

100m

Mark	Technique Criteria	Mark	Time		Performance Criteria
			Boys	Girls	
1 – 2	Demonstrates an ineffective level of technical accuracy, with little or no precision, control and fluency: • Starts: ineffective start position. May come upright too soon. • Sprints – posture: poor head carriage and tight in shoulders, poor use of arm action.	1	19.5	22.0	Demonstrates an ineffective level of performance of skills, techniques and decision making, with little precision, control and fluency: • Skills and techniques performed ineffectively with inaccurate timing and inconsistent application and multiple errors, with misjudgements. • Consistently ineffective impact on the preparation for performance, unable to meet a range of simple scenarios, including the inability to adapt, improvise and deploy appropriate tactics. • Ineffective influence on the performance and motivation of self.
		2	19.0	21.6	
		3	18.5	21.2	
		4	18.0	20.8	
		5	17.5	20.4	
3 – 4	Demonstrates a basic level of technical accuracy, with little precision, control and fluency: • Starts: basic level of start position, but head may be too high or hips too high or low in set. • Sprints – posture: head may lack stability with tight shoulders, lacking drive from arms, legs with low knee lift.	6	17.0	20.0	Demonstrates a basic level of performance of skills, techniques and decision making, with little precision, control and fluency: • Skills and techniques performed basically with inaccurate timing and inconsistent application and multiple errors, with misjudgements. • Inconsistent and ineffective impact on the preparation for performance, unable to meet a range of simple scenarios, including the inability to adapt, improvise and deploy appropriate tactics. • Basic influence on the performance and motivation of self.
		7	16.5	19.6	
		8	16.0	19.2	
		9	15.5	18.8	
		10	15.0	18.5	
5 – 6	Demonstrates a competent level of technical accuracy, with some precision, control and fluency: • Starts: consistently competent start position but with some errors. • Sprints – posture: stable head action and loose in shoulders. Arms drive in good line. Leg drive more apparent with competent knee lift.	11	14.8	18.2	Demonstrates a competent level of performance of skills, techniques and decision making, with some precision, control and fluency: • Skills and techniques used competently with some accurate timing and consistency of application, but with errors. • Some impact on the preparation for performance, able to meet a range of simple scenarios, including the ability to adapt, improvise and deploy appropriate tactics, but with many errors. • Sometimes able to influence the performance and motivation of self.
		12	14.6	17.9	
		13	14.4	17.6	
		14	14.2	16.3	
		15	14.0	15.9	
7 – 8	Demonstrates a good level of technical accuracy, with precision, control and fluency: • Starts: sprint start shows a good pick-up with gradual body rise. • Sprints – posture: good and maintained for most/all of the race, relaxed shoulders and good arm drive and knee lift.	16	13.8	15.6	Demonstrates a good level of performance of skills, techniques and decision making, with good precision, control and fluency: • Good skills and techniques, with mainly accurate timing and consistency of application, but with errors and misjudgements. • Good but inconsistent impact on the preparation for performance, able to meet a range of simple scenarios, including the ability to adapt, improvise and deploy appropriate tactics, with minor errors. • Often able to effectively influence the performance and motivation of self, but with minor misjudgements.
		17	13.6	15.3	
		18	1.34	15.0	
		19	13.2	14.8	
		20	13.0	14.6	
9 - 10	Demonstrates a very good level of technical accuracy, with accurate precision, control and fluency: • Starts: fast reactions and pushes both feet at the start, keeping low and gradually rising. • Sprints – posture: very good knee lift appropriate to the event. Powerful leg-	21	12.8	14.4	Demonstrates a very good level of performance of skills, techniques and decision making, with very good precision, control and fluency: • Very good skills and techniques, with accurate timing and consistency of application, with few, if any, errors or misjudgements. • Very good and consistent impact on the preparation for performance, able to meet a range of simple scenarios, including the ability to adapt, improvise and deploy
		22	12.6	14.2	
		23	12.4	14.0	
		24	12.2	13.8	

drive apparent, very good technique ON the bend as appropriate.	25	12.0	13.6	appropriate tactics, with few errors. • Consistently able to effectively influence the performance and motivation of self.
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200m

Mark	Tech	Triple Jump			Performance Criteria
1-2	<p>Demonstrates an ineffective level of technical accuracy, with little or no precision, control and fluency:</p> <ul style="list-style-type: none"> • Starts: ineffective start position. May come upright too soon. • Sprints – posture: poor head carriage and tight in shoulders, poor use of arm action. 	1	43.0	43.0	<p>Demonstrates an ineffective level of performance of skills, techniques and decision making, with little precision, control and fluency:</p> <ul style="list-style-type: none"> • Skills and techniques performed ineffectively with inaccurate timing and inconsistent application and multiple errors, with misjudgments. • Consistently ineffective impact on the preparation for performance, unable to meet a range of simple scenarios, including the inability to adapt, improvise and deploy appropriate tactics. • Ineffective influence on the performance and motivation of self.
		2	42.0	42.0	
		3	41.0	41.0	
		4	40.0	40.0	
		5	39.0	39.0	
3-4	<p>Demonstrates a basic level of technical accuracy, with little precision, control and fluency:</p> <ul style="list-style-type: none"> • Starts: basic level of start position, but head may be too high or hips too high or low in set. • Sprints – posture: head may lack stability with tight shoulders, lacking drive from arms, legs with low knee lift. 	6	38.0	38.0	<p>Demonstrates a basic level of performance of skills, techniques and decision making, with little precision, control and fluency:</p> <ul style="list-style-type: none"> • Skills and techniques performed basically with inaccurate timing and inconsistent application and multiple errors, with misjudgments. • Inconsistent and ineffective impact on the preparation for performance, unable to meet a range of simple scenarios, including the inability to adapt, improvise and deploy appropriate tactics. • Basic influence on the performance and motivation of self.
		7	37.0	37.5	
		8	36.0	37.0	
		9	35.0	36.5	
		10	34.0	36.0	
5-6	<p>Demonstrates a competent level of technical accuracy, with some precision, control and fluency:</p> <ul style="list-style-type: none"> • Starts: consistently competent start position but with some errors. • Sprints – posture: stable head action and loose in shoulders. Arms drive in good line. Leg drive more apparent with competent knee lift. 	11	33.0	35.5	<p>Demonstrates a competent level of performance of skills, techniques and decision making, with some precision, control and fluency:</p> <ul style="list-style-type: none"> • Skills and techniques used competently with some accurate timing and consistency of application, but with errors. • Some impact on the preparation for performance, able to meet a range of simple scenarios, including the ability to adapt, improvise and deploy appropriate tactics, but with many errors. • Sometimes able to influence the performance and motivation of self.
		12	32.0	35.0	
		13	31.0	34.5	
		14	30.0	34.0	
		15	29.6	33.5	
7-8	<p>Demonstrates a good level of technical accuracy, with precision, control and fluency:</p> <ul style="list-style-type: none"> • Starts: sprint start shows a good pick-up with gradual body rise. • Sprints – posture: good and maintained for most/all of the race, relaxed shoulders and good arm drive and knee lift. 	16	29.2	33.0	<p>Demonstrates a good level of performance of skills, techniques and decision making, with good precision, control and fluency:</p> <ul style="list-style-type: none"> • Good skills and techniques, with mainly accurate timing and consistency of application, but with errors and misjudgements. • Good but inconsistent impact on the preparation for performance, able to meet a range of simple scenarios, including the ability to adapt, improvise and deploy appropriate tactics, with minor errors. • Often able to effectively influence the performance and motivation of self, but with minor misjudgements.
		17	28.4	32.5	
		18	27.4	32.0	
		19	27.0	31.5	
		20	26.6	31.0	
9-10	<p>Demonstrates a very good level of technical accuracy, with accurate precision, control and fluency:</p> <ul style="list-style-type: none"> • Starts: fast reactions and pushes both feet at the start, keeping low and gradually rising. • Sprints – posture: very good knee lift appropriate to the event. Powerful leg-drive apparent, very good technique ON the bend as appropriate. 	21	26.2	30.5	<p>Demonstrates a very good level of performance of skills, techniques and decision making, with very good precision, control and fluency:</p> <ul style="list-style-type: none"> • Very good skills and techniques, with accurate timing and consistency of application, with few, if any, errors or misjudgements. • Very good and consistent impact on the preparation for performance, able to meet a range of simple scenarios, including the ability to adapt, improvise and deploy appropriate tactics, with few errors. • Consistently able to effectively influence the performance and motivation of self.
		22	25.8	30.0	
		23	25.4	29.5	
		24	25.1	29.0	
		25	24.8	28.6	

