



5 STAR SCORING TABLES



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POINTS Amount per Extra Point	60m .25 sec.	100m .05 sec.	200m .1 sec.	300m .2 sec.	400m .2 sec.	800m 1 sec.	1500m 2 sec.	2000m 3 sec.	3000m 4 sec.
100	6.80	10.7	22.1	34.6	48.2	1.52	3.52	5.20	8.28
99	6.80	10.7	22.2	34.8	48.4	1.53	3.54	5.23	8.32
98	6.85	10.8	22.3	35.0	48.6	1.54	3.56	5.26	8.36
97	6.85	10.8	22.4	35.2	48.8	1.55	3.58	5.29	8.40
96	6.90	10.9	22.5	35.4	49.0	1.56	4.00	5.32	8.44
95	6.90	10.9	22.6	35.6	49.2	1.57	4.02	5.35	8.48
94	6.95	11.0	22.7	35.8	49.4	1.58	4.04	5.38	8.52
93	6.95	11.0	22.8	36.0	49.6	1.59	4.06	5.41	8.56
92	7.00	11.1	22.9	36.2	49.8	2.00	4.08	5.44	9.00
91	7.00	11.1	23.0	36.4	50.0	2.01	4.10	5.47	9.04
90	7.05	11.2	23.1	36.6	50.3	2.02	4.12	5.50	9.08
89	7.05	11.2	23.2	36.8	50.6	2.03	4.14	5.53	9.12
88	7.10	11.3	23.3	37.0	50.9	2.04	4.16	5.56	9.16
87	7.10	11.3	23.4	37.2	51.2	2.05	4.18	5.59	9.20
86	7.15	11.4	23.5	37.4	51.5	2.06	4.20	6.02	9.24
85	7.15	11.4	23.6	37.6	51.8	2.07	4.22	6.05	9.28
84	7.20	11.5	23.7	37.9	52.1	2.08	4.24	6.08	9.32
83	7.20	11.5	23.8	38.2	52.4	2.09	4.26	6.11	9.36
82	7.25	11.6	23.9	38.5	52.7	2.10	4.28	6.14	9.40
81	7.25	11.6	24.1	38.8	53.0	2.11	4.30	6.17	9.44
80	7.30	11.7	24.3	39.1	53.4	2.12	4.32	6.20	9.48
79	7.30	11.7	24.5	39.4	53.8	2.13	4.34	6.23	9.52
78	7.35	11.8	24.7	39.7	54.2	2.14	4.36	6.26	9.56
77	7.40	11.9	24.9	40.0	54.6	2.15	4.38	6.29	10.00
76	7.45	12.0	25.1	40.3	55.0	2.16	4.40	6.32	10.05
75	7.50	12.1	25.3	40.7	55.4	2.17	4.42.5	6.35	10.10
74	7.55	12.2	25.5	41.1	55.8	2.18	4.45	6.38	10.15
73	7.60	12.3	25.7	41.5	56.2	2.19	4.47.5	6.41	10.20
72	7.65	12.4	25.9	41.9	56.6	2.20	4.50	6.44	10.25
71	7.70	12.5	26.2	42.3	57.0	2.21	4.52.5	6.47	10.30
70	7.75	12.6	26.5	42.7	57.4	2.22	4.55	6.50	10.35
69	7.80	12.7	26.8	43.1	57.8	2.23	4.57.5	6.53	10.40
68	7.85	12.8	27.1	43.5	58.2	2.24	5.00	6.56	10.45
67	7.90	12.9	27.4	43.9	58.6	2.25	5.02.5	6.59	10.50
66	7.95	13.0	27.7	44.3	59.0	2.26	5.05	7.02	10.55
65	8.00	13.1	28.0	44.7	59.5	2.27	5.07.5	7.05	11.00
64	8.05	13.2	28.3	45.1	60.0	2.28	5.10	7.08	11.05
63	8.10	13.3	28.6	45.5	60.5	2.30	5.12.5	7.11	11.10
62	8.15	13.4	28.9	45.9	61.0	2.32	5.15	7.14	11.15
61	8.20	13.5	29.2	46.3	61.5	2.34	5.17.5	7.17	11.20
60	8.25	13.6	29.5	46.7	62.0	2.36	5.20	7.20	11.25
59	8.30	13.7	29.8	47.1	62.5	2.38	5.22.5	7.24	11.30
58	8.35	13.8	30.1	47.5	63.0	2.40	5.25	7.28	11.35
57	8.40	13.9	30.4	47.9	63.5	2.42	5.27.5	7.32	11.40
56	8.45	14.0	30.7	48.3	64.0	2.44	5.30	7.36	11.45
55	8.50	14.1	31.0	48.7	64.5	2.46	5.32.5	7.40	11.50
54	8.55	14.2	31.3	49.1	65.0	2.48	5.35	7.44	11.55
53	8.60	14.3	31.6	49.5	65.5	2.50	5.37.5	7.48	12.00
