



Northern Districts Little Athletics Centre

Achievement Award Levels and Performance Standards



Age Group 13 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	22.40 <i>HT (22.10)</i>			19.40 <i>HT (19.10)</i>			16.50 <i>HT (16.20)</i>			15.00 <i>HT (14.70)</i>		
200m	44.90			38.90			32.90			29.90		
400m	1:46.30			1:32.10			1:18.00			1:10.90		
800m	4:11.00			3:38.00			3:04.00			2:48.00		
1500m	8:40.00			7:31.00			6:21.00			5:47.00		
3000m	19:00.00			16:28.00			13:56.00			12:40.00		
1500m Walk	15:00.00			13:00.00			11:00.00			10:00.00		
80m Hurdles 76cm	23.10 <i>HT (22.80)</i>			20.10 <i>HT (19.80)</i>			17.00 <i>HT (16.70)</i>			15.50 <i>HT (15.20)</i>		
200m Hurdles 68cm	50.60			43.80			37.10			33.70		
High Jump	0.98			1.08			1.19			1.30		
Long Jump	2.14			2.99			3.84			4.27		
Triple Jump	5.32			6.65			7.99			8.87		
Discus 750g	10.30			15.44			20.59			25.74		
Shot Put 3kg	3.05			4.57			6.09			7.61		
Javelin 400g	8.64			12.97			17.29			21.61		
Pentathlon	1142			1712			2283			2854		
Multi Event	1825			2738			3650			4394		