



Northern Districts Little Athletics Centre

Achievement Award Levels and Performance Standards

Age Group 8 Girls



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	19.20 HT (18.90)			16.70 HT (16.40)			14.20 HT (13.90)			12.90 HT (12.60)		
100m	26.90 HT (26.60)			23.40 HT (23.10)			19.80 HT (19.50)			18.00 HT (17.70)		
200m	56.90			49.30			41.70			37.90		
400m	2:14.80			1:56.80			1:38.90			1:29.90		
700m	4:07.00			3:34.00			3:01.00			2:45.00		
60m Hurdles 45cm	20.30 HT (20.00)			17.60 HT (17.30)			15.00 HT (14.70)			13.60 HT (13.30)		
Long Jump	1.52			2.12			2.73			3.03		
Discus 500g	4.59			6.88			9.17			11.47		
Shot Put 1.5kg	1.79			2.69			3.59			4.48		
Pentathlon	486			730			973			1216		
Multi Event	1199			1799			2398			2998		