 | | | 29.00 | | |
| Shot Put | 4.40 | | | 5.80 | | | 7.25 | | | 9.40 | | | 10.35 | | |
| Javelin | 12.00 | | | 15.40 | | | 19.60 | | | 25.00 | | | 28.00 | | |