

# Quinte Legion Track & Field Club

## TRACK STAR

### *Are you a TRACK STAR?*



The coaching staff and executive of the Quinte Legion Track & Field Club believes you are and have implemented a new program to recognize the performances of all club members.

**TRACK STAR**, adapted from the BC Athletics *Junior Development Program* and the OTFA *Step up to Excellence Program*, is a standards-based award program. For each age group and event, there are gold, silver and bronze performance standards.



Athletes must meet the standard in three events to be awarded a coveted QLTFC TRACK STAR pin. For example, if an athlete meets the bronze standard in two events and the gold in a third, he/she will be awarded a bronze QLTFC TRACK STAR pin. If he/she later attains the silver or gold standard in the two other events, the pin will be upgraded accordingly.



All meets recognized by the MTA, OTFA, and Athletics Canada are sanctioned for this program. Athletes should check with the coaching staff to verify the eligibility of other meets.

Athletes who attain a standard should provide the head coach with all relevant information.

## GIRLS TRACK EVENTS

EVENT		- 98	97	96	95	94	93	92	90-91	88-89
100 m	G	17.0	16.0	15.3	14.5	14.0	13.6	13.2	12.8	12.4
	S	18.0	17.0	16.3	15.5	15.0	14.6	14.2	13.6	13.0
	B	19.0	18.0	17.3	16.5	16.0	15.6	15.2	14.5	13.7
200 m	G	37.5	35.9	32.8	30.5	29.3	28.4	27.4	26.6	25.7
	S	41.0	38.0	35.5	33.0	31.8	30.8	29.9	28.5	27.1
	B	45.0	41.0	37.5	34.0	33.5	32.5	31.6	30.2	28.7
400 m	G	1:23.0	1:18.0	1:15.0	1:12.0	1:08.5	1:05.5	1:03.0	1:01.1	59.1
	S	1:31.0	1:25.0	1:21.0	1:17.0	1:13.5	1:10.5	1:08.0	1:05.4	1:02.8
	B	1:36.0	1:32.0	1:27.0	1:22.0	1:18.5	1:16.0	1:12.0	1:09.6	1:07.1
800 m	G	3:15.0	3:05.0	3:00.0	2:55.0	2:45.0	2:37.0	2:30.0	2:24.0	2:18.3
	S	3:45.0	3:35.0	3:25.0	3:15.0	3:05.0	2:57.0	2:50.0	2:38.1	2:27.0
	B	4:20.0	4:05.0	3:50.0	3:35.0	3:25.0	3:17.0	3:00.0	2:49.0	2:37.0
1500 m	G	6:30.0	6:00.0	5:52.0	5:45.0	5:38.0	5:24.0	5:02.0	4:52.4	4:44.0
	S	7:20.0	6:50.0	6:35.0	6:20.0	6:03.0	5:49.0	5:37.0	5:16.0	5:03.0
	B	9:00.0	7:30.0	7:15.0	7:00.0	6:50.0	6:30.0	6:15.0	5:49.0	5:24.0
3000 m	G					12:15.0	11:15.0	10:40.0	10:26.0	10:11.0
	S					13:45.0	12:40.0	12:00.0	11:49.0	10:53.0
	B					16:45.0	15:00.0	14:00.0	12:51.0	11:43.0
						1500m			2000m	
Steeple-chase	G						6:00.0	5:36.0	5:28.0	7:14.4
	S						6:28.0	6:15.0	5:40.0	7:30.4
	B						7:14.0	6:57.0	5:51.0	7:46.3
				80m				100m		
Sprint Hurdles	G				15.5	15.0	14.0	13.0	15.98	15.08
	S				17.0	16.5	16.0	15.0	16.64	16.00
	B				18.5	18.3	18.0	17.0	17.63	17.03
				200m				300m	400m	
Distance Hurdles	G					40.3	37.0	35.0	52.0	1:05.5
	S					43.0	40.0	38.0	57.0	1:10.1
	B					48.0	45.0	43.0	1:06.0	1:15.5
		800 metres				1500 metres				10k
Racewalk	G	4:39.0	4:24.0	4:17.0	4:10.0	8:03.0	7:43.0	7:36.9	7:30.8	55:00
	S	5:21.0	5:07.0	4:53.0	4:39.0	8:39.0	8:19.0	8:03.2	7:47.4	60:00
	B	6:11.0	5:50.0	5:29.0	5:07.0	9:46.0	9:17.0	8:39.5	8:04.0	65:00