300/400m

Mark	Tech	Triple Jump			Performance Criteria
1-2	<p>Demonstrates an ineffective level of technical accuracy, with little or no precision, control and fluency:</p> <ul style="list-style-type: none"> • Starts: ineffective start position. May come upright too soon. • Sprints – posture: poor head carriage and tight in shoulders, poor use of arm action. 	1	88.0	65.0	<p>Demonstrates an ineffective level of performance of skills, techniques and decision making, with little precision, control and fluency:</p> <ul style="list-style-type: none"> • Skills and techniques performed ineffectively with inaccurate timing and inconsistent application and multiple errors, with misjudgments. • Consistently ineffective impact on the preparation for performance, unable to meet a range of simple scenarios, including the inability to adapt, improvise and deploy appropriate tactics. • Ineffective influence on the performance and motivation of self.
		2	86.0	64.0	
		3	84.0	63.0	
		4	82.0	62.0	
		5	80.0	61.0	
3-4	<p>Demonstrates a basic level of technical accuracy, with little precision, control and fluency:</p> <ul style="list-style-type: none"> • Starts: basic level of start position, but head may be too high or hips too high or low in set. • Sprints – posture: head may lack stability with tight shoulders, lacking drive from arms, legs with low knee lift. 	6	78.0	60.0	<p>Demonstrates a basic level of performance of skills, techniques and decision making, with little precision, control and fluency:</p> <ul style="list-style-type: none"> • Skills and techniques performed basically with inaccurate timing and inconsistent application and multiple errors, with misjudgments. • Inconsistent and ineffective impact on the preparation for performance, unable to meet a range of simple scenarios, including the inability to adapt, improvise and deploy appropriate tactics. • Basic influence on the performance and motivation of self.
		7	76.0	59.0	
		8	74.0	58.0	
		9	72.0	57.0	
		10	70.0	56.0	
5-6	<p>Demonstrates a competent level of technical accuracy, with some precision, control and fluency:</p> <ul style="list-style-type: none"> • Starts: consistently competent start position but with some errors. • Sprints – posture: stable head action and loose in shoulders. Arms drive in good line. Leg drive more apparent with competent knee lift. 	11	69.0	55.0	<p>Demonstrates a competent level of performance of skills, techniques and decision making, with some precision, control and fluency:</p> <ul style="list-style-type: none"> • Skills and techniques used competently with some accurate timing and consistency of application, but with errors. • Some impact on the preparation for performance, able to meet a range of simple scenarios, including the ability to adapt, improvise and deploy appropriate tactics, but with many errors. • Sometimes able to influence the performance and motivation of self.
		12	68.0	54.5	
		13	67.0	54.0	
		14	66.0	53.5	
		15	65.0	52.5	
7-8	<p>Demonstrates a good level of technical accuracy, with precision, control and fluency:</p> <ul style="list-style-type: none"> • Starts: sprint start shows a good pick-up with gradual body rise. • Sprints – posture: good and maintained for most/all of the race, relaxed shoulders and good arm drive and knee lift. 	16	64.0	52.0	<p>Demonstrates a good level of performance of skills, techniques and decision making, with good precision, control and fluency:</p> <ul style="list-style-type: none"> • Good skills and techniques, with mainly accurate timing and consistency of application, but with errors and misjudgements. • Good but inconsistent impact on the preparation for performance, able to meet a range of simple scenarios, including the ability to adapt, improvise and deploy appropriate tactics, with minor errors. • Often able to effectively influence the performance and motivation of self, but with minor misjudgements.
		17	63.0	51.5	
		18	62.0	51.0	
		19	61.0	50.5	
		20	60.0	50.0	
9-10	<p>Demonstrates a very good level of technical accuracy, with accurate precision, control and fluency:</p> <ul style="list-style-type: none"> • Starts: fast reactions and pushes both feet at the start, keeping low and gradually rising. • Sprints – posture: very good knee lift appropriate to the event. Powerful leg-drive apparent, very good technique ON the bend as appropriate. 	21	59.0	49.5	<p>Demonstrates a very good level of performance of skills, techniques and decision making, with very good precision, control and fluency:</p> <ul style="list-style-type: none"> • Very good skills and techniques, with accurate timing and consistency of application, with few, if any, errors or misjudgements. • Very good and consistent impact on the preparation for performance, able to meet a range of simple scenarios, including the ability to adapt, improvise and deploy appropriate tactics, with few errors. • Consistently able to effectively influence the performance and motivation of self.
		22	57.5	49.0	
		23	57.0	48.5	
		24	56.5	48.0	
		25	55.8	47.5	

