

Achievement Award Levels and Performance Standards

Age Group 14 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	21.40 <i>HT (21.10)</i>			18.60 <i>HT (18.30)</i>			15.80 <i>HT (15.50)</i>			14.40 <i>HT (14.10)</i>		
200m	44.60			38.60			32.70			29.70		
400m	1:46.00			1:32.00			1:17.70			1:10.70		
800m	4:06.00			3:33.00			3:01.00			2:44.00		
1500m	8:34.00			7:25.00			6:17.00			5:42.00		
3000m	18:35.00			16:06.00			13:37.00			12:23.00		
1500m Walk	14:44.00			12:34.00			10:49.00			9:50.00		
80m Hurdles 76cm	22.70 <i>HT (22.40)</i>			19.70 <i>HT (19.40)</i>			16.70 <i>HT (16.40)</i>			15.20 <i>HT (14.90)</i>		
200m Hurdles 76cm	50.70			44.00			37.20			33.80		
High Jump	1.01			1.13			1.24			1.35		
Long Jump	2.18			3.06			3.93			4.37		
Triple Jump	5.39			6.73			8.08			8.98		
Discus 1kg	9.68			14.52			19.35			24.19		
Shot Put 3kg	3.16			4.74			6.32			7.90		
Javelin 400g	9.50			14.26			19.01			23.77		
Pentathlon	1199			1798			2398			2997		
Multi Event	1811			2717			3622			4528		