





# HDLAC STAR AWARDS RECORD SHEET

Age Group:

**U8B**

Athlete:

EVENT	YELLOW			GREEN			RED			BLUE			GOLD		
	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
70m	17.7			16.3			15.0			13.6			12.2		
100m	24.9			23.0			21.2			19.4			17.6		
200m	57.8			52.9			48.1			43.3			38.4		
400m	2-23.5			2-09.8			1-56.0			1-42.3			1-28.5		
700m	4-26.4			4-02.1			3-37.7			3-13.4			2-49.1		
60m Hurdle	18.6			17.1			15.7			14.3			12.8		

Long jump	1.90			2.27			2.64			3.02			3.39		
Discus	4.97			7.78			10.60			13.41			16.22		
Shot put	2.95			3.86			4.78			5.69			6.60		

<b>2011/2012</b>	Date awarded:	Date awarded:	Date awarded:	Date awarded:	Date awarded:
<b>Season</b>	Signed .....	Signed .....	Signed .....	Signed .....	Signed .....

# HDLAC STAR AWARDS RECORD SHEET

Age Group:

**U9B**

Athlete:

EVENT	YELLOW			GREEN			RED			BLUE			GOLD		
	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
70m	15.9			14.8			13.7			12.6			11.4		
100m	22.5			20.9			19.3			17.8			16.2		
200m	52.5			48.2			43.9			39.5			35.2		
400m	2-01.7			1-52.0			1-42.2			1-32.5			1-22.8		
800m	4-50.0			4-22.8			3-55.6			3-28.4			3-01.2		
700m Walk	7-09.7			6-33.0			5-56.3			5-19.6			4-42.9		
60m Hurdles	16.4			15.2			14.0			12.8			11.6		

High jump	0.80			0.89			0.97			1.06			1.14		
Long jump	2.21			2.59			2.98			3.37			3.76		
Discus	7.34			10.15			12.96			15.77			18.59		
Shot put	3.23			4.10			4.97			5.84			6.71		

<b>2011/2012</b>	Date awarded:	Date awarded:	Date awarded:	Date awarded:	Date awarded:
<b>Season</b>	Signed .....	Signed .....	Signed .....	Signed .....	Signed .....

# HDLAC STAR AWARDS RECORD SHEET

Age Group:

**U10B**

Athlete:

EVENT	YELLOW			GREEN			RED			BLUE			GOLD		
	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
70m	15.4			14.4			13.3			12.2			11.1		
100m	22.6			20.8			19.1			17.3			15.5		
200m	54.5			49.3			44.1			38.9			33.6		
400m	2-10.4			1-57.7			1-45.0			1-32.3			1-19.6		
800m	5-26.1			4-48.8			4-11.4			3-34.1			2-56.8		
1500m	10-41.6			9-29.7			8-17.8			7-05.9			5-53.9		
1100m Walk	12-21.3			11-14.9			10-08.4			9-02.0			7-55.5		
60m Hurdles	18.3			16.8			15.2			13.7			12.2		

High jump	0.81			0.92			1.03			1.13			1.24		
Long jump	2.32			2.74			3.17			3.59			4.02		
Discus	6.79			10.52			14.25			17.98			21.71		
Shot put	3.51			4.51			5.52			6.53			7.53		

<b>2011/2012</b>	Date awarded:	Date awarded:	Date awarded:	Date awarded:	Date awarded:
<b>Season</b>	Signed .....	Signed .....	Signed .....	Signed .....	Signed .....

