

Toowong Harrier Achievement Levels 2020 / 2021 Season - Girls

		U 6	U 7	U 8	U 9	U 10	U 11	U 12	U 13	U 14	U 15	U16	U17
		60m					80m				90m		100m
SPRINT HURDLES	APB				10.04	9.78	13.45	12.76	12.17	11.94	12.44	12.31	
	TwHA Gold				11.16	11.09	14.83	14.37	14.08	13.56	14.36	14.11	14.44
	TwHA Silver				12.28	12.39	16.22	15.99	15.99	15.18	16.28	15.90	16.92
	Blue	17.0	14.6	14.3	13.4	13.7	17.6	17.6	17.9	16.8	18.2	17.7	19.4
	Red	19.0	16.8	16.6	15.3	15.5	20.5	20.5	20.7	20.6	21.4	20.9	23.0
	Green	25.0	20.5	20.0	18.2	18.7	26.0	26.0	27.0	26.5	30.0	28.0	34.0
200mH	APB								27.56	27.04			
	TwHA Gold								30.41	29.86			
	TwHA Silver								33.25	32.68			
	Blue								36.1	35.5			
	Red								40.5	40.1			
	Green								50.0	49.0			
300mH	APB										38.9		
	TwHA Gold										45.07	45.80	43.80
	TwHA Silver										51.23	51.00	49.20
	Blue										57.4	56.2	54.6
	Red										1:05.7	1:05.0	1:05.0
	Green										1:20.0	1:19.0	1:18.0
70m	APB				10.14	9.6							
	TwHA Gold				10.96	10.37							
	TwHA Silver				11.78	11.13							
	Blue	15.4	13.9	13.3	12.6	11.9	11.6	11.2	10.8	10.6	10.4	10.2	10.1
	Red	17.5	16.0	15.2	14.5	13.5	13.4	12.5	12.0	11.7	11.5	11.3	11.1
	Green	20.7	18.6	16.7	16.1	15.2	14.5	14.2	13.9	13.4	13.1	12.6	12.6
100m	APB				14.14	13.54	12.94	12.44	12.1	12.04	11.96	11.3	
	TwHA Gold				15.39	14.69	13.99	13.46	13.07	12.83	12.71	12.23	11.88
	TwHA Silver				16.65	15.85	15.05	14.48	14.03	13.61	13.45	13.17	12.94
	Blue	22.6	20.1	18.9	17.9	17.0	16.1	15.5	15.0	14.4	14.2	14.1	14.0
	Red	25.8	22.7	21.4	21.1	18.8	18.2	17.7	17.0	16.2	15.8	15.6	15.5
	Green	32.0	29.0	26.0	24.0	21.7	20.8	20.2	19.7	18.4	18.2	18.1	17.9
200m	APB				28.74	28.22	26.12	25.67	24.96	24.4	24.2	22.9	
	TwHA Gold				32.16	30.98	28.91	28.11	27.14	26.60	26.30	25.27	24.56
	TwHA Silver				35.58	33.74	31.71	30.56	29.32	28.80	28.40	27.63	27.03
	Blue	51.0	45.5	41.5	39.0	36.5	34.5	33.0	31.5	31.0	30.5	30.0	29.5
	Red	1:00.5	53.0	47.5	44.5	42.0	40.0	38.5	36.0	35.0	34.0	34.0	33.5
	Green	1:15.0	1:06.0	58.0	54.0	50.0	48.0	46.0	44.0	43.0	42.0	42.0	42.0
400m	APB				1:06.6	1:03.8	1:00.0	56.9	57.1	56.0	56.7	52.9	
	TwHA Gold				1:15.4	1:12.2	1:08.0	1:05.0	1:03.4	1:02.0	1:01.8	55.70	58.80
	TwHA Silver				1:24.2	1:20.6	1:16.0	1:13.0	1:09.7	1:08.0	1:06.9	1:03.3	1:02.5
