



Just scan this QR code for more details about the PB Awards

PB AWARDS

SPRINTS

Male Award Standards

60m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U13	9.60s	9.40s	9.20s	9.00s	8.80s	8.60s	8.40s	8.20s	8.00s
U15	9.00s	8.80s	8.60s	8.40s	8.20s	8.00s	7.80s	7.65s	7.55s
U17	8.60s	8.40s	8.20s	8.00s	7.80s	7.65s	7.55s	7.45s	7.35s
U20 (Junior)	8.20s	8.00s	7.80s	7.65s	7.55s	7.45s	7.35s	7.25s	7.15s
Senior	7.80s	7.65s	7.55s	7.45s	7.35s	7.25s	7.15s	7.05s	6.95s
75m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U13	12.50s	12.00s	11.60s	11.20s	10.80s	10.50s	10.25s	10.00s	9.75s
100m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U13	16.00s	15.50s	15.00s	14.60s	14.20s	13.80s	13.40s	13.00s	12.70s
U15	14.20s	13.80s	13.40s	13.00s	12.70s	12.50s	12.10s	11.90s	11.70s
U17	13.00s	12.70s	12.50s	12.10s	11.90s	11.70s	11.50s	11.30s	11.20s
U20 (Junior)	12.50s	12.10s	11.90s	11.70s	11.50s	11.30s	11.20s	11.10s	11.00s
Senior	11.70s	11.50s	11.30s	11.20s	11.10s	11.00s	10.90s	10.80s	10.70s
150m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U13	23.50s	23.00s	22.50s	22.00s	21.50s	21.00s	20.50s	20.00s	19.60s
200m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U13	33.00s	32.00s	31.00s	30.00s	29.00	28.00s	27.00s	26.00s	25.50s
U15	29.00s	28.00s	27.00s	26.00s	25.50s	25.00s	24.60s	24.20s	23.80s
U17	26.00s	25.50s	25.00s	24.60s	24.20s	23.80s	23.40s	23.00s	22.80s
U20 (Junior)	24.60s	24.20s	23.80s	23.40s	23.00s	22.80s	22.60s	22.40s	22.20s
Senior	23.80s	23.40s	23.00s	22.80s	22.60s	22.40s	22.20s	22.00s	21.70s
300m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U15	51.00s	49.00s	47.00s	45.00s	43.00	41.50s	40.50s	39.50s	38.70s
U17	45.00s	43.00s	41.50s	40.50s	39.50s	38.70s	38.00s	37.30s	36.70s
U20 (Junior)	41.50s	40.50s	39.50s	38.70s	38.00s	37.30s	36.70s	36.10s	35.50s
Senior	39.50s	38.70s	38.00s	37.30s	36.70s	36.10s	35.50s	35.00s	34.50s
400m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U17	64.00s	62.00s	60.00s	58.50s	57.00s	55.60s	54.20s	53.00s	52.00s
U20 (Junior)	60.00s	58.50s	57.00s	55.60s	54.20s	53.00s	52.00s	51.00s	50.00s
Senior	57.00s	55.60	54.20s	53.00s	52.00s	51.00s	50.00s	49.20s	48.50s

Female Award Standards

60m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U13	11.20s	10.70s	10.20s	9.80s	9.40s	9.10s	8.90s	8.70s	8.50s
U15	10.20s	9.80s	9.40s	9.10s	8.90s	8.70s	8.50s	8.30s	8.15s
U17	9.40s	9.10s	8.90s	8.70s	8.50s	8.30s	8.15s	8.05s	7.95s
U20 (Junior)	8.90s	8.70s	8.50s	8.30s	8.15s	8.05s	7.95s	7.90s	7.85s
Senior	8.50s	8.30s	8.15s	8.05s	7.95s	7.90s	7.85s	7.80s	7.75s
75m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U13	13.00s	12.50s	12.10s	11.70s	11.30s	11.00s	10.75s	10.50s	10.25s
100m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U13	17.00s	16.50s	16.00s	15.60s	15.20s	14.80s	14.40s	14.00s	13.70s
U15	14.80s	14.40s	14.00s	13.70s	13.50s	13.30s	13.10s	12.90s	12.70s
U17	14.00s	13.70s	13.50s	13.30s	13.10s	12.90s	12.70s	12.60s	12.50s
U20 (Junior)	13.50s	13.30s	13.10s	12.90s	12.70s	12.60s	12.50s	12.40s	12.30s
Senior	13.10s	12.90s	12.70s	12.60s	12.50s	12.40s	12.30s	12.20s	12.10s
150m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U13	25.00s	24.40s	23.80s	23.20s	22.60s	22.00s	21.50s	21.00s	20.50s
200m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U13	36.00s	34.00s	32.70s	31.70s	30.80s	30.50s	29.70s	29.20s	28.50s
U15	32.70s	31.70s	30.80s	30.50s	29.70s	29.20s	28.50s	27.80s	27.20s
U17	30.80s	30.50s	29.70s	29.20s	28.50s	27.80s	27.20s	26.70s	26.30s
U20 (Junior)	29.70s	29.20s	28.50s	27.80s	27.20s	26.70s	26.30s	25.90s	25.50s
Senior	28.50s	27.80s	27.20s	26.70s	26.30s	25.90s	25.50s	25.10s	24.70s
300m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U15	55.00s	53.00s	51.00s	49.00s	47.00s	45.20s	44.00s	43.00s	42.40s
U17	51.00s	49.00s	47.00s	45.20s	44.00s	43.00s	42.40s	41.80s	40.90s
U20 (Junior)	49.00s	47.00s	45.20s	44.00s	43.00s	42.40s	41.80s	40.90s	40.20s
Senior	47.00s	45.20s	44.00s	43.00s	42.40s	41.80s	40.90s	40.20s	39.70s
400m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U20 (Junior)	72.00s	69.50s	67.00s	65.00s	63.00s	61.00s	59.50s	58.00s	57.00s
Senior	69.50s	67.00s	65.00s	63.00s	61.00s	59.50s	58.00s	57.00s	55.60s

