

U13 (Year 7) Berkshire Schools Track and Field Championships Entry Standards 2021

	Event	Weights	Entry Standard
Girls	70m Hurdles		15.9
	75m		12.8
	150m		24.0
	600m		02:30.0
	1000m		04:10.0
	High Jump		1.10
	Long Jump		3.10
	Shot	2.72kg	5.25
	Javelin	400g	12.00
Boys	75m Hurdles		15.3
	75m		12.5
	150m		23.0
	600m		02:15.0
	1000m		03:45.0
	High Jump		1.20
	Long Jump		3.50
	Shot	3kg	5.80
	Javelin	400g	15.00