52	8.65	14.4	31.9	49.9	66.0	2.52	5.40	7.52	12.10
51	8.70	14.5	32.2	50.3	66.5	2.54	5.42.5	7.56	12.20
50	8.75	14.6	32.5	50.7	67.0	2.56	5.45	8.00	12.30
49	8.80	14.7	32.7	51.1	70.0	2.58	5.47.5	8.04	12.40
48	8.85	14.8	32.9	51.5	70.5	3.00	5.50	8.08	12.50
47	8.90	14.9	33.1	51.9	71.0	3.02	5.52.5	8.12	13.00
46	8.95	15.0	33.3	52.3	71.5	3.04	5.55	8.16	13.10
45	9.00	15.1	33.5	52.7	72.0	3.06	5.57.5	8.20	13.20
44	9.05	15.2	33.7	53.1	72.5	3.08	6.00	8.24	13.30
43	9.10	15.3	33.9	53.5	73.0	3.10	6.02.5	8.28	13.40
42	9.15	15.4	34.1	53.9	73.5	3.12	6.05	8.32	13.50
41	9.20	15.5	34.3	54.3	74.0	3.14	6.07.5	8.36	14.00
40	9.25	15.6	34.5	54.7	74.5	3.16	6.10	8.40	14.10
39	9.30	15.7	34.8	55.1	75.0	3.18	6.12.5	8.44	14.20
38	9.35	15.8	35.0	55.5	76.0	3.20	6.15	8.48	14.30
37	9.40	15.9	35.2	55.9	77.0	3.22	6.17.5	8.52	14.40
36	9.45	16.0	35.4	56.3	78.0	3.24	6.20	8.56	14.50
35	9.50	16.1	35.6	56.7	79.0	3.26	6.24	9.00	15.00
34	9.55	16.2	35.8	57.1	80.0	3.28	6.28	9.04	15.07
33	9.60	16.3	36.0	57.5	81.0	3.30	6.32	9.08	15.15
32	9.65	16.4	36.2	58.0	82.0	3.32	6.36	9.12	15.22
31	9.70	16.5	36.4	58.5	83.0	3.34	6.40	9.16	15.30
30	9.75	16.6	36.6	59.0	84.0	3.36	6.44	9.20	15.37
29	9.80	16.7	36.8	59.5	85.0	3.38	6.48	9.24	15.45
28	9.85	16.8	37.0	60.0	86.0	3.40	6.52	9.28	15.52
27	9.90	16.9	37.2	60.5	87.0	3.42	6.56	9.32	16.00
26	9.95	17.0	37.4	61.0	88.0	3.44	7.00	9.36	16.07
25	10.00	17.1	37.6	61.5	89.0	3.46	7.04	9.40	16.15
24	10.05	17.2	37.8	62.0	90.0	3.48	7.08	9.44	16.22
23	10.10	17.3	38.0	62.5	91.0	3.50	7.12	9.48	16.30
22	10.15	17.4	38.2	63.0	92.0	3.52	7.16	9.52	16.37
21	10.20	17.5	38.4	63.5	93.0	3.54	7.20	9.56	16.45
20	10.25	17.6	38.6	64.0	94.0	3.56	7.24	10.00	16.52
19	10.30	17.7	38.8	64.5	95.0	3.58	7.28	10.05	17.00
18	10.35	17.8	39.0	65.0	96.0	4.00	7.32	10.10	17.07
17	10.40	17.9	39.2	65.5	97.0	4.02	7.36	10.15	17.15
16	10.45	18.0	39.4	66.0	98.0	4.04	7.40	10.20	17.22
15	10.50	18.1	39.6	66.5	99.0	4.06	7.44	10.25	17.30
14	10.55	18.2	39.8	67.0	100.0	4.08	7.48	10.30	17.37
13	10.60	18.3	40.0	68.0	102.0	4.10	7.52	10.35	17.45
12	10.65	18.4	40.2	69.0	104.0	4.12	7.56	10.40	17.52
11	10.70	18.5	40.4	70.0	106.0	4.14	8.00	10.45	18.00
10	10.75	18.6	40.6	71.0	108.0	4.16	8.04	10.50	18.07
9	10.80	18.7	40.8	72.0	110.0	4.18	8.08	11.00	18.15
8	10.85	18.8	41.0	73.0	112.0	4.20	8.12	11.05	18.22
7	10.90	18.9	41.3	74.0	114.0	4.22	8.16	11.10	18.30
6	10.95	19.0	41.6	75.0	116.0	4.24	8.20	11.15	18.37
5	11.00	19.2	42.0	76.0	118.0	4.26	8.24	11.20	18.45
4	11.05	19.4	42.4	77.0	120.0	4.28	8.28	11.25	18.52
3	11.10	19.6	42.8	78.0	123.0	4.30	8.32	11.30	19.00
2	11.15	19.8	43.2	79.0	126.0	4.32	8.36	11.35	19.07
1	11.20	20.0	43.6	80.0	129.0	4.34	8.40	11.40	19.15