## GIRLS FIELD EVENTS

EVENT		- 98	97	96	95	94	93	92	90-91	88-89
High Jump	G	0.90 m	1.00 m	1.10 m	1.20 m	1.30 m	1.40 m	1.50 m	1.55 m	1.61 m
	S	0.82 m	0.90 m	0.97 m	1.05 m	1.15 m	1.25 m	1.35 m	1.42 m	1.50 m
	B	0.75 m	0.80 m	0.85 m	0.90 m	1.00 m	1.10 m	1.20 m	1.29 m	1.38 m
Long Jump	G	3.00 m	3.35 m	3.65 m	3.90 m	4.20 m	4.50 m	4.70 m	5.09 m	5.48 m
	S	2.50 m	2.85 m	3.20 m	3.50 m	3.75 m	4.00 m	4.30 m	4.47 m	5.04 m
	B	2.00 m	2.35 m	2.70 m	3.00 m	3.25 m	3.50 m	3.80 m	4.20 m	4.60 m
Triple Jump	G			7.50 m	8.00 m	8.50 m	9.10 m	9.60 m	10.50 m	11.40 m
	S			5.30 m	6.00 m	6.75 m	7.60 m	8.10 m	9.29 m	10.47 m
	B			3.20 m	4.00 m	5.00 m	6.00 m	7.00 m	8.27 m	9.54 m
		2kg	2kg	3kg	3 kg	3 kg	3 kg	3 kg	4kg	4kg
Shot Put	G	5.00 m	6.00 m	7.00 m	7.50 m	8.00 m	9.00 m	9.50 m	10.12 m	12.00 m
	S	4.50 m	5.50 m	6.00 m	6.50 m	7.00 m	7.50 m	8.50 m	9.04 m	10.00 m
	B	3.70 m	4.50 m	5.00 m	5.50 m	6.00 m	6.50 m	8.00 m	7.96 m	8.50 m
			750 g	750 g	750 g	1kg	1 kg	1 kg	1kg	1kg
Discus	G		12.00 m	16.00 m	19.00 m	22.00 m	22.00 m	25.00 m	32.18 m	39.35 m
	S		11.00 m	12.00 m	16.00 m	18.00 m	17.00 m	20.00 m	26.10 m	32.40 m
	B		9.00 m	10.50 m	13.00 m	15.50 m	13.00 m	15.00 m	20.55 m	26.10 m
			400 g	400 g	400 g	400 g	600 g	600 g	600 g	600 g
Javelin	G		11.50 m	15.00 m	15.50 m	20.00 m	19.50 m	22.50 m	31.00 m	39.50 m
	S		10.50 m	13.00 m	13.50 m	16.00 m	16.00 m	19.50 m	26.20 m	32.90 m
	B		9.00 m	10.00 m	11.00 m	14.00 m	13.50 m	16.00 m	23.44 m	30.88 m

## BOYS TRACK EVENTS

EVENT		- 98	97	96	95	94	93	92	90-91	88-89
100 m	G	17.0	15.5	14.8	14.0	13.5	12.9	12.3	11.7	11.1
	S	18.0	16.5	15.8	15.0	14.5	13.9	13.3	12.5	11.6
	B	19.0	17.5	16.8	16.0	15.5	14.9	14.3	13.2	12.0
200 m	G	36.7	34.0	31.5	29.0	27.8	26.4	25.0	23.8	22.6
	S	39.7	37.0	34.5	32.0	30.5	29.0	27.5	25.6	23.6
	B	42.7	40.0	37.5	35.0	33.3	31.5	29.5	27.1	24.7
400 m	G	1:20.5	1:15.0	1:11.5	1:08.0	1:04.0	1:00.5	0:57.0	53.9	50.8
	S	1:29.5	1:23.0	1:18.0	1:13.0	1:09.0	1:05.5	1:02.0	57.7	53.4
	B	1:37.5	1:28.0	1:24.0	1:20.0	1:15.0	1:11.0	1:08.0	1:02.1	56.1
800 m	G	3:05.0	2:55.0	2:47.0	2:40.0	2:30.0	2:22.0	2:14.0	2:06.4	1:58.7
	S	3:35.0	3:25.0	3:10.0	2:55.0	2:47.0	2:38.0	2:30.0	2:17.0	2:04.0
	B	4:05.0	3:55.0	3:35.0	3:15.0	3:07.0	3:00.0	2:50.0	2:30.5	2:11.0
1500 m	G	6:20.0	5:55.0	5:37.0	5:20.0	5:05.0	4:50.0	4:38.0	4:20.5	4:03.0
	S	7:00.0	6:40.0	6:20.0	6:00.0	5:45.0	5:30.0	5:10.0	4:42.5	4:15.0
	B	8:40.0	7:10.0	6:50.0	6:30.0	6:25.0	6:00.0	5:45.0	5:07.0	4:29.0
3000 m	G					11:15.0	10:45.0	10:15.0	9:07.5	8:48.0
	S					13:00.0	12:10.0	11:25.0	9:23.0	9:03.0
	B					14:40.0	13:20.0	12:40.0	9:38.0	9:17.0
						1500 m		2000 m	3000 m	
Steeple-chase	G						5:15.0	5:03.0	6:49.0	9:51.5
	S						5:55.0	5:35.0	7:03.0	10:10.8
	B						6:25.0	6:10.0	7:18.0	10:28.9
		60 m			80 m		100 m		110 m	110m
Sprint Hurdles	G	13.00	11.70	11.20	15.0	14.3	17.2	16.2	16.03	15.40
	S	13.80	12.60	12.00	16.5	16.0	18.5	17.5	16.60	16.90
	B	14.70	13.30	12.80	18.0	17.8	21.0	20.0	17.15	16.50
		200 m					300 m		400 m	
Distance Hurdles	G			39.0	35.5	35.0	32.1	29.2	43.1	57.9
	S			42.0	38.5	38.0	34.2	30.3	44.8	59.8
	B			47.0	43.5	41.0	36.2	31.4	46.5	1:01.9
		800 m			1500 m				3000 m	
Racewalk	G	4:24.0	4:10.0	3:59.0	3:49.0	7:16.0	6:54.0	6:37.0	6:17.0	14:02.3
	S	5:07.0	4:53.0	4:31.0	4:10.0	8:13.0	7:51.0	7:23.0	7:00.0	14:31.2
	B	5:50.0	5:36.0	5:07.0	4:39.0	9:10.0	8:34.0	8:13.0	7:48.0	15:00.1

