



Northern Districts Little Athletics Centre

Achievement Award Levels and Performance Standards



Age Group 16 Boys

Achieve and record any 6 standards for each colour award level

For the 110m 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	18.60 <i>HT (18.30)</i>			16.20 <i>HT (15.90)</i>			13.80 <i>HT (13.50)</i>			12.50 <i>HT (12.20)</i>		
200m	39.40			34.10			28.90			26.30		
400m	1:31.00			1:18.90			1:06.80			1:00.70		
800m	3:28.00			3:00.00			2:32.00			2:18.00		
1500m	7:38.00			6:37.00			5:36.00			5:05.00		
3000m	16:40.00			14:27.00			12:13.00			11:07.00		
1500m Walk	14:13.00			12:19.00			10:25.00			9:29.00		
110m Hurdles 76cm	25.70 <i>HT (25.40)</i>			22.30 <i>HT (22.00)</i>			18.90 <i>HT (18.60)</i>			17.20 <i>HT (16.90)</i>		
300m Hurdles 76cm	1:10.30			1:01.40			52.50			46.90		
High Jump	1.24			1.38			1.51			1.65		
Long Jump	2.68			3.75			4.83			5.36		
Triple Jump	6.65			8.31			9.97			11.08		
Discus 1.5kg	11.31			16.97			22.62			28.28		
Shot Put 5kg	3.42			5.12			6.83			8.54		
Javelin 700g	14.45			21.68			28.90			36.13		
Pentathlon	1608			2412			3216			4020		
Multi Event	2296			3445			4593			5741		