

## Year 7 District Standards

<b>BOYS</b>	
100 metres	13.5s
800 metres	2m.30s
Long Jump	4.40m
Shot	8.40m
Javelin	25.00m
<b>GIRLS</b>	
100 metres	14.0s
800 metres	2m.35s
Long Jump	4.20m
Shot	7.50m
Javelin	20.00m