



Northern Districts Little Athletics Centre

Achievement Award Levels and Performance Standards

Age Group 12 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	22.80 <i>HT (22.50)</i>			19.80 <i>HT (19.50)</i>			16.80 <i>HT (16.50)</i>			15.30 <i>HT (15.00)</i>		
200m	46.50			40.30			34.10			31.00		
400m	1:47.70			1:33.00			1:19.00			1:11.80		
800m	4:16.00			3:42.00			3:08.00			2:51.00		
1500m	8:49.00			7:38.00			6:28.00			5:52.00		
1500m Walk	15:16.00			13:14.00			11:12.00			10:10.00		
80m Hurdles 68cm	23.30 <i>HT (23.00)</i>			20.40 <i>HT (20.10)</i>			17.50 <i>HT (17.20)</i>			15.60 <i>HT (15.30)</i>		
High Jump	0.94			1.04			1.15			1.25		
Long Jump	2.11			2.95			3.79			4.21		
Triple Jump	5.27			6.59			7.91			8.78		
Discus 750g	8.01			12.02			16.02			20.03		
Shot Put 2kg	3.28			4.92			6.57			8.21		
Javelin 400g	7.17			10.76			14.34			17.93		
Pentathlon	1111			1667			2222			2778		
Multi Event	1758			2636			3515			4394		