



## Toowong Harrier Achievement Levels 2022 / 2023 Season - Girls

		U 6	U 7	U 8	U 9	U 10	U 11	U 12	U 13	U 14	U 15	U 16	U 17	
700mW	APB				3:21.7									
	TwHA Gold				3:59.5									
	TwHA Silver				4:37.2									
	Blue				5:15.0									
	Red				6:05.0									
1100mW	Green				7:40.0									
	APB					5:20.09	5:01.3							
	TwHA Gold					6:16.73	6:02.53							
	TwHA Silver					7:13.36	7:03.77							
	Blue					8:10.0	8:05.0							
1500mW	Red					9:10.0	9:05.0							
	Green					11:00.0	10:50.0							
	APB							6:38.70	6:35.30	6:15.40	6:20.89			
	TwHA Gold							8:12.47	8:03.53	7:48.60	7:47.26	6:23.53	6:57.47	
	TwHA Silver							9:46.23	9:31.77	9:21.80	9:13.63	8:26.80	8:48.70	
SHOT PUT	Blue	2.90	3.50	3.80	4.20	4.90	5.70	6.40	6.60	7.00	7.80	8.50	8.60	
	Red	2.10	2.60	2.90	3.20	3.90	4.50	5.10	5.00	5.50	5.70	6.10	6.40	
	Green	1.40	1.90	2.00	2.40	2.70	3.50	3.70	3.60	4.10	4.70	4.80	5.20	
	APB				9.63	11.92	14.07	16.19	14.66	15.94	15.56	16.17		
	TwHA Gold				7.82	9.58	11.28	12.93	11.97	12.96	12.97	13.61	14.17	
DISCUS	TwHA Silver				6.01	7.24	8.49	9.66	9.29	9.98	10.39	11.06	11.50	
	Blue	5.00	7.00	8.00	10.00	12.00	14.50	14.50	17.50	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	3.00	3.50	4.50	5.50	7.00	6.50	8.00	8.50	9.50	10.00	10.00	
	VORTEX /JAVELIN	APB							34.18	40.80	47.26	52.23	45.96	51.09
TwHA Gold								26.12	31.20	36.34	40.65	36.14	40.56	43.74
TwHA Silver								18.06	21.60	25.42	29.08	26.32	30.03	33.20
Blue		7.00	8.00	11.50	14.50	17.00	10.00	12.00	14.50	17.50	16.50	19.50	21.00	
Red		4.50	5.50	9.00	11.00	13.00	8.00	8.50	9.00	11.50	12.00	13.00	13.50	
Green		2.25	3.50	4.00	4.50	5.50	5.00	5.50	6.50	7.00	8.50	9.00	9.00	
HIGH JUMP	APB				1.39	1.47	1.55	1.66	1.80	1.76	1.80	1.86		
	TwHA Gold				1.23	1.31	1.38	1.49	1.60	1.59	1.63	1.67	1.69	
	TwHA Silver				1.06	1.16	1.22	1.32	1.40	1.42	1.47	1.49	1.53	
	Blue			0.85	0.90	1.00	1.05	1.15	1.20	1.25	1.30	1.30	1.30	
	Red			0.65	0.75	0.80	0.90	0.95	1.00	1.05	1.10	1.10	1.10	
LONG JUMP	Green			0.50	0.60	0.65	0.75	0.80	0.80	0.90	0.95	0.95	0.95	
	APB				4.42	4.75	4.97	5.55	5.77	5.87	6.19	6.32		
	TwHA Gold				3.88	4.17	4.41	4.87	5.11	5.28	5.53	5.63	5.47	
	TwHA Silver				3.34	3.58	3.86	4.18	4.46	4.69	4.86	4.94	5.00	
	Blue	1.95	2.25	2.50	2.80	3.00	3.30	3.50	3.80	4.10	4.20	4.25	4.30	
TRIPLE JUMP	Red	1.60	1.80	2.00	2.40	2.60	2.80	2.90	3.10	3.30	3.40	3.45	3.50	
	Green	1.10	1.30	1.50	1.80	2.00	2.10	2.30	2.50	2.60	2.60	2.70	2.70	
	APB							10.38	11.14	12.09	12.19	12.43	13.13	
	TwHA Gold							9.15	9.89	10.76	10.99	11.22	11.75	11.22
	TwHA Silver							7.93	8.65	9.43	9.80	10.01	10.38	10.30
TRIPLE JUMP	Blue						6.70	7.40	8.10	8.60	8.80	9.00	9.20	
	Red						5.60	6.00	6.60	7.20	7.50	7.60	7.80	
	Green						4.10	4.50	5.00	5.50	5.70	5.80	6.00	

Source : McDonalds Level February 2022, ABP August 2022 (LAQ site), and U16 Australian Records as of 21 November 2022 (Athletics Australia).  
 Note Gold and Silver levels calculated for age groups 9+