800m

Triple Jump

Mark	Techn				Performance Criteria
			Boys	Girls	
1-2	<p>Demonstrates an ineffective level of technical accuracy, with little or no precision, control and fluency: Starts: ineffective start position. May come upright too soon. 800m: no pace judgement or tactical awareness. Uneconomical style that becomes worse as the race progresses.</p>	1	4.30	5.00	<p>Demonstrates an ineffective level of performance of skills, techniques and decision making, with little precision, control and fluency:</p> <ul style="list-style-type: none"> • Skills and techniques performed ineffectively with inaccurate timing and inconsistent application and multiple errors, with misjudgments. • Consistently ineffective impact on the preparation for performance, unable to meet a range of simple scenarios, including the inability to adapt, improvise and deploy appropriate tactics. • Ineffective influence on the performance and motivation of self.
		2	4.25	4.50	
		3	4.20	4.40	
		4	4.15	4.30	
		5	4.10	4.20	
3-4	<p>Demonstrates a basic level of technical accuracy, with little precision, control and fluency: Starts: basic level of start position, but head may be too high or hips too high or low in set. 800m: some pace judgement but little tactical awareness. A more economical style throughout</p>	6	4.05	4.10	<p>Demonstrates a basic level of performance of skills, techniques and decision making, with little precision, control and fluency:</p> <ul style="list-style-type: none"> • Skills and techniques performed basically with inaccurate timing and inconsistent application and multiple errors, with misjudgments. • Inconsistent and ineffective impact on the preparation for performance, unable to meet a range of simple scenarios, including the inability to adapt, improvise and deploy appropriate tactics. • Basic influence on the performance and motivation of self.
		7	4.00	4.05	
		8	3.55	4.00	
		9	3.50	3.55	
		10	3.45	3.50	
5-6	<p>Demonstrates a competent level of technical accuracy, with some precision, control and fluency: Starts: consistently competent start position but with some errors. 800m: able to judge pace accurately; economical style is apparent, but becomes less so towards end of race.</p>	11	3.40	3.45	<p>Demonstrates a competent level of performance of skills, techniques and decision making, with some precision, control and fluency:</p> <ul style="list-style-type: none"> • Skills and techniques used competently with some accurate timing and consistency of application, but with errors. • Some impact on the preparation for performance, able to meet a range of simple scenarios, including the ability to adapt, improvise and deploy appropriate tactics, but with many errors. • Sometimes able to influence the performance and motivation of self.
		12	3.35	3.40	
		13	3.30	3.35	
		14	3.25	3.30	
		15	3.20	3.25	
7-8	<p>Demonstrates a good level of technical accuracy, with precision, control and fluency: Starts: sprint start shows a good pick-up with gradual body rise. 800m: good pace judgement with economical style throughout. Begins to show tactics suitable to ability.</p>	16	3.15	3.20	<p>Demonstrates a good level of performance of skills, techniques and decision making, with good precision, control and fluency:</p> <ul style="list-style-type: none"> • Good skills and techniques, with mainly accurate timing and consistency of application, but with errors and misjudgements. • Good but inconsistent impact on the preparation for performance, able to meet a range of simple scenarios, including the ability to adapt, improvise and deploy appropriate tactics, with minor errors. • Often able to effectively influence the performance and motivation of self, but with minor misjudgements.
		17	3.10	3.15	
		18	3.05	3.10	
		19	3.00	3.05	
		20	2.55	3.00	
9-10	<p>Demonstrates a very good level of technical accuracy, with accurate precision, control and fluency: Starts: fast reactions and pushes both feet at the start, keeping low and gradually rising. 800m: very good technique over full distance. Shows pace judgement by hitting certain markers in specified times, shows tactics and ability to compete when racing others.</p>	21	2.50	2.55	<p>Demonstrates a very good level of performance of skills, techniques and decision making, with very good precision, control and fluency:</p> <ul style="list-style-type: none"> • Very good skills and techniques, with accurate timing and consistency of application, with few, if any, errors or misjudgements. • Very good and consistent impact on the preparation for performance, able to meet a range of simple scenarios, including the ability to adapt, improvise and deploy appropriate tactics, with few errors. • Consistently able to effectively influence the performance and motivation of self.
		22	2.45	2.50	
		23	2.40	2.45	
		24	2.35	2.40	
		25	2.30	2.36	

1500m

Mark	Technique	Triple Jump			Performance Criteria
		1st	2nd	3rd	
1 – 2	<p>Demonstrates an ineffective level of technical accuracy, with little or no precision, control and fluency: Starts: ineffective start position. May come upright too soon. 1500m: no pace judgement or tactical awareness. Uneconomical style that becomes worse as the race progresses.</p>	1	8.15	11.20	<p>Demonstrates an ineffective level of performance of skills, techniques and decision making, with little precision, control and fluency:</p> <ul style="list-style-type: none"> • Skills and techniques performed ineffectively with inaccurate timing and inconsistent application and multiple errors, with misjudgments. • Consistently ineffective impact on the preparation for performance, unable to meet a range of simple scenarios, including the inability to adapt, improvise and deploy appropriate tactics. • Ineffective influence on the performance and motivation of self.
		2	8.00	11.00	
		3	7.45	10.40	
		4	7.30	10.20	
		5	7.15	10.00	
3 – 4	<p>Demonstrates a basic level of technical accuracy, with little precision, control and fluency: Starts: basic level of start position, but head may be too high or hips too high or low in set. 1500m: some pace judgement but little tactical awareness. A more economical style throughout</p>	6	7.00	9.40	<p>Demonstrates a basic level of performance of skills, techniques and decision making, with little precision, control and fluency:</p> <ul style="list-style-type: none"> • Skills and techniques performed basically with inaccurate timing and inconsistent application and multiple errors, with misjudgments. • Inconsistent and ineffective impact on the preparation for performance, unable to meet a range of simple scenarios, including the inability to adapt, improvise and deploy appropriate tactics. • Basic influence on the performance and motivation of self.
		7	6.45	9.30	
		8	6.30	9.20	
		9	6.15	9.10	
		10	6.00	9.00	
5 – 6	<p>Demonstrates a competent level of technical accuracy, with some precision, control and fluency: Starts: consistently competent start position but with some errors. 1500m: able to judge pace accurately; economical style is apparent, but becomes less so towards end of race.</p>	11	5.90	8.50	<p>Demonstrates a competent level of performance of skills, techniques and decision making, with some precision, control and fluency:</p> <ul style="list-style-type: none"> • Skills and techniques used competently with some accurate timing and consistency of application, but with errors. • Some impact on the preparation for performance, able to meet a range of simple scenarios, including the ability to adapt, improvise and deploy appropriate tactics, but with many errors. • Sometimes able to influence the performance and motivation of self.
		12	5.80	8.40	
		13	5.70	8.30	
		14	5.60	8.14	
		15	5.50	8.04	
7 – 8	<p>Demonstrates a good level of technical accuracy, with precision, control and fluency: Starts: sprint start shows a good pick-up with gradual body rise. 1500m: good pace judgement with economical style throughout. Begins to show tactics suitable to ability.</p>	16	5.40	7.54	<p>Demonstrates a good level of performance of skills, techniques and decision making, with good precision, control and fluency:</p> <ul style="list-style-type: none"> • Good skills and techniques, with mainly accurate timing and consistency of application, but with errors and misjudgements. • Good but inconsistent impact on the preparation for performance, able to meet a range of simple scenarios, including the ability to adapt, improvise and deploy appropriate tactics, with minor errors. • Often able to effectively influence the performance and motivation of self, but with minor misjudgements.
		17	5.30	6.44	
		18	5.20	6.34	
		19	5.10	6.24	
		20	5.00	6.14	
9 - 10	<p>Demonstrates a very good level of technical accuracy, with accurate precision, control and fluency: Starts: fast reactions and pushes both feet at the start, keeping low and gradually rising. 1500m: very good technique over full distance. Shows pace judgement by hitting certain markers in specified times, shows tactics and ability to compete when racing others.</p>	21	4.55	6.04	<p>Demonstrates a very good level of performance of skills, techniques and decision making, with very good precision, control and fluency:</p> <ul style="list-style-type: none"> • Very good skills and techniques, with accurate timing and consistency of application, with few, if any, errors or misjudgements. • Very good and consistent impact on the preparation for performance, able to meet a range of simple scenarios, including the ability to adapt, improvise and deploy appropriate tactics, with few errors. • Consistently able to effectively influence the performance and motivation of self.
		22	4.50	5.54	
		23	4.45	5.44	
		24	4.40	5.34	
		25	4.34	5.24	

