



Northern Districts Little Athletics Centre

Achievement Award Levels and Performance Standards

Age Group 7 Girls



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	15.60 HT (15.30)			13.50 HT (13.20)			11.50 HT (11.20)			10.50 HT (10.20)		
70m	20.50 HT (20.20)			17.80 HT (17.50)			15.10 HT (14.80)			13.70 HT (13.40)		
100m	29.00 HT (28.70)			25.10 HT (24.80)			21.30 HT (21.00)			19.40 HT (19.10)		
200m	1:00.00			52.00			44.00			40.00		
500m	3:05.00			2:40.00			2:15.00			2:03.00		
Long Jump	1.33			1.86			2.39			2.66		
Vortex	4.13			6.19			8.25			10.31		
Discus 350g	3.88			5.82			7.76			9.69		
Shot Put 1kg	1.50			2.25			3.00			3.75		
Pentathlon	319			479			638			798		
Multi Event	916			1375			1833			2291		