

RAVENZ ELITE STANDARDS

BOYS

	100	200	400	800	1500	3000	Long Jump	Shot Put	Discuss
8 & Under	16	35	1:15.00	3:10.00	6:30.00		10	15.8	
9-10 (born 2005-2006)	15	32	1:10.00	3:00.00	6:00.00		11	18	40
11-12 (born 2003-2004)	14	29	1:05.00	2:45.00	5:50.00	13:00.00	12	25	50
13-14 (born 2001-2002)	13	27	1:00.00	2:35.00	5:15.00	11:00.00	14	28.6	60
15-16 (born 1999-2000)	12.5	25	55	2:20.00	4:45.00	10:30.00	17	30	80
17-18 (born 1997-1998)	11.75	23.5	53	2:00.00	4:30.00	10:00.00	19	35	100

GIRLS

	100	200	400	800	1500	3000	Long Jump	Shot Put	Discuss
8 & Under	16.5	36	1:18.00	3:30.00	7:00.00		9	14	
9-10 (born 2005-2006)	15.5	34	1:13.00	3:05.00	6:15.00		10	16	30
11-12 (born 2003-2004)	14.5	31	1:07.00	2:50.00	6:00.00	13:00.00	11	22	40
13-14 (born 2001-2002)	13.75	29	1:04.00	2:45.00	5:35.00	12:45.00	13	26	50
15-16 (born 1999-2000)	13	28	1:01.00	2:30.00	5:20.00	12:35.00	14-05.00	27	60
17-18 (born 1997-1998)	12.75	27.5	59	2:25.00	5:00.00	12:00.00	15	30	70