AIM

To promote participation in athletics by offering awards at 5 achievement levels to everyone from 12 to 20 years of age.

AGES

These are calculated as at the 31 December in the current season.

EVENTS

The Five Star Award Scheme has 22 running, 3 walking, 4 jumping and 5 throwing events. Though this may seem heavily bias toward the running event some of these must be considered in groups with only one event permitted from each group. In the cases below, only one event from each group can be counted towards an award.

300m & 400m

Experienced coaches now believe that the 400m sprint is not suitable for most athletes under 18 years of age. Only mature, experienced athletes should run the 400m, all others are to run the 300m.

70m, 80m 110m & 300m HURDLES

There is a table which indicates which one of the 8 sprint hurdle events a student should attempt. The wide range is to provide a graduation in degree of difficulty with age, and allow for the development of skills at a young age.

STEEPLECHASE

The 800m is for males under 16 and all females; the 1500m is for males 16 and over. Competitive performances by experienced athletes over the standard 1500m steeplechase may be substituted with a 5 point bonus.

1000m & 2000m WALKS

The 1000m is for males and females under 16; the 2000m is for those 16 and over.

JUDGING

By personnel responsible for athletics within the school, club, or anyone working under their supervision. This can include other pupils. Bona fide competitive efforts are of course accepted.

SCORING TABLES

Read off to the nearest point below e.g. 30.0 for 200m gains 58 points. 'Amount per extra point' provides for superior performances e.g. 21.9 for 200m score 102 points.

MODIFIED STEEPLECHASE EVENTS

To make steeplechase events accessible to most schools (who will not have the specialist, solidly built hurdles and water jump that the normal steeplechase requires), the following arrangement should be used:

3 flights of hurdles (each consisting of 2 or 3 hurdles aligned side by side), 0.762m (2"6") high, positioned at the middle of the two straights, and the middle of the first bend.

2 pieces of brightly coloured rope or 2 coloured lines that are 2 metres apart, positioned at the middle of the final bend (i.e. at approximately the 250m point). Students are to take off behind the first line, and place only one foot between the two lines. The object is to cause an extended step, to simulate the leap that must be made from the top of the water jump hurdle.

For the 1500m event, begin with a clear run to the first water jump, while in the 800m event, the first obstacle should be the hurdle in the middle of the back straight. The hurdles must be removed to allow these clear runs at the start and must be replaced as soon as the runners have passed to have them in position for the next lap.

MALES

3 Events

Award	1*	2*	3*	4*	5*
U12	45	790	100	125	150
U13	65	90	120	145	170
U14	85	110	140	170	195
U15	100	125	155	185	210
U16	115	140	170	200	225
U17	130	155	185	215	240
17-20	145	170	195	225	250

Pentathlon

	1*	2*	3*	4*	5*
U12	70	110	155	200	245
U13	100	145	190	235	275
U14	130	175	225	270	310
U15	160	200	255	295	335
U16	180	225	280	320	360
U17	200	245	300	340	380
17-20	220	265	320	355	395

Decathlon

	1*	2*	3*	4*	5*
U12	115	160	255	345	435
U13	175	220	325	415	505
U14	220	280	390	480	570
U15	265	325	440	535	625
U16	305	370	490	580	665
U17	345	415	540	640	710
17-20	390	485	585	670	745

FEMALES

3 Events

Award	1*	2*	3*	4*	5*
U12	35	60	85	110	135
U13	55	80	105	130	150
U14	75	100	125	145	165
U15	90	115	140	160	180
U16	100	125	150	165	185
U17	115	140	160	175	195
17-20	125	150	165	180	200

Pentathlon

	1*	2*	3*	4*	5*
U12	55	85	125	170	210
U13	80	115	160	200	240
U14	115	150	190	235	275
U15	135	175	215	260	300
U16	155	195	235	280	320
U17	175	220	255	295	325
17-20	195	235	270	305	335

Decathlon

	1*	2*	3*	4*	5*
U12	90	130	195	275	360
U13	135	190	260	345	425
U14	170	250	325	410	495
U15	220	300	375	460	545
U16	260	345	420	510	585
U17	300	390	465	545	610
17-20	335	430	495	575	630

WALKING

Strict supervision by an adequate number of judges is essential. Walking is defined as progression of steps so that unbroken contact with the ground is maintained, i.e. the advancing foot must make contact with the ground before the rear foot leaves the ground. Any competitor in a walk who is disqualified by a judge must at once retire from the competition.

