



Northern Districts Little Athletics Centre

Achievement Award Levels and Performance Standards

Age Group 11 Girls



Achieve and record any 6 standards for each colour award level

For the 80m Hurdles & 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
100m	23.60 <i>HT (23.30)</i>			20.50 <i>HT (20.20)</i>			17.40 <i>HT (17.10)</i>			15.80 <i>HT (15.50)</i>		
200m	49.10			42.50			36.00			32.70		
400m	1:53.20			1:38.10			1:23.00			1:15.50		
800m	4:20.00			3:45.00			3:10.00			2:53.00		
1500m	9:00.00			7:48.00			6:36.00			6:00.00		
1100m Walk	10:27.00			9:04.00			7:40.00			6:58.00		
80m Hurdles 60cm	24.20 <i>HT (23.90)</i>			21.20 <i>HT (20.90)</i>			18.10 <i>HT (17.80)</i>			16.20 <i>HT (15.90)</i>		
High Jump	0.86			0.96			1.05			1.15		
Long Jump	1.98			2.77			3.56			3.96		
Triple Jump	5.05			6.31			7.57			8.41		
Discus 500g	9.07			13.61			18.15			22.68		
Shot Put 2kg	2.93			4.40			5.86			7.33		
Javelin 400g	5.22			7.82			10.43			13.04		
Pentathlon	1004			1506			2008			2510		
Multi Event	1639			2458			3278			4097		