

Normative Data Ranges: U10, U11, U12, U13, U14, U15, U16

SPRINT – 0-40 meters			
seconds	Top third	Middle third	Bottom third
U10			
U11			
U12	6.69 s	7.24 s	9.74 s
U13	6.27 s	6.86 s	8.93 s
U14	5.80 s	6.30 s	6.82 s
U15			
U16			

UPPER BODY POWER – medicine ball throw			
meters	Top third	Middle third	Bottom third
U10			
U11			
U12	8.6 m	5.9 m	4.8 m
U13	8.8 m	6.3 m	5.2 m
U14	9.6 m	8.0 m	6.9 m
U15			
U16			

LOWER BODY POWER – standing broad jump			
meters	Top third	Middle third	Bottom third
U10			
U11			
U12			
U13			
U14			
U15			
U16			

ENDURANCE – 1200 meters			
(min:sec)	Top third	Middle third	Bottom third
U10			
U11			
U12	5:42	7:01	9:44
U13	6:12	6:49	9:19
U14	5:46	6:25	7:36
U15			
U16			