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 2026/27

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 2026/27

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			12.30		
100m	25.00			22.50			19.50			18.00			17.00		
200m	58.50			47.70			44.50			38.60			37.00		
400m	2.01.00			1.49.00			1.44.00			1.26.50			1.23.00		
700m	4.21.00			3.54.0			3.25.00			2.55.00			2.45.00		
60m Hurdles	19.00			16.50			15.40			13.50			12.65		
FIELD EVENT															
Long Jump	1.40			2.10			2.60			2.80			3.30		
Discus	3.40			5.30			8.00			10.00			14.00		
Shot Put	2.00			2.60			3.60			4.30			5.40		

U9 GIRLS COLOURED PATCH ACHIEVEMENT AWARDS 2026/27

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			11.15		
100m	24.00			19.80			18.00			17.30			15.45		
200m	54.00			43.00			39.80			36.30			32.30		
400m	1.59.00			1.42.00			1.34.00			1.22.40			1.13.60		
800m	4.30.00			3.55.00			3.35.00			3.06.00			2.49.60		
700m Walk	6.48.00			6.27.00			5.50.00			5.00.00			4.01.00		
60m Hurdles	18.50			14.20			13.70			12.20			11.50		
FIELD EVENT															
Long Jump	1.85			2.55			3.00			3.20			3.55		
High Jump	0.65			0.80			0.90			0.95			1.05		
Discus	3.60			7.00			10.00			13.00			18.50		
Shot Put	2.20			2.80			3.90			5.00			5.95		

U10 GIRLS COLOURED PATCH ACHIEVEMENT AWARDS 2026/27

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			14.65		
200m	48.50			42.00			39.00			35.30			31.10		
400m	1.58.00			1.35.00			1.30.00			1.18.00			1.11.00		
800m	4.28.00			3.42.00			3.25.00			2.58.00			2.43.50		
1100m Walk	9.20.00			8.40.00			8.20.00			7.20.00			6.21.00		
60m Hurdles	20.50			15.00			14.00			12.50			10.90		
FIELD EVENT															
Long Jump	2.30			2.70			3.15			3.50			3.75		
High Jump	0.75			0.90			1.00			1.05			1.15		
Discus	5.00			9.00			14.00			16.80			25.60		
Shot Put	2.40			4.00			4.80			5.50			7.90		

U11 GIRLS - COLOURED PATCH ACHIEVEMENT AWARDS 2026/27

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			14.40		
200m	47.50			41.00			35.00			33.00			29.90		
400m	1.54.00			1.31.50			1.28.50			1.15.00			1.06.90		
800m	4.15.00			3.44.00			3.28.00			2.54.00			2.33.50		
1500m	9.00.00			8.00.00			7.25.00			5.52.00			5.14.50		
1100m Walk	11.00.00			8.30.00			8.00.00			7.10.00			6.03.00		
80m Hurdles	25.00			22.20			20.00			16.00			13.50		
FIELD EVENT															
Long Jump	2.40			2.80			3.50			3.70			4.13		
High Jump	0.90			1.00			1.10			1.15			1.30		
Triple Jump	5.40			6.10			6.80			7.60			8.70		
Discus	5.85			9.50			15.00			20.00			28.00		
Shot Put	3.00			4.50			5.80			7.20			8.75		
Javelin	5.00			6.80			9.00			12.50			19.00		

U12 GIRLS COLOURED PATCH ACHIEVEMENT AWARDS 2026/27

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			13.30		
200m	41.00			37.00			33.80			31.20			27.85		
400m	1.41.00			1.30.50			1.22.40			1.12.00			1.04.00		
800m	4.01.00			3.42.00			3.26.50			2.46.00			2.27.60		
1500m	8.45.00			7.30.00			6.50.00			5.50.00			4.58.00		
1500m Walk	12.00.00			11.30.00			11.00.00			9.50.00			8.35.00		
80m Hurdles	24.00			21.50			18.50			15.70			13.80		
FIELD EVENTS															
Long Jump	2.70			3.30			3.70			4.00			4.50		
High Jump	0.95			1.10			1.20			1.25			1.40		
Triple Jump	5.80			6.50			7.80			8.40			9.65		
Discus	8.00			11.00			16.00			20.70			27.30		
Shot Put	3.10			5.40			6.25			8.00			9.80		
Javelin	7.00			9.00			13.20			17.00			23.50		

