

## 2019-2020 Achievement Ribbon Performance Levels – Girls

|    |   | 70m   | 100m  | 200m  | 400m   | 800m           | 1500m  | Short Hurdles | Long Hurdles | Shot Put | Discus | Javelin | High Jump | Long Jump | Triple Jump | Walk    | # | GOLD |
|----|---|-------|-------|-------|--------|----------------|--------|---------------|--------------|----------|--------|---------|-----------|-----------|-------------|---------|---|------|
| 16 | B |       | 13.39 | 28.20 | 1:05.4 | 2:42.9         | 6:06.5 | 15.34         | 52.90        | 9.62     | 26.18  | 23.76   | 1.41      | 4.72      | 10.12       | 9:38.1  | 9 |      |
| 16 | R |       | 14.59 | 31.42 | 1:20.3 | 3:00.7         | 6:47.5 | 18.67         | 60.64        | 8.05     | 19.94  | 19.36   | 1.31      | 4.27      | 9.22        | 11:36.9 | 8 | 13   |
| 16 | G |       | 15.40 | 33.01 | 1:40.8 | 3:14.1         | 7:32.4 | 19.97         | 68.26        | 6.84     | 15.59  | 15.72   | 1.26      | 3.87      | 8.58        | 12:51.7 | 7 |      |
| 15 | B |       | 14.11 | 29.85 | 1:08.1 | 2:48.9         | 6:07.9 | 17.29         | 56.07        | 8.44     | 21.21  | 23.40   | 1.40      | 4.39      | 9.22        | 9:38.1  | 9 |      |
| 15 | R |       | 15.26 | 33.07 | 1:20.2 | 3:28.7         | 7:12.4 | 19.26         | 62.78        | 6.96     | 16.56  | 16.49   | 1.28      | 3.94      | 8.36        | 11:36.9 | 8 | 13   |
| 15 | G |       | 15.95 | 35.08 | 1:29.0 | 3:57.2         | 8:24.9 | 20.36         | 66.72        | 6.19     | 13.56  | 12.34   | 1.20      | 3.69      | 7.73        | 12:51.7 | 7 |      |
| 14 | B |       | 13.93 | 29.12 | 1:06.7 | 2:38.8         | 5:20.5 | 14.90         | 33.79        | 8.05     | 19.77  | 26.19   | 1.40      | 4.41      | 9.47        | 8:58.2  | 9 |      |
| 14 | R |       | 15.21 | 32.16 | 1:17.2 | 3:14.7         | 6:52.1 | 17.14         | 36.84        | 6.63     | 16.72  | 17.94   | 1.26      | 3.81      | 8.10        | 10:34.4 | 8 | 13   |
| 14 | G |       | 15.83 | 33.84 | 1:24.3 | 3:41.0         | 7:56.8 | 18.67         | 38.86        | 5.58     | 13.97  | 13.40   | 1.20      | 3.42      | 7.32        | 11:27.1 | 7 |      |
| 13 | B |       | 14.01 | 29.00 | 1:07.2 | 2:41.8         | 5:42.8 | 15.76         | 33.51        | 7.00     | 20.88  | 21.48   | 1.35      | 4.29      | 9.22        | 9:02.2  | 9 |      |
| 13 | R |       | 15.72 | 32.84 | 1:19.0 | 3:11.9         | 6:51   | 18.76         | 37.83        | 5.93     | 15.51  | 15.80   | 1.21      | 3.67      | 8.06        | 10:56.4 | 8 | 13   |
| 13 | G |       | 17.15 | 35.87 | 1:27.8 | 3:34.2         | 7:44.5 | 20.65         | 40.72        | 5.16     | 11.98  | 11.59   | 1.11      | 3.27      | 7.14        | 11:45.7 | 7 |      |
| 12 | B |       | 14.78 | 30.86 | 1:10.9 | 2:53.8         | 5:57.5 | NEW           |              | 7.46     | 18.76  | 18.95   | 1.22      | 3.91      | 8.46        | 9:16.8  | 9 |      |
| 12 | R |       | 16.53 | 35.33 | 1:23.3 | 3:19.6         | 7:5.3  | EVENT         |              | 6.23     | 13.80  | 13.92   | 1.13      | 3.34      | 7.23        | 11:17.4 | 8 | 11   |
| 12 | G |       | 17.72 | 38.40 | 1:31.6 | 3:37.3         | 7:36.8 |               |              | 5.33     | 10.70  | 10.67   | 1.05      | 2.95      | 6.25        | 12:30.6 | 7 |      |
| 11 | B |       | 15.30 | 32.36 | 1:15.2 | 3:01.2         | 6:09.8 | NEW           |              | 6.78     | 16.84  | 16.28   | 1.16      | 3.64      | 7.81        | 7:28.4  | 9 |      |
