

2018 Fort Belvoir Sonic Boom Performance Guidelines

Boys			Girls	
7-8 Boys (born 2010 +)			7-8 Girls (born 2010 +)	
100m	16.66		100m	17.51
200m	34.44		200m	36.4
400m	1:23.3		400m	1:28.3
800m	3:22.9		800m	3:30.9
1500m	6:57		1500m	7:03
Long Jump	8"0		Long Jump	7"3
Shot Put (2 kg)	11"04		Shot Put (2 kg)	9"6
Mini Javelin Throw	32		Mini Javelin Throw	20
9-10 Boys (born 2008-2009)			9-10 Girls (born 2008-2009)	
100m	16.02		100m	16.29
200m	32.71		200m	34.45
400m	1:19.7		400m	1:23.6
800m	3:06.5		800m	3:20.5
1500m	6:32.1		1500m	6:42.1
1500m RaceWalk	10:33		1500m Race Walk	12:28
High Jump	3"08		High Jump	3"01
Long Jump	10"5		Long Jump	9"03
Shot Put (6 lb)	16"10		Shot Put (6 lb)	12
Mini Javelin	42"10		Mini Javelin	30

Triathlon	325	Triathlon	546
11-12 Boys (born 2006-2007)		11-12 Girls (born 2006-2007)	
100m	14.28	100m	15.21
200m	29.72	200m	32.85
400m	1:10.6	400m	1:14.6
800m	2:55.0	800m	3:00
1500m	5:50	1500m	6:00
3000m	13:30.47	3000m	13:58
1500m RaceWalk	9:47	1500m Race Walk	11:35
80m H (30")	16.63	80m H (30")	17.12
High Jump	4"0	High Jump	3"06
Long Jump	11"10	Long Jump	10"11
Shot Put (6 lb)	20"05	Shot Put (6 lb)	16
Discus (1 kg)	43"06	Discus (1 kg)	40"09
Mini Javelin	53"05	Mini Javelin	40
Pentathlon	1368	Pentathlon	1667
13-14 Boys (born 2004-2005)		13-14 Girls (born 2004-2005)	
100m	13.16	100m	14.4
200m	27.07	200m	29.5
400m	1:03.7	400m	1:08
800m	2:40.7	800m	2:53.5
1500m	5:37	1500m	5:50

3000m	12:00.00		3000m	12:30
3000m Race Walk	21:47		3000m Race Walk	23:00
100m H (33")	18.5		100m H (30")	17.43
200m H (30")	35.85		200m H (30")	36.35
High Jump	4"8		High Jump	4"2
Long Jump	15"01		Long Jump	12"10
Triple Jump	31"0		Triple Jump	28"09
Shot Put	23"08		Shot Put	19
Discus (1 kg)	50"07		Discus (1 kg)	45"06
Javelin (600 g)	60"05		Javelin (600 g)	50
Pentathlon	1676		Pentathlon	2022
15-16 Boys (born 2002-2003)			15-16 Girls (born 2002-2003)	
100m	12.05		100m	13.58
200m	24.04		200m	27.42
400m	54.89		400m	1:04
800m	2:22.5		800m	2:40
1500m	5:12		1500m	5:45.0
3000m	11:30		3000m	12:30
3000m Race Walk	20:00		3000m Race Walk	22:00
110m H (39")	17.09		100m H (33")	17.15
400m H (36")	1:11.34		400m H (30")	1:17
High Jump	5"0		High Jump	4"5

Long Jump	16"07		Long Jump	14"0
Triple Jump	34"06		Triple Jump	30"05
Shot Put (12 lb.)	28"5		Shot Put (4 kg)	25
Discus (1.6 kg)	87"00		Discus (1 kg)	58"09
Javelin (800 g)	67"05		Javelin (600 g)	60
Decathlon	3855		Heptathlon	2999
17-18 Men (born 2000-2001)			17-18 Women (born 2000-2001)	
100m	11.81		100m	12.5
200m	23.38		200m	26.65
400m	53.9		400m	1:01
800m	02:15.9		800m	2:30
1500m	4:52.5		1500m	4:52
3000m	10:34.62		3000m	11:15
3000m Race Walk	19:00		3000m Race Walk	21:00
110m H (39")	15.97		100m H (33")	16.51
400m H (36")	1:00.82		400m H (30")	1:08
High Jump	5"5		High Jump	4"7
Long Jump	18"10		Long Jump	15"00
Triple Jump	38"07		Triple Jump	31"10
Shot Put (12 lb)	37		Shot Put (4 kg)	35
Discus (1.6 kg)	100		Discus (1 kg)	70
Javelin (800 g)	89"03		Javelin (600 g)	70

Decathlon	4059	Heptathlon	50.23
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