U13 GIRLS COLOURED PATCH ACHIEVEMENT AWARDS 2026/27

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			13.15		
200m	39.00			35.00			33.00			30.00			27.40		
00m	1.37.00			1.25.00			1.19.50			1.10.50			1.01.60		
800m	3.48.00			3.26.00			3.15.00			2.45.60			2.22.50		
1500m	8.00.00			7.15.00			6.30.00			5.48.00			4.59.80		
3000m	17.00.00			15.30.00			13.30.00			12.50.00			10.45.00		
1500m Walk	11.25.00			11.00.00			10.45.00			9.40.00			8.38.00		
80m Hurdles	23.00			21.30			20.10			16.00			13.25		
200m Hurdle	43.00			40.00			37.00			34.60			30.30		
FIELD EVENT															
Long Jump	2.85			3.35			3.95			4.25			4.65		
High Jump	1.00			1.15			1.20			1.30			1.50		
Triple Jump	6.10			7.40			8.30			9.00			10.20		
Discus	8.80			11.90			18.00			22.00			30.00		
ShotPut	3.80			5.50			6.45			8.40			9.60		
Javelin	8.20			11.50			15.90			21.00			28.20		

U14 GIRLS COLOURED PATCH ACHIEVEMENT AWARDS 2026/27

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			12.75		
200m	37.00			34.70			31.00			29.80			27.80		
400m	1.32.00			1.24.40			1.18.00			1.09.40			1.00.00		
800m	3.39.00			3.26.00			3.10.00			2.45.00			2.20.00		
1500m	7.45.00			7.00.00			6.29.00			5.46.00			4.55.00		
3000m	16.50.00			15.00.00			13.00.00			12.40.00			10.40.00		
1500m Walk	11.20.00			10.55.00			10.30.00			9.36.00			8.30.00		
90m Hurdles	25.00			22.40			19.60			16.90			14.40		
300m Hurdles	112.60			108.50			59.80			54.50			50.60		
FIELD EVENT															
Long Jump	3.05			3.50			4.00			4.40			4.75		
High Jump	1.05			1.20			1.25			1.40			1.50		
Triple Jump	6.50			7.70			8.90			9.30			10.40		
Discus	9.80			13.00			18.20			23.00			30.00		
Shot Put	4.10			5.60			6.50			8.50			10.95		
Javelin	9.50			12.00			16.00			22.20			30.40		

U15 GIRLS COLOURED PATCH ACHIEVEMENT AWARDS 2026/27

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			13.00		
200m	35.50			33.00			30.80			29.30			26.90		
400m	1.30.00			1.23.80			1.17.50			1.07.40			1.01.50		
800m	3.36.00			3.18.00			3.05.00			2.43.00			2.20.00		
1500m	7.30.00			6.55.00			6.25.00			5.38.00			4.48.50		
3000m	16.20.00			14.30.00			12.30.00			11.55.00			10.44.00		
1500m Walk	10.50.00			10.30.00			10.15.00			9.20.00			8.40.00		
90m Hurdles	25.00			23.00			20.00			16.80			14.10		
300m Hurdles	1.10.00			1.06.50			1.02.00			53.80			48.00		
FIELD EVENT															
Long Jump	3.15			3.60			4.05			4.40			4.95		
High Jump	1.10			1.20			1.25			1.40			1.50		
Triple Jump	6.80			7.90			9.00			9.40			10.30		
Discus	10.30			14.00			19.00			24.50			32.50		
Shot Put	4.40			5.80			7.25			9.40			11.20		
Javelin	12.00			15.40			19.60			25.00			30.50		