Discus Triple Jump

Mark	Technique Criteria	Mark	Performance Criteria		
			Boys	Girls	
1 – 2	<p>Initial stance: stood facing forward, no effort to transfer weight.</p> <p>Grip: incorrect grip. May use standing throw.</p> <p>Preparation: little or no preparation swings the discus with their hand underneath, swings are slow and disjointed.</p> <p>Movement: little or ineffective preparation in the swings.</p> <p>Release: incorrect or poor angle and point of release with inaccurate timing.</p>	1	8.00	6.00	<p>Demonstrates an ineffective level of performance of skills, techniques and decision making, with little or no precision, control and fluency, as appropriate to discus. Cannot use tactics. Little to no self-motivation.</p>
		2	9.00	7.00	
		3	10.00	8.00	
		4	11.00	9.00	
		5	12.00	10.00	
3 – 4	<p>Grip: basic grip is correct with finger tips resting on the edge of the discus. Reasonably effective standing throw.</p> <p>Preparation: may not get into the correct position to start, they have a straight back leg stopping them from moving fluidly.</p> <p>Movement: basic movement, twisting the whole body to generate power and distance</p> <p>Release: may finish incorrectly, poor balance.</p>	6	13.00	11.00	<p>Demonstrates a basic level of performance of skills, techniques and decision making, with little precision, control and fluency, as appropriate to discus. Often makes mistakes with techniques, skills and timing. Knows tactics but cannot deploy them. Limited self-motivation.</p>
		7	14.00	12.00	
		8	15.00	13.00	
		9	16.00	14.00	
		10	17.00	15.00	
5 – 6	<p>Grip: uses correct grip and is comfortable doing so.</p> <p>Preparation: achieves a better position to start ready to throw.</p> <p>Movement: competent travel and trunk position, but may lack speed in the turn</p> <p>Release: competent throw but may arrive in the wrong position, lacking drive from the leg with sometimes poor balance.</p>	11	18.00	16.00	<p>Demonstrates a competent level of performance of skills, techniques and decision making, with some precision, control and fluency, as appropriate to discus. Sometimes errors are made with techniques, skills, and timing. Tactics are deployed but with errors. Sometimes able to self-motivate.</p>
		12	19.00	17.00	
		13	20.00	18.00	
		14	21.00	19.00	
		15	22.00	20.00	
7 – 8	<p>Grip: uses correct grip and is comfortable doing so.</p> <p>Preparation: good position, balanced, relaxed and controlled.</p> <p>Movement: shows some speed and aggression in the turn.</p> <p>Release: shows good drive to achieve good angle of release.</p>	16	23.00	21.00	<p>Demonstrates a good level of performance of skills, techniques and decision making, with good precision, control and fluency, as appropriate to discus. Good skills, techniques and timing which are all consistent. Tactics are appropriately deployed with few errors. Motivates self well with minor misjudgements.</p>
		17	24.00	22.00	
		18	25.00	22.50	
		19	26.00	23.00	
		20	27.00	23.50	
9 - 10	<p>Grip: uses correct grip and is comfortable doing so.</p> <p>Preparation: correct, well balanced, relaxed and controlled.</p> <p>Movement: very good rhythm and timing with the correct feet movement and placement.</p> <p>Release: reaches front of the circle in correct delivery position. Throwing arm left behind until the last moment, hip driving into powerful release, made at the correct angle.</p>	21	28.00	24.00	<p>Demonstrates a very good level of performance of skills, techniques and decision making, with very good precision, control and fluency, as appropriate to discus. Very good skills techniques and timing which are consistent. Able to adapt, improvise and deploy appropriate tactics. Consistently motivates self and is able to effectively influence performance.</p>
		22	29.00	24.50	
		23	30.00	25.00	
		24	31.00	25.50	
		25	32.00	26.00	

