

Boys' Standards Ages 6 to 14

Event / Age	6	7	8	9	10	11	12	13	14
Running Long	200	230	250	275	310	330	340	365	400
measure in cm	160	180	210	240	270	290	310	340	370
	120	140	180	210	210	235	260	300	330
Standing Long	135	150	160	170	180	190	200	210	210
measure in cm	125	140	150	155	160	175	180	190	190
	120	125	130	135	145	150	150	160	170
Triple Jump		450	525	600	675	750	800	825	850
measure in cm		400	475	535	600	665	710	725	750
		350	410	470	525	585	620	625	650
Ball Throw	15 m	18 m	25 m	28 m	31 m	36 m	41	46	51
measure in m	13 m	15 m	19 m	21 m	25 m	30 m	35	40	45
	10 m	11 m	12 m	14 m	18 m	20 m	25	30	35
Dash	60m	75m	75m	100m	100m	100m	100m	100m	100m
time in sec	13.5	15.5	15.5	17	16.5	16	15.5	15	14.5
	14	16	16	18	17.5	17	16.5	16	15.5
	14.5	16.5	16.5	19	18.5	18	17.5	17	16.5

Updated April 2015

Girls' Standards Ages 6 to 14

Event / Age	6	7	8	9	10	11	12	13	14
Running Long	175	200	240	260	275	310	320	350	355
measure in cm	150	160	200	220	230	260	275	300	330
	110	120	160	180	200	210	225	230	240
Standing Long	130	145	155	165	175	180	195	200	200
measure in cm	120	130	140	150	155	165	175	180	185
	110	115	125	130	135	145	150	160	165
Triple Jump		450	500	550	600	650	700	725	675
measure in cm		400	445	490	535	560	625	650	550
		350	390	430	470	490	550	575	525
Ball Throw	10 m	12 m	15 m	16 m	18 m	22 m	26 m	30 m	34 m
measure in m	8 m	10 m	10 m	12 m	15 m	18 m	21 m	24 m	27 m
	7 m	8 m	9 m	10 m	12 m	13 m	17 m	20 m	23 m
Dash	60m	75m	75m	100m	100m	100m	100m	100m	100m
time in sec	13.5	15.5	15.5	18	17.5	17	16.5	16	15.5
	14	16	16	19	18.5	18	17.5	17	16.5
	14.5	16.5	16.5	20	19.5	19	18.5	18	17.5

Updated April 2015