

SWANSEA HARRIERS

GOLD AWARDS 2024

U13G	U15G	U17W	U20W		U13B	U15B	U17M	U20M
				Sprints				
8.70	8.30	8.05	7.90	60	8.20	7.65	7.45	7.25
10.5				75	10.00			
14.00	12.90	12.60	12.40	100	13.00	11.90	11.30	11.10
21.00				150	20.00			
29.20	27.80	26.70	25.90	200	26.00	24.20	23.00	22.40
	43.00	41.80	58.00	300 / 400		39.50	53.00	51.00
				Hurdles				
10.30	9.75	9.25	9.05	60 Hurdles	9.80	9.00	8.60	8.45
11.90	11.90	12.20	15.40	Sprint Hurdles	13.2	12.20	14.10	15.10
		47.00	67.00	Long Hurdles			59.50	57.00
				Endurance				
2:31	2:22	2:20	2:18	800	2:18	2:07	2:01	1:57
4:01				1200	3:51			
5:12	4:55	4:50	4:45	1500	4:40	4:25	4:10	4:00
	11:15	10:35	10:10	3000		9:30	8:57	8:35
				Throws				
8.80	10.00	11.60	12.40	Shot	9.80	12.00	12.80	14.40
24.00	29.00	35.00	41.00	Discus	24.00	32.00	38.00	41.00
	36.00	42.00	45.00	Hammer		39.00	48.00	51.00
26.50	34.00	41.50	44.00	Javelin	32.00	41.00	47.00	53.00
				Jumps				
4.25	4.95	5.25	5.40	Long Jump	4.75	5.50	6.20	6.60
1.35	1.50	1.55	1.60	High Jump	1.45	1.61	1.79	1.95
	9.50	10.80	11.40	Triple Jump		11.80	12.80	13.75
	2.50	3.00	3.25	Pole Vault		3.40	3.80	4.20
				Combined Events				
	2600	3000	3400	Indoor		2400	3750	4250
2200	2600	3500	4250	Outdoor	1900	2400	4500	5750