High Jump

Mark	Technique Criteria	Mark	Height achieved		Performance Criteria
			Boys	Girls	
1 – 2	<p>Run-up: shows some attack on approach and an elementary idea of setting out the run-up.</p> <p>Take-off: lacks speed and attack. May take-off too close to or too far away from the bar, may hesitate.</p> <p>Flight: shows some technique, using Fosbury, but is not used to aid bar clearance.</p> <p>Landing: may not land on the correct part of the body and the jump still resembles a scissors jump</p>	1	0.75m	0.75m	<p>Demonstrates an ineffective level of performance of skills, techniques and decision making, with little or no precision, control and fluency, as appropriate to high jump.</p> <p>Cannot use tactics.</p> <p>Little to no self-motivation.</p>
		2	0.78m	0.78m	
		3	0.85m	0.82m	
		4	0.92m	0.88m	
		5	1.00m	0.95m	
3 – 4	<p>Run-up: correct shape on approach, tall posture and natural leaning away from the bar, with correct rhythm and/or sprint.</p> <p>Take-off: shows some attack. The leading leg shows some drive upwards, assisted by the leading arm.</p> <p>Flight: lay out position (bar clearance) shows increased arch in the back (with hips pushed up).</p> <p>Landing: may land on correct part of the body but facing the direction of run-up rather than the bar.</p>	6	1.05m	1.00m	<p>Demonstrates a basic level of performance of skills, techniques and decision making, with little precision, control and fluency, as appropriate to high jump.</p> <p>Often makes mistakes with techniques, skills and timing.</p> <p>Knows tactics but cannot deploy them.</p> <p>Limited self-motivation.</p>
		7	1.10m	1.05m	
		8	1.15m	1.10m	
		9	1.20m	1.15m	
		10	1.23m	1.20m	
5 – 6	<p>Run-up: correct shape on approach, tall posture and natural leaning away from the bar, with correct rhythm and/or sprint.</p> <p>Take-off: shows some attack. The leading leg shows some drive upwards, assisted by the leading arm.</p> <p>Flight: lay out position (bar clearance) shows increased arch in the back (with hips pushed up).</p> <p>Landing: may land on correct part of the body but facing the direction of run-up rather than the bar.</p>	11	1.26m	1.25m	<p>Demonstrates a competent level of performance of skills, techniques and decision making, with some precision, control and fluency, as appropriate to high jump.</p> <p>Sometimes errors are made with techniques, skills, and timing.</p> <p>Tactics are deployed but with errors.</p> <p>Sometimes able to self-motivate.</p>
		12	1.29m	1.29m	
		13	1.33m	1.32m	
		14	1.36m	1.35m	
		15	1.39m	1.38m	
7 – 8	<p>Run-up: accurate and shows good rhythm with increased speed into the bar.</p> <p>Take-off: good attack, and correct position in relation to the bar. Keeps body upright when driving up. Transfers speed into attack and lift, good board awareness, drives the free knee forwards and up.</p> <p>Flight: leading arm rises high over the bar and flight is controlled. Hips are pushed upwards aiding bar clearance.</p> <p>Landing: lands on correct part of the body, correct position on the bed.</p>	16	1.41m	1.41m	<p>Demonstrates a good level of performance of skills, techniques and decision making, with good precision, control and fluency, as appropriate to high jump.</p> <p>Good skills, techniques and timing which are all consistent.</p> <p>Tactics are appropriately deployed with few errors.</p> <p>Motivates self well with minor misjudgements.</p>
		17	1.45m	1.44m	
		18	1.50m	1.47m	
		19	1.53m	1.50m	
		20	1.56m	1.53m	
9 - 10	<p>Run-up: correct shape, very good rhythm and aggression. Run-up is correctly marked out.</p> <p>Take-off: very good triple extension (of the hip, knee and ankle), the leading leg drives vigorously, assisted by leading arm. Correct position in relation to the bar.</p> <p>Flight: very good shape in flight, hips pushed up to aid bar clearance, legs raised.</p>	21	1.59m	1.56m	<p>Demonstrates a very good level of performance of skills, techniques and decision making, with very good precision, control and fluency, as appropriate to high jump.</p> <p>Very good skills techniques and timing which are consistent.</p> <p>Able to adapt, improvise and deploy</p>
		22	1.62m	1.59m	
		23	1.65m	1.61m	
		24	1.68m	1.63m	

Landing: lands well on correct part of body and facing back towards the bar.	25	1.72m	1.65m	appropriate tactics. Consistently motivates self and is able to effectively influence performance.
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Javelin

Mark	Technique Criteria	Mark	Distance achieved		Performance Criteria
			Boys	Girls	
1 – 2	<p>Initial stance will be ineffective.</p> <p>Grip: incorrect grip. May use standing throw.</p> <p>Preparation: may over-prepare, e.g. with discus swings, or show no preparation.</p> <p>Movement: little or ineffective preparation.</p> <p>Release: incorrect or poor angle and point of release with inaccurate timing.</p>	1	9.00	4.00	<p>Demonstrates an ineffective level of performance of skills, techniques and decision making, with little or no precision, control and fluency, as appropriate to javelin.</p> <p>Cannot use tactics.</p> <p>Little to no self-motivation.</p>
		2	10.00	5.00	
		3	11.00	6.00	
		4	12.00	7.00	
		5	13.00	8.00	
3 – 4	<p>Grip: basic grip for chosen throw. Reasonably effective standing throw.</p> <p>Preparation: may not get into the correct position, for example 'T' position in shot, straight leg or position of shot in neck.</p> <p>Movement: e.g. basic turns in discus and hammer.</p> <p>Release: may finish incorrectly, poor balance.</p>	6	14.00	9.00	<p>Demonstrates a basic level of performance of skills, techniques and decision making, with little precision, control and fluency, as appropriate to javelin.</p> <p>Often makes mistakes with techniques, skills and timing.</p> <p>Knows tactics but cannot deploy them.</p> <p>Limited self-motivation.</p>
		7	15.00	10.00	
		8	16.00	11.00	
		9	17.00	12.00	
		10	18.00	13.00	
5 – 6	<p>Grip: uses correct grip for chosen event.</p> <p>Preparation: achieves a better position, e.g. bend of the leg in shot.</p> <p>Movement: competent travel and trunk position, but may lack speed, e.g. across shot circle.</p> <p>Release: competent throw but may arrive in the wrong position, e.g. standing up in the shot. May lack drive from the leg.</p>	11	19.00	14.00	<p>Demonstrates a competent level of performance of skills, techniques and decision making, with some precision, control and fluency, as appropriate to javelin.</p> <p>Sometimes errors are made with techniques, skills, and timing.</p> <p>Tactics are deployed but with errors.</p> <p>Sometimes able to self-motivate.</p>
		12	20.00	15.00	
		13	21.00	16.00	
		14	22.00	17.00	
		15	23.00	18.00	
7 – 8	<p>Grip: correct grip appropriate to event.</p> <p>Preparation: good position, balanced, relaxed and controlled.</p> <p>Movement: shows some speed and aggression in the run-up, turn or glide/step back.</p> <p>Release: shows good drive to achieve good angle.</p>	16	24.00	19.00	<p>Demonstrates a good level of performance of skills, techniques and decision making, with good precision, control and fluency, as appropriate to javelin.</p> <p>Good skills, techniques and timing which are all consistent.</p> <p>Tactics are appropriately deployed with few errors.</p> <p>Motivates self well with minor misjudgements.</p>
		17	26.00	20.00	
		18	28.00	21.00	
		19	30.00	22.00	
		20	32.00	23.00	
9 - 10	<p>Grip: correct grip appropriate to event.</p> <p>Preparation: correct, well balanced, relaxed and controlled.</p> <p>Movement: very good rhythm and timing, e.g. slow build-up, fast finish, correct feet movement and placement.</p> <p>Release: reaches front of the circle in correct delivery position. Throwing arm left behind</p>	21	34.00	24.00	<p>Demonstrates a very good level of performance of skills, techniques and decision making, with very good precision, control and fluency, as appropriate to javelin.</p> <p>Very good skills techniques and timing which are consistent.</p> <p>Able to adapt, improvise and deploy</p>
		22	36.00	25.00	
		23	37.00	26.00	
		24	38.00	27.00	

until the last moment (except hammer), hip driving into powerful release, made at the correct angle.	25	39.00	28.00	appropriate tactics. Consistently motivates self and is able to effectively influence performance.
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Long Jump