| 11 | R |       | 16.94 | 36.86 | 1:28.6 | 3:26.2         | 7:06.0 | EVENT         |              | 5.50     | 12.31  | 11.48   | 1.06      | 3.13      | 6.68        | 8:22.9  | 8 | 11   |
| 11 | G |       | 18.32 | 39.74 | 1:34.8 | 3:42.6         | 7:43.1 |               |              | 4.60     | 9.94   | 8.53    | 1.00      | 2.79      | 5.71        | 9:01.3  | 7 |      |
| 10 | B | 11.49 | 16.17 | 34.42 | 1:20.3 | 3:07.9         |        | 12.86         |              | 6.05     | 16.76  | 16.08   | 1.07      | 3.62      |             | 7:54.9  | 9 |      |
| 10 | R | 12.38 | 17.72 | 38.41 | 1:30.6 | 3:31.9         |        | 14.17         |              | 4.88     | 11.90  | 12.31   | 0.97      | 3.08      |             | 8:33.5  | 8 | 11   |
| 10 | G | 13.04 | 18.70 | 41.33 | 1:36.5 | 3:47.1         |        | 15.07         |              | 3.96     | 9.24   | 8.90    | 0.90      | 2.76      |             | 8:59.0  | 7 |      |
| 9  | B | 11.79 | 16.70 | 36.47 | 1:24.8 | 3:15.8         |        | 12.45         |              | 4.95     | 12.35  | 11.06   | 1.02      | 3.30      |             | 4:54.7  | 8 |      |
| 9  | R | 13.10 | 18.74 | 41.28 | 1:37.1 | 3:45.2         |        | 14.00         |              | 3.98     | 9.49   | 9.29    | 0.90      | 2.80      |             | 5:28.1  | 7 | 11   |
| 9  | G | 13.92 | 19.90 | 44.86 | 1:46.4 | 4:06.2         |        | 14.79         |              | 3.27     | 7.47   | 7.83    | 0.85      | 2.44      |             | 5:56.8  | 6 |      |
| 8  | B | 12.84 | 18.30 | 38.98 |        | 500m<br>1:58.7 |        | 13.56         |              | 4.76     | 10.37  | 9.72    |           | 2.94      |             |         | 7 | 9    |
| 8  | R | 13.96 | 20.06 | 43.67 |        | 2:17.7         |        | 14.72         |              | 3.71     | 7.52   | 7.41    |           | 2.49      |             |         | 6 |      |
| 8  | G | 14.68 | 21.02 | 46.32 |        | 2:31.2         |        | 15.60         |              | 3.04     | 5.85   | 6.01    |           | 2.25      |             |         | 5 |      |
| 7  | B | 13.67 | 19.67 | 42.55 |        | 300m<br>1:07.3 |        | 13.16         |              | 3.95     | 9.35   | 13.23   |           | 2.58      |             |         | 6 | 9    |
| 7  | R | 14.93 | 21.84 | 47.12 |        | 1:17.5         |        | 14.46         |              | 3.04     | 7.11   | 8.91    |           | 2.22      |             |         | 5 |      |
| 7  | G | 15.62 | 22.77 | 51.15 |        | 1:24.4         |        | 15.67         |              | 2.51     | 5.47   | 6.70    |           | 1.95      |             |         | 4 |      |
| 6  | B | 15.14 | 20.80 | NEW   |        |                |        | 14.93         |              | NEW      | 7.21   | 8.27    |           | 2.15      |             |         | 4 |      |
| 6  | R | 17.07 | 24.45 | EVENT |        |                |        | 16.32         |              | EVENT    | 5.47   | 6.03    |           | 1.83      |             |         | 3 | 6    |
| 6  | G | 17.45 | 27.02 |       |        |                |        | 17.74         |              |          | 4.34   | 4.42    |           | 1.61      |             |         | 2 |      |

Note: There is insufficient data for U17 ribbon achievements. U16 data can be used noting some differences in distances and weights.