



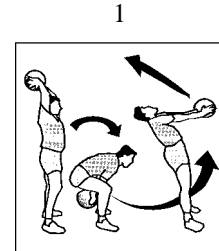
THE THROWS QUADATHLON



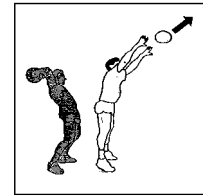
Performances that warrant more than 50 points, receive a score based on an extension of the performance increment operating between 49 and 50 points

Measurements in Metres

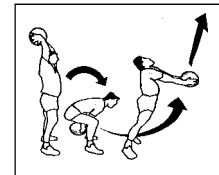
Points	1 Double OHB	2 Football (Soccer)	3 Caber	4 Push from chest	Points
50	15.00	13.00	16.00	10.70	50
49	14.70	12.90	15.70	10.60	49
48	14.40	12.80	15.40	10.50	48
47	14.10	12.70	15.10	10.40	47
46	13.80	12.60	14.80	10.30	46
45	13.50	12.50	14.50	10.20	45
44	13.10	12.40	14.10	10.10	44
43	12.70	12.20	13.60	10.00	43
42	12.30	12.00	13.10	9.90	42
41	11.90	11.70	12.60	9.80	41
40	11.50	11.30	12.10	9.60	40
39	11.00	10.80	11.60	9.40	39
38	10.50	10.30	11.10	9.20	38
37	10.00	9.80	10.60	9.00	37
36	9.50	9.30	10.10	8.80	36
35	9.00	8.80	9.60	8.60	35
34	8.50	8.30	9.10	8.40	34
33	8.00	7.80	8.60	8.20	33
32	7.50	7.30	8.10	8.00	32
31	7.00	6.80	7.60	7.50	31
30	6.50	6.30	7.10	7.00	30
29	6.00	5.80	6.60	6.50	29
28	5.50	5.30	6.10	6.00	28
27	5.00	4.80	5.60	5.40	27
26	4.50	4.30	5.10	4.80	26
25	4.00	3.80	4.50	4.20	25
24	3.50	3.30	3.90	3.60	24
23	3.00	2.80	3.30	3.00	23
22	2.50	2.30	2.60	2.40	22
21	2.00	1.80	2.00	1.80	21
20	1.50	1.30	1.40	1.20	20



2



3



4

1.5 - 3.0 kg. Medicine Ball, or, 3kg. Shot
Adjust expectations to those appropriate for your group

Standards are subject to review.

For a more comprehensive series:
THROWS DECATHLON

	Female		Male	
	U13	U14	U13	U14
A+	>165 pts	>170 pts.	>170 pts.	>185 pts.
A	155-165	160-170	160-170	175-185
B+	145-154	150-159	150-159	165-174
B	130-144	140-149	140-149	155-164
C+	120-129	125-139	128-139	140-154
C	<120	<125	<128	<140