

Achievement Award Levels and Performance Standards

Age Group **16 Girls**

Achieve and record any 6 standards for each colour award level

For the 90m 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	20.90 <i>HT (20.60)</i>			18.10 <i>HT (17.80)</i>			15.40 <i>HT (15.10)</i>			14.00 <i>HT (13.70)</i>		
200m	43.50			37.70			31.90			29.00		
400m	1:42.70			1:29.00			1:15.30			1:08.50		
800m	4:03.00			3:30.00			2:58.00			2:42.00		
1500m	8:21.00			7:14.00			6:07.00			5:34.00		
3000m	18:09.00			15:44.00			13:19.00			12:06.00		
1500m Walk	14:13.00			12:19.00			10:25.00			9:29.00		
100m Hurdles 76cm	28.30 <i>HT (28.00)</i>			24.60 <i>HT (24.30)</i>			20.90 <i>HT (20.60)</i>			19.00 <i>HT (18.70)</i>		
300m Hurdles 76cm	1:21.00			1:10.80			1:00.50			54.00		
High Jump	1.09			1.21			1.33			1.45		
Long Jump	2.26			3.16			4.06			4.51		
Triple Jump	5.84			7.31			8.77			9.74		
Discus 1kg	10.40			15.60			20.79			25.99		
Shot Put 3kg	3.23			4.85			6.47			8.08		
Javelin 500g	8.64			12.96			17.28			21.60		
Pentathlon	1276			1914			2552			3190		
Multi Event	1900			2851			3801			4751		