



Northern Districts Little Athletics Centre

Achievement Award Levels and Performance Standards

Age Group 8 Boys



Achieve and record any 5 standards for each colour award level

For the 60m Hurdles, 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
70m	18.70 HT (18.40)			16.30 HT (16.00)			13.80 HT (13.50)			12.60 HT (12.30)		
100m	25.80 HT (25.50)			22.40 HT (22.10)			19.00 HT (18.70)			17.30 HT (17.00)		
200m	54.00			46.80			39.60			36.00		
400m	2:07.30			1:50.30			1:33.30			1:24.80		
700m	3:58.00			3:26.00			2:55.00			2:39.00		
60m Hurdles 45cm	19.00 HT (18.70)			16.50 HT (16.20)			14.00 HT (13.70)			12.80 HT (12.50)		
Long Jump	1.66			2.33			2.99			3.32		
Discus 500g	6.07			9.11			12.15			15.18		
Shot Put 1.5kg	2.25			3.37			4.49			5.62		
Pentathlon	612			918			1224			1530		
Multi Event	1356			2034			2712			3390		