



Northern Districts Little Athletics Centre

Achievement Award Levels and Performance Standards



Age Group 10 Girls

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	17.30 HT (17.00)			15.00 HT (14.70)			12.80 HT (12.50)			11.60 HT (11.30)		
100m	24.10 HT (23.80)			20.90 HT (20.60)			17.70 HT (17.40)			16.20 HT (15.90)		
200m	49.10			42.60			36.00			32.80		
400m	1:56.70			1:41.10			1:25.60			1:17.80		
800m	4:31.00			3:55.00			3:18.00			3:00.00		
1100m Walk	10:45.00			9:19.00			7:53.00			7:10.00		
60m Hurdles 60cm	18.70 HT (18.40)			16.30 HT (16.00)			13.80 HT (13.50)			12.60 HT (12.30)		
High Jump	0.83			0.92			1.01			1.10		
Long Jump	1.89			2.65			3.40			3.78		
Discus 500g	8.42			12.63			16.84			21.05		
Shot Put 2kg	2.49			3.73			4.98			6.22		
Pentathlon	902			1354			1805			2256		
Multi Event	1635			2452			3270			4087		