	Blue			1:38	1:33.0	1:29.0	1:24.0	1:21.0	1:16.0	1:14.0	1:12.0	1:11.0	1:10.0
	Red			2:00	1:49.0	1:43.0	1:36.0	1:35.0	1:30.0	1:28.0	1:27.0	1:26.0	1:26.0
	Green			2:40	2:21.0	2:04.0	2:03.0	2:00.0	1:58.0	1:56.0	1:54.0	1:50.0	1:50.0
800m	APB				2:33.0	2:27.3	2:21.8	2:16.3	2:14.3	2:12.8	2:09.6	2:02.5	
	TwHA Gold				2:55.3	2:48.2	2:41.2	2:35.9	2:32.9	2:30.2	2:28.0	2:21.7	2:19.4
	TwHA Silver				3:17.7	3:09.1	3:00.6	2:55.4	2:51.4	2:47.6	2:46.5	2:40.8	2:39.7
	Blue				3:40.0	3:30.0	3:20.0	3:15.0	3:10.0	3:05.0	3:05.0	3:00.0	3:00.0
	Red				4:15.0	4:10.0	4:05.0	4:00.0	3:55.0	3:50.0	3:50.0	3:50.0	3:50.0
	Green				5:35.0	5:05.0	4:55.0	4:50.0	4:45.0	4:45.0	4:35.0	4:35.0	4:35.0
1500m	APB						4:44.1	4:34.5	4:33.2	4:35.3	4:27.6	4:12.5	
	TwHA Gold						5:26.0	5:18.0	5:15.5	5:15.2	5:06.7	4:48.3	4:51.0
	TwHA Silver						6:08.0	6:01.5	5:57.7	5:55.1	5:45.9	5:24.2	5:38.0
	Blue						6:50.0	6:45.0	6:40.0	6:35.0	6:25.0	6:25.0	6:25.0
	Red						8:15.0	8:10.0	8:00.0	7:55.0	7:50.0	7:50.0	7:50.0
	Green						10:50.0	10:40.0	10:30.0	10:20.0	10:00.0	10:00.0	10:00.0
300mW	TwHA Gold												
	TwHA Silver												
	Blue	2:40.0	2:25.0	2:15.0	2:10.0								
	Red	3:25.0	2:50.0	2:30.0	2:25.0								
700mW	Green	4:35.0	3:40.0	3:40.0	3:15.0								
	APB				3:21.7								
	TwHA Gold				3:59.5								
	TwHA Silver				4:37.2								
	Blue			5:45.0	5:15.0	5:10.0	4:50.0	4:50.0	4:45.0	4:35.0	4:30.0	4:30.0	4:30.0
	Red			6:40.0	6:05.0	5:55.0	5:45.0	5:45.0	5:40.0	5:30.0	5:30.0	5:30.0	5:30.0
	Green			8:40.0	7:40.0	7:20.0	7:00.0	7:00.0	6:50.0	6:50.0	6:50.0	6:50.0	6:50.0

		U 6	U 7	U 8	U 9	U 10	U 11	U 12	U 13	U 14	U 15	U 16	U 17
1100mW	APB					5:21.2	5:01.3						
	TwHA Gold					6:17.5	6:02.5						
	TwHA Silver					7:13.7	7:03.8						
	Blue					8:10.0	8:05.0						
	Red					9:10.0	9:05.0						
	Green					10:50.0	10:40.0						
1500mW	APB							6:38.7	6:35.3	6:15.4	6:20.9		
	TwHA Gold							8:12.5	8:06.9	7:43.6	7:47.3	6:13.5	6:57.5
	TwHA Silver							9:46.2	9:38.4	9:11.8	9:13.6	8:26.8	8:48.7
	Blue							11:20.0	11:10.0	10:40.0	10:40.0	10:40.0	10:40.0
	Red							12:40.0	12:30.0	12:30.0	12:30.0	12:30.0	12:30.0
	Green							15:00.0	14:50.0	14:40.0	14:40.0	14:40.0	14:40.0
SHOT PUT	APB				9.63	11.92	14.07	16.19	14.66	15.94	15.56	16.17	
	TwHA Gold				7.89	9.61	11.38	12.96	12.01	12.96	13.04	13.61	14.58