## BOYS FIELD EVENTS

EVENT		- 98	97	96	95	94	93	92	90-91	88-89
High Jump	G	0.95 m	1.05 m	1.16 m	1.27 m	1.36 m	1.48 m	1.60 m	1.78 m	1.95 m
	S	0.83 m	0.92 m	1.02 m	1.12 m	1.21 m	1.33 m	1.45 m	1.65 m	1.84 m
	B	0.73 m	0.85 m	0.92 m	1.00 m	1.10 m	1.22 m	1.33 m	1.53 m	1.72 m
Long Jump	G	3.15 m	3.50 m	3.85 m	4.20 m	4.50 m	5.00 m	5.50 m	6.15 m	6.79 m
	S	2.65 m	3.00 m	3.35 m	3.70 m	4.00 m	4.50 m	5.00 m	5.67 m	6.34 m
	B	2.15 m	2.50 m	2.85 m	3.10 m	3.45 m	3.90 m	4.40 m	5.15 m	5.90 m
Triple Jump	G			7.80 m	8.50 m	9.25 m	10.25 m	11.25 m	12.72 m	14.18 m
	S			6.30 m	7.00 m	7.80 m	9.00 m	10.10 m	11.66 m	13.22 m
	B			5.15 m	6.00 m	7.00 m	8.00 m	9.00 m	10.65 m	12.30 m
		4 lb	4 lb	4 lb	3 kg	3 kg	4 kg	4 kg	5 kg	6kg
Shot Put	G	6.50 m	8.00 m	8.50 m	8.00 m	9.00 m	10.00 m	12.00 m	13.00 m	13.60 m
	S	5.50 m	6.50 m	7.50 m	7.00 m	8.00 m	8.70 m	10.00 m	12.00 m	11.80 m
	B	4.50 m	5.50 m	6.00 m	6.00 m	7.50 m	7.00 m	8.00 m	11.00 m	10.14 m
			750 g	750 g	1 kg	1 kg	1 kg	1 kg	1.5 kg	1.75 kg
Discus	G		15.00 m	18.00 m	19.00 m	24.00 m	25.00 m	30.00 m	36.00 m	42.0 m
	S		13.00 m	16.00 m	13.00 m	17.00 m	20.00 m	24.00 m	32.00 m	36.15 m
	B		11.00 m	13.00 m	10.00 m	12.50 m	16.00 m	20.00 m	25.00 m	30.78 m
			400 g	400 g	400 g	400 g	600 g	600 g	700 g	700 g
Javelin	G		18.00 m	21.00 m	23.00 m	27.00 m	30.00 m	36.00 m	51.00 m	55.00 m
	S		16.00 m	17.00 m	20.00 m	23.00 m	25.00 m	30.00 m	46.00 m	47.00 m
	B		14.00 m	15.00 m	16.00 m	18.00 m	16.00 m	22.00 m	41.00 m	40.00 m