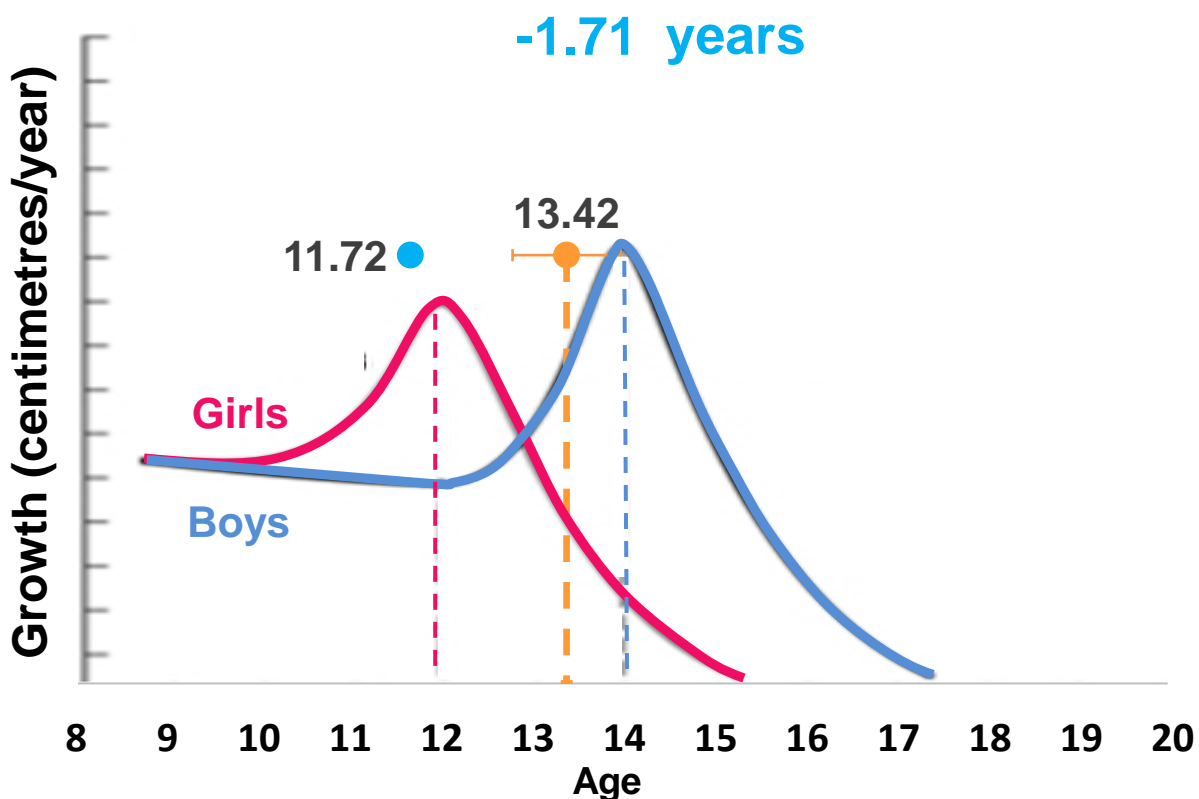




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Peak Growth Age



The blue and crimson curves show the average growth speed trends (accumulated height per year) for boys and girls, respectively. Two important features are:

1. Growth spurt in height (i.e., 'takeoff point' for accelerated height gain)
2. Peak height velocity (i.e., the amount of height gained at the peak of growth spurt)

The dotted line (orange) indicates your estimated peak growth age and the horizontal line (orange) shows the potential range of the estimate.

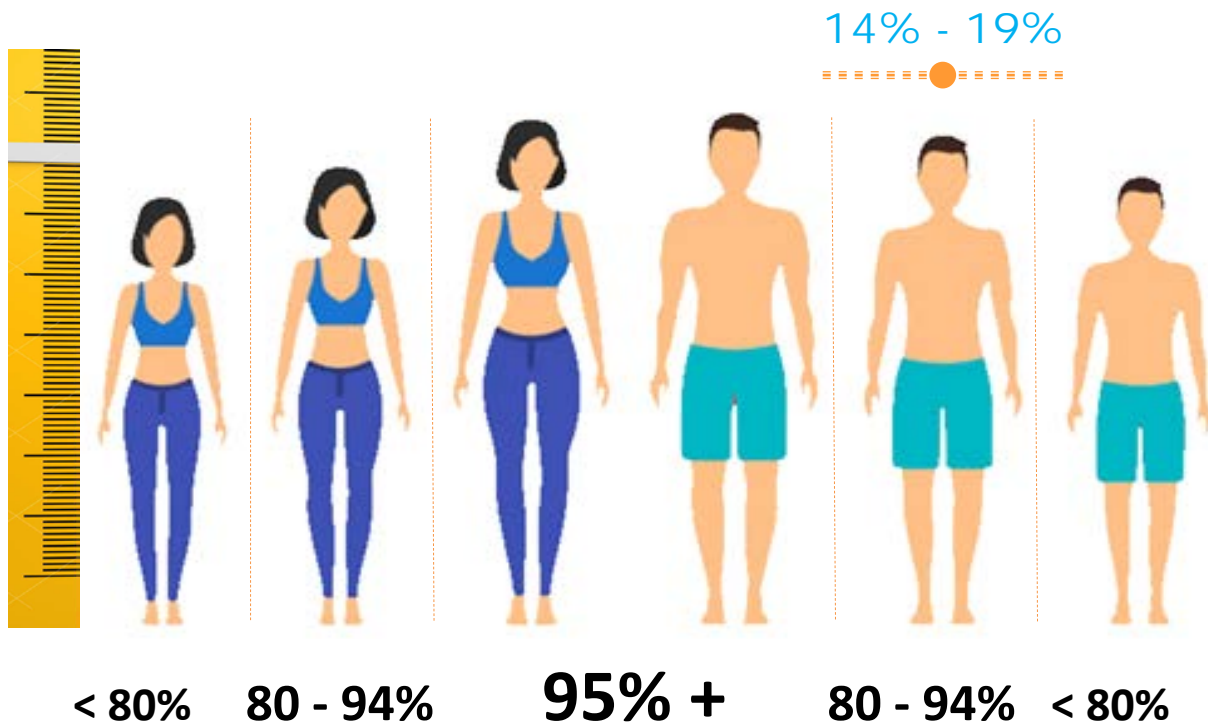
The blue dot shows your age as at the day of measurement (decimal age). If the blue dot is to the left of the orange dot, then you are entering into a stage of peak height velocity. If the blue dot is to the right of the orange dot, you are now past the stage of peak height velocity and growth will be more steady.

Compared with your current age, the number of years before (-) or after your peak growth age is indicated in blue at the top of the graph.



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Athlete Growth Timeline



Full adult height is usually attained by 18-20 years in males and 16-18 in females.

Some children attain adult height at an earlier age than others.

Your estimated amount of remaining growth is indicated by the percentage range (blue) above one of the three boys/girls in the picture. The percentages below the figures (black) show three biological growth ranges that estimate how much growing you have done (<80%, 80-94% and 95%+).