



Northern Districts Little Athletics Centre

Achievement Award Levels and Performance Standards



Age Group 10 Boys

Achieve and record any 6 standards for each colour award level

For the 60m Hurdles, 70m & 100m you can only use 1 standard per colour level. The times in brackets are if the result was Hand timed, not gates.

Event	Yellow			Green			Red			Blue		
	Standard	Achieved	Date	Standard	Achieved	Date	Standard	Achieved	Date	Standard	Achieved	Date
70m	17.00 HT (16.70)			14.80 HT (14.50)			12.50 HT (12.20)			11.40 HT (11.10)		
100m	23.50 HT (23.20)			20.40 HT (20.10)			17.30 HT (17.00)			15.70 HT (15.40)		
200m	48.50			42.00			35.60			32.30		
400m	1:42.30			1:37.30			1:22.40			1:14.90		
800m	4:11.00			3:38.00			3:04.00			2:47.00		
1100m Walk	10:45.00			9:19.00			7:53.00			7:10.00		
60m Hurdles 60cm	18.40 HT (18.10)			16.00 HT (15.70)			13.60 HT (13.30)			12.40 HT (12.10)		
High Jump	0.86			0.96			1.05			1.15		
Long Jump	2.08			2.91			3.74			4.15		
Discus 500g	8.46			12.69			16.92			21.15		
Shot Put 2kg	2.96			4.43			5.91			7.39		
Pentathlon	1031			1547			2062			2578		
Multi Event	1754			2630			3507			4384		