Mark	Technique Criteria	Mark	Distance achieved		Performance Criteria
			Boys	Girls	
1 – 2	<p>Run-up: lacks speed, conviction and rhythm. Ineffective shape and posture.</p> <p>Take-off: lacks preparation, attack and lift. May take off on wrong foot.</p> <p>Flight: no idea of hang or other chosen technique in flight, lacks height.</p> <p>Landing: no leg shoot, legs may be underneath on landing. Balance is backwards.</p>	1	1.80	1.20	<p>Demonstrates an ineffective level of performance of skills, techniques and decision making, with little or no precision, control and fluency, as appropriate to long jump.</p> <p>Cannot use tactics.</p> <p>Little to no self-motivation.</p>
		2	2.00	1.30	
		3	2.20	1.40	
		4	2.40	1.50	
		5	2.60	1.60	
3 – 4	<p>Run Up: shows hesitation before the board, no board awareness.</p> <p>Take-off: lacks speed and attack. May take-off too close to or too far away from the bar, may hesitate.</p> <p>Flight: some simple form of technique may emerge.</p> <p>Landing: lacking in leg shoot. Falls back due to lack of body control and speed.</p>	6	2.80	1.70	<p>Demonstrates a basic level of performance of skills, techniques and decision making, with little precision, control and fluency, as appropriate to long jump.</p> <p>Often makes mistakes with techniques, skills and timing.</p> <p>Knows tactics but cannot deploy them.</p> <p>Limited self-motivation.</p>
		7	3.00	1.80	
		8	3.20	1.90	
		9	3.40	2.00	
		10	3.60	2.10	
5 – 6	<p>Run-up: competent speed on the approach with sufficient sprinting action.</p> <p>Take-off: shows some attack but may still lack the lift due to lack of technique. Improved board awareness.</p> <p>Flight: some idea of technique, e.g. the hang, may start to appear, can hold body tall in the air.</p> <p>Landing: attempts to get the legs forward of the body assisted by more speed.</p>	11	3.80	2.20	<p>Demonstrates a competent level of performance of skills, techniques and decision making, with some precision, control and fluency, as appropriate to long jump.</p> <p>Sometimes errors are made with techniques, skills, and timing.</p> <p>Tactics are deployed but with errors.</p> <p>Sometimes able to self-motivate.</p>
		12	4.00	2.30	
		13	4.20	2.40	
		14	4.40	2.50	
		15	4.60	2.70	
7 – 8	<p>Run-up: fast, powerful approach with good sprinting action, does not slow excessively prior to the board</p> <p>Take-off: good attack, and correct position in relation to the bar. Keeps body upright when driving up. Transfers speed into attack and lift, good board awareness, drives the free knee forwards and up.</p> <p>Flight: good technique, holds a good upright posture.</p> <p>Landing: leg shoot beginning to appear, landing with soft controlled landing and forward/sideways body momentum.</p>	16	4.70	2.90	<p>Demonstrates a good level of performance of skills, techniques and decision making, with good precision, control and fluency, as appropriate to long jump.</p> <p>Good skills, techniques and timing which are all consistent.</p> <p>Tactics are appropriately deployed with few errors.</p> <p>Motivates self well with minor misjudgements.</p>
		17	4.80	3.10	
		18	4.90	3.30	
		19	5.00	3.50	
		20	5.10	3.70	
9 - 10	<p>Run-up: fast and aggressive, with very good sprinting action.</p> <p>Take-off: speed transferred into very good lift, shows triple extension (of the hip, knee and ankle). Consistently good board awareness and accuracy.</p> <p>Flight: good height, correct technique, little forward rotation.</p> <p>Landing: good leg shoot and sink to complete the</p>	21	5.20	3.90	<p>Demonstrates a very good level of performance of skills, techniques and decision making, with very good precision, control and fluency, as appropriate to long jump.</p> <p>Very good skills techniques and timing which are consistent.</p> <p>Able to adapt, improvise and deploy</p>
		22	5.30	4.05	
		23	5.40	4.20	
		24	5.50	4.35	

jump, body weight travels forward or sideways when landing.	25	5.60	4.45	appropriate tactics. Consistently motivates self and is able to effectively influence performance.
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Shot Putt

