



Girls Achievement Levels

		U 6	U 7	U 8	U 9	U 10	U 11	U 12	U 13	U 14	U 15	U 16	U 17
		60m				80m				90m			100m
Sprint Hurdles	BLUE			^ 14.5	13.6	13.9	17.8	17.8	17.9	16.8	18.2	18.0	19.4
	RED			^ 16.7	15.4	15.6	20.5	20.5	20.7	20.6	21.4	20.9	23.0
	GREEN			^ 20.5	18.7	19.2	26.5	26.5	27.0	26.5	30.0	28.0	34.0
200m Hurdles	BLUE								36.1	35.5			
	RED								40.5	40.1			
	GREEN								50.0	49.0			
300m Hurdles	BLUE										58.0	56.2	54.6
	RED										1:05.7	1:05.0	1:05.0
	GREEN										1:23.0	1:21.0	1:20.0
70m	BLUE	15.6	^ 14.4	^ 13.5	12.8	12.1	* 11.6	* 11.2	* 10.8	* 10.6	* 10.4	* 10.3	* 10.3
	RED	17.5	^ 16.0	^ 15.2	14.5	13.5	* 13.4	* 12.5	* 12.0	* 11.7	* 11.5	* 11.3	* 11.1
	GREEN	20.9	^ 18.8	^ 16.9	16.3	15.4	* 14.9	* 14.2	* 13.9	* 13.4	* 13.1	* 12.8	* 12.6
100m	BLUE	22.7	^ 20.7	^ 19.2	18.2	17.2	16.4	15.8	15.0	14.5	14.3	14.2	14.1
	RED	26.0	^ 23.0	^ 21.4	20.9	19.0	18.2	17.7	17.0	16.2	15.8	15.6	15.5
	GREEN	32.2	^ 29.2	^ 26.2	24.2	21.9	21.0	20.4	19.9	18.6	18.4	18.3	18.1
200m	BLUE	51.5	^ 46.0	^ 42.5	39.5	37.0	35.0	33.5	31.5	31.0	30.5	30.0	29.5
	RED	1:00.5	^ 53.0	^ 47.5	44.5	42.0	40.0	38.5	36.0	35.0	34.0	34.0	33.5
	GREEN	1:20.0	^ 1:11.0	^ 1:03.0	59.0	55.0	53.0	51.0	49.0	48.0	47.0	47.0	47.0
300m	BLUE		1:20.0										
	RED		1:35.0										
	GREEN		2:00.0										
400m	BLUE				1:35.0	1:29.0	1:24.0	1:21.0	1:16.0	1:14.0	1:13.0	1:13.0	1:12.0
	RED				1:49.0	1:43.0	1:36.0	1:35.0	1:30.0	1:28.0	1:27.0	1:26.0	1:26.0
	GREEN				2:26.0	2:15.0	2:08.0	2:05.0	2:03.0	2:01.0	1:59.0	1:57.0	1:57.0
500m	BLUE			2:15.0									
	RED			2:35.0									
	GREEN			3:20.0									
800m	BLUE				3:40.0	3:30.0	3:20.0	3:15.0	3:10.0	3:05.0	3:05.0	3:00.0	3:00.0
	RED				4:15.0	4:10.0	4:05.0	4:00.0	3:55.0	3:50.0	3:50.0	3:50.0	3:50.0
	GREEN				5:35.0	5:10.0	5:00.0	4:55.0	4:45.0	4:45.0	4:35.0	4:35.0	4:35.0
1500m	BLUE						6:50.0	6:45.0	6:40.0	6:35.0	6:25.0	6:25.0	6:25.0
	RED						8:15.0	8:10.0	8:00.0	7:55.0	7:50.0	7:50.0	7:50.0
	GREEN						10:50.0	10:40.0	10:30.0	10:20.0	10:00.0	10:00.0	10:00.0
300mW	BLUE			2:15.0	* 2:10.0								
	RED			2:30.0	* 2:25.0								
	GREEN			3:45.0	* 3:15.0								
700mW	BLUE				5:15.0	* 5:10.0	* 5:00.0	* 4:50.0	* 4:50.0	* 4:50.0	* 4:45.0	* 4:35.0	* 4:35.0
	RED				6:05.0	* 5:55.0	* 5:45.0	* 5:45.0	* 5:40.0	* 5:30.0	* 5:30.0	* 5:30.0	* 5:30.0
	GREEN				7:40.0	* 7:20.0	* 7:00.0	* 7:00.0	* 6:50.0	* 6:50.0	* 6:50.0	* 6:50.0	* 6:50.0
1100mW	BLUE					8:10.0	8:05.0						