	TwHA Silver				6.14	7.31	8.69	9.73	9.35	9.98	10.52	11.06	11.54
	Blue	3.00	3.70	4.10	4.40	5.00	6.00	6.50	6.70	7.00	8.00	8.50	8.50
	Red	2.20	2.70	3.00	3.30	4.00	4.60	5.20	5.10	5.50	5.80	6.10	6.50
	Green	1.50	2.00	2.10	2.50	2.80	3.70	3.80	3.70	4.10	4.90	5.00	5.30
DISCUS	APB				32.52	40.74	39.34	46.19	51.79	45.60	49.05	53.24	
	TwHA Gold				25.18	31.66	31.39	35.79	40.53	36.23	39.03	42.66	47.65
	TwHA Silver				17.84	22.58	23.45	25.40	29.26	26.87	29.02	32.08	34.58
	Blue	5.50	8.00	8.50	10.50	13.50	15.50	15.00	18.00	17.50	19.00	21.50	21.50
	Red	4.00	5.00	5.50	7.00	9.00	11.00	11.00	12.00	13.50	14.00	14.50	15.00
	Green	2.50	3.50	4.00	5.00	6.00	7.50	7.00	8.50	9.00	10.00	10.50	10.50
VORTEX /JAVELIN	APB	VORTEX					34.18	40.8	47.26	52.23	45.96	51.09	
	TwHA Gold						26.29	31.20	36.51	40.65	36.14	40.56	65.74
	TwHA Silver						18.39	21.60	25.75	29.08	26.32	30.03	43.62
	Blue	8.00	9.00	12.00	15.00	18.00	10.50	12.00	15.00	17.50	16.50	19.50	21.50
	Red	6.00	7.00	9.00	11.00	13.00	7.50	8.50	9.50	11.50	12.00	13.00	13.50
	Green	3.00	4.00	5.00	5.50	6.00	5.00	6.00	6.50	7.00	8.50	9.00	9.50
HIGH JUMP	APB				1.39	1.47	1.55	1.66	1.80	1.76	1.80	1.86	
	TwHA Gold				1.24	1.33	1.40	1.51	1.62	1.61	1.65	1.69	1.70
	TwHA Silver				1.10	1.19	1.25	1.35	1.43	1.45	1.50	1.52	1.53
	Blue			0.85	0.95	1.05	1.10	1.20	1.25	1.30	1.35	1.35	1.35
	Red			0.70	0.80	0.85	0.95	1.00	1.05	1.10	1.15	1.15	1.15
	Green			0.55	0.65	0.70	0.80	0.85	0.85	0.95	1.00	1.00	1.00
LONG JUMP	APB				4.42	4.75	4.97	5.55	5.77	5.87	6.19	6.32	
	TwHA Gold				3.88	4.20	4.45	4.90	5.15	5.28	5.53	5.65	5.50
	TwHA Silver				3.34	3.65	3.92	4.25	4.52	4.69	4.86	4.97	4.95
	Blue	2.00	2.40	2.60	2.80	3.10	3.40	3.60	3.90	4.10	4.20	4.30	4.40
	Red	1.60	1.90	2.10	2.40	2.70	2.90	3.00	3.20	3.30	3.40	3.50	3.60
	Green	1.10	1.30	1.50	1.80	2.00	2.20	2.40	2.60	2.70	2.70	2.70	2.70
TRIPLE JUMP	APB						10.38	11.14	12.09	12.19	12.43	13.13	
	TwHA Gold						9.25	9.99	10.76	10.99	11.29	11.79	11.26
	TwHA Silver						8.13	8.85	9.43	9.80	10.14	10.44	10.28
	Blue						7.00	7.70	8.10	8.60	9.00	9.10	9.30
	Red						5.70	6.10	6.60	7.20	7.60	7.70	7.90
	Green						4.50	4.80	5.10	5.60	5.80	5.90	6.40

McDonalds Level per update August 2020, with August 2019 ABP, and U16 Australian Records as of 31/12/2019. Note Gold and Silver levels calculated for age groups 9+