

## Grade 12 Athletics Chart - Boys

	x1	x1		x1		x1 (or endurance swim)		
%	100m* (sec)	Long Jump * (m)	High Jump * (m)	Shotput* (m)	Javelin (m)	800m* (17yrs)	3000m* (18yrs)	%
100	11.8	5.80	1.70	10.50	38	02:15	12:00	100
95	12	5.70	1.68	10.25	37	02:20	12:20	95
90	12.2	5.60	1.66	10.00	36	02:25	12:40	90
85	12.4	5.50	1.64	9.75	35	02:30	13:00	85
80	12.6	5.40	1.62	9.50	34	02:35	13:20	80
77.5	12.8	5.30	1.60	9.25	33	02:40	13:40	77.5
75	13	5.20	1.58	9.00	32	02:45	14:00	75
72.5	13.2	5.10	1.56	8.75	31	02:50	14:20	72.5
70	13.4	5.00	1.54	8.50	30	02:55	14:40	70
67.5	13.6	4.90	1.52	8.25	29	03:00	15:00	67.5
65	13.8	4.80	1.50	8.00	28	03:05	15:20	65
62.5	14	4.70	1.48	7.75	27	03:10	15:40	62.5
60	14.2	4.60	1.46	7.50	26	03:15	16:00	60
58	14.4	4.50	1.44	7.25	25	03:20	16:20	58
56	14.6	4.40	1.42	7.00	24	03:25	16:40	56
54	14.8	4.30	1.40	6.75	23	03:30	17:00	54
52	15	4.20	1.38	6.50	22	03:35	17:20	52
50	15.2	4.10	1.36	6.25	21	03:40	17:40	50
48	15.4	4.00	1.34	6.00	20	03:45	18:00	48
46	15.6	3.90	1.32	5.75	19	03:50	18:20	46
44	15.8	3.80	1.30	5.50	18	03:55	18:40	44
42	16	3.70	1.28	5.25	17	04:00	19:00	42
40	16.2	3.60	1.26	5.00	16	04:05	19:20	40
35	16.7	3.35	1.16	4.50	14	04:30	20:10	35
30	17.2	3.10	1.06	4.00	12	04:55	21:00	30
25	17.7	2.85	0.96	3.50	10	05:20	21:50	25
20	18.2	2.60	0.86	3.00	8	05:45	22:40	20
15	18.7	2.35	0.76	2.50	6	06:10	23:30	15
10	19.2	2.10	0.66	2.00	4	06:35	24:20	10
5	19.7	1.85	0.56	1.50	2	07:00	25:10	5

\*can be used for Sportabzeichen (age 18-19)

Gold

Silver

Bronze