Mark	Technique Criteria	Mark	Distance achieved		Performance Criteria
			Boys 5kg	Girls 3kg	
1 – 2	<p>Initial stance will be ineffective, stood front on to the throwing line.</p> <p>Grip: incorrect grip (shot rests in the palm not in the fingers)</p> <p>Preparation: the shot is held away from the neck, the elbow is tucked into the body not pointing out behind. Weight is all on the front foot.</p> <p>Movement: there is little movement to generate power, no weight is transferred.</p> <p>Release: the shot is released at the incorrect angle (hand points down to finish) and is inaccurately timed therefore it does not travel far.</p>	1	0.50	0.25	<p>Demonstrates an ineffective level of performance of skills, techniques and decision making, with little or no precision, control and fluency, as appropriate to shot. Cannot use tactics.</p> <p>Little to no self-motivation.</p>
		2	0.75	0.50	
		3	1.00	1.00	
		4	1.25	1.50	
		5	1.75	2.00	
3 – 4	<p>Grip: basic grip for shot putt is shown, with clean palm and dirty fingers. Athlete produces a reasonably effective standing throw.</p> <p>Preparation: may not get into the correct position, for example 'T' position to the line to throw the shot, their back leg is straight so they will find it hard to generate power or the shot is held away from the neck.</p> <p>Movement: there is little to no movement to transfer weight from back foot to front foot.</p> <p>Release: may finish incorrectly, poor balance.</p>	6	2.25	2.50	<p>Demonstrates a basic level of performance of skills, techniques and decision making, with little precision, control and fluency, as appropriate to shot.</p> <p>Often makes mistakes with techniques, skills and timing.</p> <p>Knows tactics but cannot deploy them.</p> <p>Limited self-motivation.</p>
		7	2.75	3.00	
		8	3.25	3.50	
		9	3.75	4.00	
		10	4.25	4.25	
5 – 6	<p>Grip: uses correct grip for shot putt.</p> <p>Preparation: achieves a better starting position, bending at least the back leg to generate power.</p> <p>Movement: competent trunk position, but may lack speed across shot circle or not move at all.</p> <p>Release: competent throw but may arrive in the wrong position, lacking drive from the back leg to create more power.</p>	11	4.75	4.50	<p>Demonstrates a competent level of performance of skills, techniques and decision making, with some precision, control and fluency, as appropriate to shot. Sometimes errors are made with techniques, skills, and timing.</p> <p>Tactics are deployed but with errors.</p> <p>Sometimes able to self-motivate.</p>
		12	5.25	4.75	
		13	5.75	5.00	
		14	6.25	5.25	
		15	6.75	6.50	
7 – 8	<p>Grip: uses correct grip for shot putt with confidence</p> <p>Preparation: good position, balanced, relaxed and controlled. Both knees bent to create more power.</p> <p>Movement: shows some speed and aggression in the glide/step back.</p> <p>Release: shows good drive to achieve a good angle releasing with good timing.</p>	16	7.25	6.75	<p>Demonstrates a good level of performance of skills, techniques and decision making, with good precision, control and fluency, as appropriate to shot.</p> <p>Good skills, techniques and timing which are all consistent.</p> <p>Tactics are appropriately deployed with few errors.</p> <p>Motivates self well with minor misjudgements.</p>
		17	7.75	7.00	
		18	8.25	7.25	
		19	8.75	7.50	
		20	9.25	7.75	
9 - 10	<p>Grip: uses correct grip for shot putt with confidence</p> <p>Preparation: correct, well balanced, relaxed and controlled.</p> <p>Movement: very good rhythm and timing for the glide/step back, correct feet movement and placement.</p> <p>Release: reaches front of the circle in correct delivery position. Throwing arm left behind until the last moment, hip driving into a powerful release, with the release made at the correct angle.</p>	21	9.60	8.00	<p>Demonstrates a very good level of performance of skills, techniques and decision making, with very good precision, control and fluency, as appropriate to shot.</p> <p>Very good skills techniques and timing which are consistent.</p> <p>Able to adapt, improvise and deploy appropriate tactics.</p> <p>Consistently motivates self and is able to effectively influence performance.</p>
		22	9.95	8.25	
		23	10.30	8.50	
		24	10.65	8.75	
		25	11.00	9.00	

Triple Jump

Mark	Technique Criteria	Mark	Distance achieved		Performance Criteria
			Boys	Girls	
1 – 2	<p>Run-up: lacks speed, conviction and rhythm. Ineffective shape and posture.</p> <p>Take-off: lacks preparation, attack and lift. May take off on wrong foot.</p> <p>Flight: no rhythm or coordination between the hop, step, and jump phases, no noticeable step and runs out of speed in the jump.</p> <p>Landing: no leg shoot, legs may be underneath on landing. Balance is backwards.</p>	1	2.00	2.60	<p>Demonstrates an ineffective level of performance of skills, techniques and decision making, with little or no precision, control and fluency, as appropriate to triple jump.</p> <p>Little to no self-motivation.</p> <p>Cannot use tactics.</p>
		2	2.50	3.00	
		3	3.00	3.40	
		4	3.50	3.80	
		5	4.00	4.20	
3 – 4	<p>Run Up: shows hesitation before the board, no board awareness.</p> <p>Take-off: lacks speed and attack. May take-off too close to or too far away from the bar, may hesitate.</p> <p>Flight: the three phases may not be well spaced, probably lacking in the step phase. Lacks rhythm.</p> <p>Landing: lacking in leg shoot. Falls back due to lack of body control and speed.</p>	6	4.50	4.50	<p>Demonstrates a basic level of performance of skills, techniques and decision making, with little precision, control and fluency, as appropriate to triple jump.</p> <p>Often makes mistakes with techniques, skills and timing.</p> <p>Knows tactics but cannot deploy them.</p> <p>Limited self-motivation.</p>
		7	5.00	4.80	
		8	5.50	5.10	
		9	6.00	5.40	
		10	6.50	5.70	
5 – 6	<p>Run-up: competent speed on the approach with sufficient sprinting action.</p> <p>Take-off: shows some attack but may still lack the lift due to lack of technique. Improved board awareness.</p> <p>Flight: may lack rhythm and distribution in phasing (reaches between phases). May run out of speed in the jump.</p> <p>Landing: attempts to get the legs forward of the body assisted by more speed..</p>	11	7.00	6.00	<p>Demonstrates a competent level of performance of skills, techniques and decision making, with some precision, control and fluency, as appropriate to triple jump.</p> <p>Sometimes errors are made with techniques, skills, and timing.</p> <p>Tactics are deployed but with errors.</p> <p>Sometimes able to self-motivate</p>
		12	7.50	6.30	
		13	8.00	6.60	
		14	8.50	6.90	
		15	9.00	7.20	
7 – 8	<p>Run-up: fast, powerful approach with good sprinting action, does not slow excessively prior to the board</p> <p>Take-off: good attack, and correct position in relation to the bar. Keeps body upright when driving up. Transfers speed into attack and lift, good board awareness, drives the free knee forwards and up.</p> <p>Flight: phasing includes step contributing more to the complete jump, shows equal phases with no visible reaching.</p> <p>Landing: leg shoot beginning to appear, landing with soft controlled landing and forward/sideways body momentum.</p>	16	9.50	7.50	<p>Demonstrates a good level of performance of skills, techniques and decision making, with good precision, control and fluency, as appropriate to triple jump.</p> <p>Good skills, techniques and timing which are all consistent.</p> <p>Tactics are appropriately deployed with few errors.</p> <p>Motivates self well with minor misjudgements.</p>
		17	10.00	7.80	
		18	10.50	8.10	
		19	10.80	8.30	
		20	10.95	8.50	
9 - 10	<p>Run-up: is fast and aggressive, with very good sprinting action.</p> <p>Take-off: speed transferred into very good lift, shows triple extension (of the hip, knee and ankle). Consistently good board awareness and accuracy.</p> <p>Flight: three phases well-spaced with very good use of the arms, thigh lift and drive off the ground, good triple extension. Very good rhythm and clearly defined step phase.</p>	21	11.10	8.70	<p>Demonstrates a very good level of performance of skills, techniques and decision making, with very good precision, control and fluency, as appropriate to triple jump.</p> <p>Very good skills techniques and timing which are consistent.</p> <p>Able to adapt, improvise and deploy</p>
		22	11.25	8.85	
		23	11.40	9.00	
		24	11.55	9.10	

