



ATHLETICS STANDARDS

TRACK EVENTS

SPRINTS	Year Group	Boys and Girls
	Year 4	60 metres
	Year 5	60 metres
	Year 6	75 metres
	Year 7	75 metres
	Year 8	100 metres

HURDLES	Year Group	Boys and Girls
	Year 4	51cm
	Year 5	61cm
	Year 6	61cm
	Year 7	67cm
	Year 8	70cm

LONG DISTANCE	Year Group	Boys and Girls
	Year 4	800 metres
	Year 5	800 metres
	Year 6	800 metres
	Year 7	800 metres
	Year 8	800 metres

RELAYS	Year Group	Boys and Girls
	Year 4	4 x 50 metres
	Year 5	4 x 50 metres
	Year 6	4 x 50 metres
	Year 7	4 x 100 metres
	Year 8	4 x 100 metres

FIELD EVENTS

HIGH JUMP	Year Group	Boys and Girls
	Year 4	95cm
	Year 5	100cm
	Year 6	105cm
	Year 7	110cm
	Year 8	115cm

LONG JUMP	Year Group	Boys	Girls
	Year 4	2m.50cm	2m.50cm
	Year 5	3m.0cm	2m.75cm
	Year 6	3m.25cm	3m.0cm
	Year 7	3m.50cm	3m.25cm
	Year 8	3m.75cm	3m.50cm

HOP, STEP, & JUMP	Year Group	Boys	Girls
	Year 4	5m.20cm	5m.0cm
	Year 5	6m.0cm	5m.50cm
	Year 6	6m.0cm	5m.50cm
	Year 7	6m.50cm	6m.50cm
	Year 8	7m.20cm	7m.20cm

SHOT PUT	Year Group	Boys	Girls
Weights:	Year 4	5m.0cm	4m.50cm
• Yr 4 & 5 Boys / Girls = 1.5kg	Year 5	5m.50cm	5m.0cm
• Yr 6 Boys + Yr 6 & 7 Girls = 2kg	Year 6	6m.0cm	5m.50cm
• Yr 7 Boys + Yr 8 Girls = 3kg	Year 7	6m.50cm	6m.0cm
• Yr 8 Boys = 3kg	Year 8	7m.0cm	6m.50cm

DISCUS	Year Group	Boys	Girls
Weights:	Year 4	12m.0cm	10m.0cm
• Yr 4 & 5 Boys / Girls = 500gm	Year 5	14m.0cm	12m.0cm
• Yr 6 & 7 Boys / Girls = 750gm	Year 6	16m.0cm	14m.0cm
• Yr 8 Girls = 750gm	Year 7	18m.0cm	15m.0cm
• Yr 8 Boys = 1kg	Year 8	20m.0cm	16m.0cm