



Northern Districts Little Athletics Centre

Achievement Award Levels and Performance Standards

Age Group 6 Girls



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	17.20 HT (16.90)			14.90 HT (14.60)			12.70 HT (12.40)			11.50 HT (11.20)		
70m	22.80 HT (22.50)			19.80 HT (19.50)			16.80 HT (16.50)			15.30 HT (15.00)		
100m	32.10 HT (31.80)			27.90 HT (27.60)			23.60 HT (23.30)			21.50 HT (21.20)		
200m	1:06.30			57.50			48.60			44.20		
300m	2:00.00			1:44.00			1:28.00			1:20.00		
Long Jump	1.14			1.60			2.06			2.28		
Vortex	3.03			4.55			6.07			7.59		
Discus 350g	2.89			4.33			5.78			7.22		
Shot Put 500g	1.52			2.29			3.05			3.81		
Pentathlon	203			304			406			507		
Multi Event	604			906			1208			1510		