HURDLES

Male Award Standards

60m HURDLES	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U13	11.60s	11.30s	11.00s	10.75s	10.50s	10.25s	10.00s	9.80s	9.60s
U15	10.50s	10.25s	10.00s	9.80s	9.60s	9.40s	9.20s	9.00s	8.80s
U17	10.00s	9.80s	9.60s	9.40s	9.20s	9.00s	8.80s	8.60s	8.45s
U20 (Junior)	9.80s	9.60s	9.40s	9.20s	9.00s	8.80s	8.60s	8.45s	8.30s
Senior	9.60s	9.40s	9.20s	9.00s	8.80s	8.60s	8.45s	8.30s	8.20s
SPRINT HURDLES	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U13 (75m)	16.50s	15.50s	15.00s	14.50s	14.10s	13.80s	13.50s	13.20s	12.90s
U15 (80m)	14.80s	14.40s	14.00s	13.60s	13.20s	12.80s	12.50s	12.20s	11.90s
U17 (100m)	17.50s	17.00s	16.50s	16.00s	15.50s	15.00s	14.50s	14.10s	13.80s
U20 (Junior) (110m)	18.50s	18.00s	17.50s	17.00s	16.50s	16.00s	15.50s	15.10s	14.80s
Senior (110m)	18.00s	17.50s	17.00s	16.50s	16.00s	15.50s	15.10s	14.80s	14.50s
LONG HURDLES	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U17 (400m)	70.00s	68.50s	67.00s	65.50s	64.00s	62.50s	61.00s	59.50s	58.00s
U20 (Junior) (400m)	67.00s	65.50s	64.00s	62.50s	61.00s	59.50s	58.00s	57.00s	56.00s
Senior (400m)	64.00s	62.50s	61.00s	59.50s	58.00s	57.00s	56.00s	55.00s	54.00s

Female Award Standards

60m HURDLES	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U13	12.60s	12.20s	11.85s	11.50s	11.20s	10.90s	10.60s	10.30s	10.00s
U15	11.85s	11.50s	11.20s	10.90s	10.60s	10.30s	10.00s	9.75s	9.50s
U17	11.20s	10.90s	10.60s	10.30s	10.00s	9.75s	9.50s	9.25s	9.05s
U20 (Junior)	10.90s	10.60s	10.30s	10.00s	9.75s	9.50s	9.25s	9.05s	8.90s
Senior	10.30s	10.00s	9.75s	9.50s	9.25s	9.05s	8.90s	8.80s	8.70s
SPRINT HURDLES	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U13 (70m)	14.10s	13.70s	13.30s	13.00s	12.70s	12.40s	12.10s	11.90s	11.70s
U15 (75m)	14.10s	13.70s	13.30s	13.00s	12.70s	12.40s	12.10s	11.90s	11.70s
U17 (80m)	14.50s	14.00s	13.60s	13.30s	13.00s	12.70s	12.40s	12.20s	12.00s
U20 (Junior) (100m)	18.80s	18.30s	17.80s	17.30s	16.80s	16.30s	15.80s	15.40s	15.00s
Senior (100m)	17.80s	17.30s	16.80s	16.30s	15.80s	15.40s	15.00s	14.60s	14.30s
LONG HURDLES	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U17 (300m)	55.00s	53.50s	52.00s	51.00s	50.00s	49.00s	48.00s	47.00s	46.00s
U20 (Junior) (400m)	82.50s	80.00s	77.50s	75.00s	73.00s	71.00s	69.00s	67.00s	65.00s
Senior (400m)	77.50s	75.00s	73.00s	71.00s	69.00s	67.00s	65.00s	63.50s	62.00s

ENDURANCE

Male Award Standards

600m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U13	02:10.00	02:05.00	02:00.00	01:55.00	01:52.00	01:49.00	01:46.00	01:43.00	01:40.00
800m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U13	02:50.00	02:45.00	02:40.00	02:35.00	02:30.00	02:25.00	02:21.00	02:18.00	02:15.00
U15	02:30.00	02:25.00	02:21.00	02:18.00	02:15.00	02:12.00	02:09.00	02:07.00	02:05.00
U17	02:18.00	02:15.00	02:12.00	02:09.00	02:07.00	02:05.00	02:03.00	02:01.00	01:59.00
U20 (Junior)	02:12.00	02:09.00	02:07.00	02:05.00	02:03.00	02:01.00	01:59.00	01:57.00	01:55.00
Senior	02:07.00	02:05.00							