



Athlete Badge Requirements.

Gain 8 or more points by adding together the scores from the best four events

Events	3 points	2 points	1 point
1 50m Sprint	9 seconds	10 seconds	11 seconds
2 Throwing a cricket ball	25 metres	22 metres	18 metres
3 High Jump	96cm	86cm	76cm
4 Long Jump	3 metres	2.5 metres	2 metres
5 Sargent Jump	35cm	30cm	25cm
6 Shuttle run 6 x 10 metres	18 seconds	19 seconds	20 seconds
7 50 metres Skipping	12 seconds	13 seconds	14 seconds
8 1,000 metre run	5 minutes	6 minutes	10 minutes