	RED					9:10.0	9:05.0						
	GREEN					11:00.0	10:50.0						
1500mW	BLUE							11:20.0	11:00.0	10:55.0	10:40.0	10:40.0	10:40.0
	RED							12:40.0	12:30.0	12:30.0	12:30.0	12:30.0	12:30.0
	GREEN							15:00.0	14:50.0	14:40.0	14:40.0	14:40.0	14:40.0
SHOT PUT	BLUE	2.90	^ 3.50	^ 3.80	4.20	4.90	5.70	6.40	6.60	7.00	7.80	8.50	8.60
	RED	2.10	^ 2.60	^ 2.90	3.20	3.90	4.50	5.10	5.00	5.50	5.70	6.10	6.40
	GREEN	1.40	^ 1.90	^ 2.00	2.40	2.70	3.50	3.70	3.60	4.10	4.70	4.80	5.20
DISCUS	BLUE	5.00	^ 7.00	^ 8.00	10.00	12.00	14.50	14.50	17.50	17.50	19.00	21.50	21.50
	RED	4.00	^ 5.00	^ 5.50	7.00	9.00	11.00	11.00	12.00	13.50	14.00	14.50	15.00
	GREEN	2.50	^ 3.00	^ 3.50	4.50	5.50	7.00	6.50	8.00	8.50	9.50	10.00	10.00
JAVELIN	BLUE						10.00	12.00	14.50	17.50	16.50	19.50	21.00
	RED						7.00	8.50	9.00	11.50	12.00	13.00	13.50
	GREEN						5.00	5.50	6.50	7.00	8.50	9.00	9.00
HIGH JUMP	BLUE			0.85	0.90	1.00	1.05	1.15	1.20	1.25	1.30	1.30	1.30
	RED			0.65	0.75	0.80	0.90	0.95	1.00	1.05	1.10	1.10	1.10
	GREEN			0.50	0.60	0.65	0.75	0.80	0.80	0.90	0.95	0.95	0.95
LONG JUMP	BLUE	1.95	^ 2.25	^ 2.50	2.80	3.00	3.30	3.50	3.80	4.10	4.20	4.25	4.30
	RED	1.60	^ 1.80	^ 2.00	2.40	2.60	2.80	2.90	3.10	3.30	3.40	3.45	3.50
	GREEN	1.10	^ 1.30	^ 1.50	1.80	2.00	2.10	2.30	2.50	2.60	2.60	2.70	2.70
TRIPLE JUMP	BLUE						6.70	7.40	8.10	8.60	8.80	9.00	9.20
	RED						5.60	6.00	6.60	7.20	7.50	7.60	7.80
	GREEN						4.10	4.50	5.00	5.50	5.70	5.80	6.00

ACHIEVEMENT AWARD RULES

- Group awards are achieved when all of the same level is reached in all events in the associated Group e.g. to achieve the Green Group award for sprints, the competitor must achieve green level in 70m, 100m, 200m, events. The same rule applies for Red and Blue Group Awards.
- The number of Group Awards required is age group adjusted: U6's need 2 groups of 3; U7's need 2 groups of 4; U8 – U17's need 3 groups of 6.
- Performance levels can be achieved at any LAQ Centre or Association Competitions where the event is conducted.
- Attendance awards are achieved by attending Centre competition meetings. Cancelled competition days are considered in the competitor's favour.
- Symbols * or ^ against time / distances:
 - Events with * are optional events not conducted at State Championships or Carnivals competitions (U9 –U17's)
 - Events with ^ are optional events that may be conducted at Regional & LAQ Carnival Competitions (U7 & U8's).