HURDLE COMPETITION DISTANCES AND HEIGHT AS RECOMMENDED BY ATHLETICS NEW ZEALAND

MALES

Distance	Age	Height m	Number of Hurdles	To 1st m	Between m	To finish m
80	U12	0.762	8	12.00	8.00	12.00
80	U13	0.762	8	12.00	8.00	12.00
100	U14	0.840	10	13.00	8.50	10.50
110	U15	0.914	10	13.72	9.14	14.02
110	U16	0.914	10	13.72	9.14	14.02
110	U17	0.990	10	13.72	9.14	14.02
110	U18	0.990	10	13.72	9.14	14.02
110	U20	0.990	10	13.72	9.14	14.02
300	U18	0.840	7	50.00	35.00	40.00
300	U20	0.914	7	50.00	35.00	40.00

FEMALES

Distance	Age	Height m	Number of Hurdles	To 1st m	Between m	To finish m
80	U12	0.762	8	12	8.0	12.0
80	U13	0.762	8	12	8.0	12.0
80	U14	0.762	8	12	8.0	12.0
100	U15	0.762	10	13	8.5	10.5
100	U16	0.762	10	13	8.5	10.5
100	U17	0.840	10	13	8.5	10.5
100	U18	0.840	10	13	8.5	10.5
100	U20	0.840	10	13	8.5	10.5
300	U20	0.762	7	50	35.0	40.0

BONUS POINTS

Points	-8	-4	0	+4	+8	+12
Shot	2.72kg	3kg	4kg		5kg	6.25kg
Discus		0.75kg	1kg	1.25kg	1.5kg	1.75kg
Javelin		500g	600g	700g	800g	
Hammer		3.25kg	4kg		5kg	6kg

Add or subtract the Bonus Points according to the weight being thrown.

THE DISABLED STUDENT

Students temporarily or permanently disabled are encouraged to participate. Development of a set of achievement levels for disabled students has proven difficult because of the wide variation in the nature and degree of disabilities. The following adaption to the scheme are suggested as being suited to a range of individual abilities:

1. Throws (only) or Runs (only) Awards

The normal criteria that a three-event award should be achieved in 2 track events and 1 field event (or vice versa) should be disregarded, and the student choose those events he or she feels most capable of. An example would be three running events or three throwing events. The standard scoring and aggregate points table are used. Similar modifications can be made to qualify for pentathlon awards.

2. Modified Throws Award

For more severely disabled students, the following substitutions are recommended.

i) A large Frisbee for the discus; (ii) An alloy relay baton for the javelin; (iii) a tennis ball for the shot put. These events to be scored on a simplified table as shown:

Points	Baton Throw	Tennis Ball	Frizbee
5	20m+	20m+	25m+
4	16m+	14m+	20m+
3	12m+	9m+	15m+
2	8m+	5m+	10m+
1	up to 8m	up to 5m	up to 10m

Three Event Awards to be made according to the following aggregate points:

1*	3 – 4 points
2*	5 – 7
3*	8 – 10
4*	11 – 13
5*	14 – 15

3. In individual cases not served by either of the above, Schools (in conjunction with Athletics New Zealand) should issue awards at an appropriate level to recognise honest endeavour and/or improvement.

TYPES OF AWARD

BASIC AWARD

The aggregate score of 3 events decides the award. At least one event must come from each of the track events (runs) and field events (throws and jumps). 3 events must be attempted.

PENTATHLON

The aggregate score in 5 events decides the award. At least one run, one jump and one throw must be included. 5 events must be attempted.

DECATHLON

The aggregate score in 10 events decides the award. At least two runs, two jumps and two throws must be included. 10 events must be attempted.

CLAIMS FOR AWARDS

Claims for certificates should be made on the form provided and sent to Athletics New Zealand, who can also provide additional charts and other materials on request. Awards can only be claimed for in a performers own age group, but where a student qualifies for a 5* pentathlon or decathlon award, and in doing so achieves the points total required for the next age group up, would you please draw our attention to this performance.

