



Northern Districts Little Athletics Centre

Achievement Award Levels and Performance Standards

Age Group 9 Girls



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	17.90 HT (17.60)			15.60 HT (15.30)			13.20 HT (12.90)			12.10 HT (11.80)		
100m	25.00 HT (24.70)			21.70 HT (21.40)			18.40 HT (18.10)			16.80 HT (16.50)		
200m	52.90			45.90			38.80			35.30		
400m	2:03.30			1:46.90			1:30.40			1:22.20		
800m	4:39.00			4:02.00			3:25.00			3:06.00		
700m Walk	6:59.00			6:03.00			5:07.00			4:39.00		
60m Hurdles 45cm	18.40 HT (18.10)			16.00 HT (15.70)			13.60 HT (13.30)			12.40 HT (12.10)		
High Jump	0.75			0.83			0.92			1.00		
Long Jump	1.71			2.40			3.08			3.42		
Discus 500g	6.12			9.19			12.25			15.31		
Shot Put 2kg	2.04			3.06			4.08			5.09		
Pentathlon	753			1129			1506			1882		
Multi Event	1589			2383			3178			3972		