



Northern Districts Little Athletics Centre

Achievement Award Levels and Performance Standards



Age Group 9 Boys

Achieve and record any 6 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	17.60 HT (17.30)			15.30 HT (15.00)			13.00 HT (12.70)			11.90 HT (11.60)		
100m	23.90 HT (23.60)			20.80 HT (20.50)			17.60 HT (17.30)			16.10 HT (15.80)		
200m	50.50			43.80			37.10			33.70		
400m	1:57.70			1:42.00			1:26.30			1:18.50		
800m	4:20.00			3:45.00			3:11.00			2:53.00		
700m Walk	6:59.00			6:03.00			5:07.00			4:39.00		
60m Hurdles 45cm	17.60 HT (17.30)			15.30 HT (15.00)			13.00 HT (12.70)			11.90 HT (11.60)		
High Jump	0.79			0.88			0.96			1.05		
Long Jump	1.79			2.50			3.22			3.58		
Discus 500g	8.54			12.81			17.08			21.35		
Shot Put 2kg	2.53			3.80			5.07			6.34		
Pentathlon	896			1344			1792			2240		
Multi Event	1801			2701			3602			4502		