



# Northern Districts Little Athletics Centre

## Achievement Award Levels and Performance Standards

### Age Group 7 Boys



Achieve and record any 5 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             | 14.30<br>HT (14.00) |          |      | 12.40<br>HT (12.10) |          |      | 10.60<br>HT (10.30) |          |      | 9.60<br>HT (9.30)   |          |      |
| 70m             | 19.80<br>HT (19.50) |          |      | 17.20<br>HT (16.90) |          |      | 14.60<br>HT (14.30) |          |      | 13.30<br>HT (13.00) |          |      |
| 100m            | 27.70<br>HT (27.40) |          |      | 24.10<br>HT (23.80) |          |      | 20.40<br>HT (20.10) |          |      | 18.60<br>HT (18.30) |          |      |
| 200m            | 57.20               |          |      | 49.50               |          |      | 41.90               |          |      | 38.10               |          |      |
| 500m            | 2:58.00             |          |      | 2:34.00             |          |      | 2:11.00             |          |      | 1:59.00             |          |      |
| Long Jump       | 1.41                |          |      | 1.97                |          |      | 2.54                |          |      | 2.82                |          |      |
| Vortex          | 7.05                |          |      | 10.57               |          |      | 14.10               |          |      | 17.62               |          |      |
| Discus<br>350g  | 5.08                |          |      | 7.62                |          |      | 10.16               |          |      | 12.70               |          |      |
| Shot Put<br>1kg | 1.89                |          |      | 2.83                |          |      | 3.78                |          |      | 4.72                |          |      |
| Pentathlon      | 415                 |          |      | 622                 |          |      | 830                 |          |      | 1037                |          |      |
| Multi Event     | 1023                |          |      | 1535                |          |      | 2046                |          |      | 2558                |          |      |