



# J Squad

## BOYS

### Run

	10yr (b.2011)	11yr (b.2010)	12yr (b.2009)	13yr (b.2008)
100m	15.6	15.0	14.5	14.0
200m	33.7	31.5	30.5	28.5
400m	1.20.0	1.17.5	1.13.5	1.09.5
800m	3.06.0	3.02.0	2.58.0	2.55.0
1500m	6.23.0	6.15.0	5.55.0	5.50.0
3000m			14.00.0	13.30.0
2000m Steeple				
60m Hurdles	12.0	12.2		
90m Hurdles			18.0	17.5
100m Hurdles				
200m Hurdles			35.0	32.5
800m Race Walk	6.00.0			
1500m Race Walk		8.00.0	9.20.0	9.10.0
3000m Race Walk				

### Jump

	10yr (b.2011)	11yr (b.2010)	12yr (b.2009)	13yr (b.2008)
Long Jump	3.45	3.80	3.90	4.30
Triple Jump			8.60	9.50
High Jump	1.13	1.20	1.28	1.35
Pole Vault			1.90	1.90

### Throw

	10yr (b.2011)	11yr (b.2010)	12yr (b.2009)	13yr (b.2008)
Shot Put	7.25	7.00	7.90	8.70
Discus	18.70	23.50	21.00	23.00
Javelin			20.00	23.00
Hammer Throw			18.00	22.00



## J Squad GIRLS

### Run

	10yr (b.2011)	11yr (b.2010)	12yr (b.2009)	13yr (b.2008)
100m	16.0	15.0	14.8	14.5
200m	35.0	33.0	30.2	30.0
400m	1.24.0	1.21.0	1.15.0	1.13.0
800m	3.10.0	3.07.0	3.05.0	3.01.0
1500m	6.40.0	6.30.0	6.20.0	6.15.0
3000m			16.00.0	15.40.0
2000m Steeple				
60m Hurdles	12.5	12.7		
80m Hurdles			17.0	16.0
90m Hurdles				
200m Hurdles			38.0	36.0
800m Race Walk	6.00.0			
1500m Race Walk		11.30.0	10.20.0	10.20.0
3000m Race Walk				

### Jump

	10yr (b.2011)	11yr (b.2010)	12yr (b.2009)	13yr (b.2008)
Long Jump	3.30	3.60	3.90	4.20
Triple Jump			8.00	8.70
High Jump	1.05	1.13	1.21	1.28
Pole Vault			1.70	1.80

### Throw

	10yr (b.2011)	11yr (b.2010)	12yr (b.2009)	13yr (b.2008)
Shot Put	6.20	7.20	7.20	8.25
Discus	15.20	17.50	18.00	21.00
Javelin			18.00	21.00
Hammer Throw			18.00	22.00