



Northern Districts Little Athletics Centre

Achievement Award Levels and Performance Standards



Age Group 13 Boys

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	20.80 <i>HT (20.50)</i>			18.00 <i>HT (17.70)</i>			15.30 <i>HT (15.00)</i>			14.00 <i>HT (13.70)</i>		
200m	42.40			36.70			31.10			28.20		
400m	1:40.60			1:27.20			1:13.80			1:07.10		
800m	3:56.00			3:25.00			2:53.00			2:38.00		
1500m	8:09.00			7:04.00			5:58.00			5:26.00		
3000m	18:10.00			15:45.00			13:20.00			12:07.00		
1500m Walk	15:00.00			13:00.00			11:00.00			10:00.00		
80m Hurdles 76cm	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 Hurdles 68cm	50.60			43.80			37.10			33.70		
High Jump	1.05			1.17			1.28			1.40		
Long Jump	2.34			3.27			4.20			4.67		
Triple Jump	5.89			7.36			8.83			9.81		
Discus 750g	11.28			16.92			22.56			28.19		
Shot Put 3kg	3.72			5.57			7.43			9.29		
Javelin 600g	9.13			13.69			18.25			22.82		
Pentathlon	1345			2017			2690			3362		
Multi Event	1949			2924			3898			4873		