Landing: good leg shoot and sink to complete the jump, body weight travels forward or sideways when landing.	25	11.70	9.20	appropriate tactics. Consistently motivates self and is able to effectively influence performance.
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Boys Athletics Results Master Sheet

Mark	100	200	400	800	1500	Long Jump	Triple Jump	High Jump	Shot	Discus	Javelin
1	19.5	43.0	88.0	4.30	8.15	1.80	2.00	0.75m	0.50	8.00	9.00
2	19.0	42.0	86.0	4.25	8.00	2.00	2.50	0.78m	0.75	9.00	10.00
3	18.5	41.0	84.0	4.20	7.45	2.20	3.00	0.85m	1.00	10.00	11.00
4	18.0	40.0	82.0	4.15	7.30	2.40	3.50	0.92m	1.25	11.00	12.00
5	17.5	39.0	80.0	4.10	7.15	2.60	4.00	1.00m	1.75	12.00	13.00
6	17.0	38.0	78.0	4.05	7.00	2.80	4.50	1.05m	2.25	13.00	14.00
7	16.5	37.0	76.0	4.00	6.45	3.00	5.00	1.10m	2.75	14.00	15.00
8	16.0	36.0	74.0	3.55	6.30	3.20	5.50	1.15m	3.25	15.00	16.00
9	15.5	35.0	72.0	3.50	6.15	3.40	6.00	1.20m	3.75	16.00	17.00
10	15.0	34.0	70.0	3.45	6.00	3.60	6.50	1.23m	4.25	17.00	18.00
11	14.8	33.0	69.0	3.40	5.90	3.80	7.00	1.26m	4.75	18.00	19.00
12	14.6	32.0	68.0	3.35	5.80	4.00	7.50	1.29m	5.25	19.00	20.00
13	14.4	31.0	67.0	3.30	5.70	4.20	8.00	1.33m	5.75	20.00	21.00
14	14.2	30.0	66.0	3.25	5.60	4.40	8.50	1.36m	6.25	21.00	22.00
15	14.0	29.6	65.0	3.20	5.50	4.60	9.00	1.39m	6.75	22.00	23.00
16	13.8	29.2	64.0	3.15	5.40	4.70	9.50	1.41m	7.25	23.00	24.00
17	13.6	28.4	63.0	3.10	5.30	4.80	10.00	1.45m	7.75	24.00	26.00
18	13.4	27.4	62.0	3.05	5.20	4.90	10.50	1.50m	8.25	25.00	28.00
19	13.2	27.0	61.0	3.00	5.10	5.00	10.80	1.53m	8.75	26.00	30.00
20	13.0	26.6	60.0	2.55	5.00	5.10	10.95	1.56m	9.25	27.00	32.00
21	12.8	26.2	59.0	2.50	4.55	5.20	11.10	1.59m	9.60	28.00	34.00

Boys Athletics Results Master Sheet

22	12.6	25.8	57.5	2.45	4.50	5.30	11.25	1.62m	9.95	29.00	36.00
23	12.4	25.4	57.0	2.40	4.45	5.40	11.40	1.65m	10.30	30.00	37.00
24	12.2	25.1	56.5	2.35	4.40	5.50	11.55	1.68m	10.65	31.00	38.00
25	12.0	24.8	55.8	2.30	4.34	5.60	11.70	1.72m	11.00	32.00	39.00

Girls Results Master Sheet

Score	100	200	300	800	1500	Long Jump	Triple Jump	High Jump	Shot	Discus	Javelin
1	22.0	43.0	65.0	5.00	11.20	1.20	2.60	0.75m	0.25	6.00	4.00
2	21.6	42.0	64.0	4.50	11.00	1.30	3.00	0.78m	0.50	7.00	5.00
3	21.2	41.0	63.0	4.40	10.40	1.40	3.40	0.82m	1.00	8.00	6.00
4	20.8	40.0	62.0	4.30	10.20	1.50	3.80	0.88m	1.50	9.00	7.00
5	20.4	39.0	61.0	4.20	10.00	1.60	4.20	0.95m	2.00	10.00	8.00
6	20.0	38.0	60.0	4.10	9.40	1.70	4.50	1.00m	2.50	11.00	9.00
7	19.6	37.5	59.0	4.05	9.30	1.80	4.80	1.05m	3.00	12.00	10.00
8	19.2	37.0	58.0	4.00	9.20	1.90	5.10	1.10m	3.50	13.00	11.00
9	18.8	36.5	57.0	3.55	9.10	2.00	5.40	1.15m	4.00	14.00	12.00
10	18.5	36.0	56.0	3.50	9.00	2.10	5.70	1.20m	4.25	15.00	13.00
11	18.2	35.5	55.0	3.45	8.50	2.20	6.00	1.25m	4.50	16.00	14.00
12	17.9	35.0	54.5	3.40	8.40	2.30	6.30	1.29m	4.75	17.00	15.00
13	17.6	34.5	54.0	3.35	8.30	2.40	6.60	1.32m	5.00	18.00	16.00
14	16.3	34.0	53.5	3.30	8.14	2.50	6.90	1.35m	5.25	19.00	17.00
15	15.9	33.5	52.5	3.25	8.04	2.70	7.20	1.38m	6.50	20.00	18.00
16	15.6	33.0	52.0	3.20	7.54	2.90	7.50	1.41m	6.75	21.00	19.00
17	15.3	32.5	51.5	3.15	6.44	3.10	7.80	1.44m	7.00	22.00	20.00
18	15.0	32.0	51.0	3.10	6.34	3.30	8.10	1.47m	7.25	22.50	21.00
19	14.8	31.5	50.5	3.05	6.24	3.50	8.30	1.50m	7.50	23.00	22.00
20	14.6	31.0	50.0	3.00	6.14	3.70	8.50	1.53m	7.75	23.50	23.00

Girls Results Master Sheet

21	14.4	30.5	49.5	2.55	6.04	3.90	8.70	1.56m	8.00	24.00	24.00
22	14.2	30.0	49.0	2.50	5.54	4.05	8.85	1.59m	8.25	24.50	25.00
23	14.0	29.5	48.5	2.45	5.44	4.20	9.00	1.61m	8.50	25.00	26.00
24	13.8	29.0	48.0	2.40	5.34	4.35	9.10	1.63m	8.75	25.50	27.00
25	13.6	28.6	47.5	2.36	5.24	4.45	9.20	1.65m	9.00	26.00	28.00