



Northern Districts Little Athletics Centre

Achievement Award Levels and Performance Standards

Age Group 6 Boys



Achieve and record any 4 standards for each colour award level

For the 50m, 70m & 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
50m	15.90 HT (15.60)			13.80 HT (13.50)			11.70 HT (11.40)			10.70 HT (10.40)		
70m	22.20 HT (21.90)			19.30 HT (19.00)			16.40 HT (16.10)			14.90 HT (14.60)		
100m	30.90 HT (30.60)			26.80 HT (26.50)			22.70 HT (22.40)			20.70 HT (20.40)		
200m	1:03.50			55.00			46.50			42.30		
300m	1:56.00			1:41.00			1:25.00			1:18.00		
Long Jump	1.16			1.62			2.08			2.31		
Vortex	4.91			7.37			9.82			12.28		
Discus 350g	3.48			5.22			6.97			8.71		
Shot Put 500g	1.96			2.94			3.92			4.90		
Pentathlon	258			386			515			644		
Multi Event	678			1018			1357			1696		