# HDLAC STAR AWARDS RECORD SHEET

Age Group:

**U11B**

Athlete:

EVENT	YELLOW			GREEN			RED			BLUE			GOLD		
	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
100m	19.8			18.6			17.3			16.1			14.8		
200m	46.1			42.5			39.0			35.4			31.8		
400m	1-52.4			1-43.6			1-34.7			1-25.8			1-17.0		
800m	4-11.0			3-52.2			3-33.5			3-14.8			2-56.1		
1500m	8-48.6			8-06.0			7-23.3			6-40.6			5-58.0		
1100m Walk	11-28.9			10-28.1			9-27.3			8-26.5			7-25.7		
60m Hurdles	17.1			15.7			14.3			12.9			11.6		

High jump	0.88			1.00			1.11			1.22			1.33		
Long jump	2.67			3.07			3.47			3.87			4.27		
Triple jump	5.40			6.29			7.18			8.07			8.97		
Discus	7.35			10.84			14.34			17.83			21.32		
Shot put	4.06			5.19			6.31			7.43			8.55		

<b>2011/2012</b>	Date awarded:	Date awarded:	Date awarded:	Date awarded:	Date awarded:
<b>Season</b>	Signed .....	Signed .....	Signed .....	Signed .....	Signed .....

# HDLAC STAR AWARDS RECORD SHEET

Age Group:

**U12B**

Athlete:

EVENT	YELLOW			GREEN			RED			BLUE			GOLD		
	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
100m	20.6			19.0			17.5			15.9			14.4		
200m	44.8			41.4			38.0			34.7			31.3		
400m	2-01.7			1-49.8			1-37.8			1-25.9			1-14.0		
800m	4-35.6			4-09.0			3-42.4			3-15.8			2-49.3		
1500m	8-16.7			7-38.8			7-01.0			6-23.2			5-45.3		
1500m Walk	15-24.6			14-09.7			12-54.9			11-40.0			10-25.2		
60m Hurdles	21.2			18.7			16.1			13.5			10.9		

High jump	0.97			1.08			1.19			1.30			1.41		
Long jump	2.56			3.08			3.60			4.11			4.63		
Triple jump	5.21			6.35			7.49			8.62			9.76		
Discus	9.18			12.80			16.41			20.03			23.65		
Javelin	3.40			7.20			10.90			15.00			19.00		
Shot put	3.49			4.67			5.84			7.02			8.19		

<b>2011/2012</b>	Date awarded:	Date awarded:	Date awarded:	Date awarded:	Date awarded:
<b>Season</b>	Signed .....	Signed .....	Signed .....	Signed .....	Signed .....

# HDLAC STAR AWARDS RECORD SHEET

Age Group:

**U13B**

Athlete:

EVENT	YELLOW			GREEN			RED			BLUE			GOLD		
	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
100m	18.8			17.6			16.4			15.2			14.0		
200m	42.8			39.6			36.3			33.1			29.8		
400m	1-53.8			1-43.0			1-32.1			1-21.2			1-10.3		
800m	4-34.5			4-07.3			3-40.2			3-13.0			2-45.9		
1500m	7-27.4			7-01.6			6-35.9			6-10.2			5-44.4		
3000m	22-08.5			19-31.4			16-54.4			14-17.3			11-40.2		
1500 Walk	16-09.1			14-39.6			13-10.1			11-40.6			10-11.1		
80m Hurdles	28.8			25.5			22.1			18.8			15.5		
200m Hurdles	56.0			50.4			44.9			39.3			33.8		

High jump	1.03			1.15			1.26			1.37			1.49		
Long jump	2.85			3.33			3.81			4.29			4.78		
Triple jump	5.74			6.87			7.99			9.11			10.24		
Discus	10.16			13.05			15.94			18.82			21.71		
Javelin	6.05			10.39			14.73			19.07			23.41		
Shot put	4.34			5.48			6.62			7.76			8.90		

<b>2011/2012</b>	Date awarded:	Date awarded:	Date awarded:	Date awarded:	Date awarded:
<b>Season</b>	Signed .....	Signed .....	Signed .....	Signed .....	Signed .....

# HDLAC STAR AWARDS RECORD SHEET

Age Group:

**U14B**

Athlete:

EVENT	YELLOW			GREEN			RED			BLUE			GOLD		
	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
100m	18.3			17.0			15.8			14.5			13.3		
200m	40.5			37.5			34.5			31.5			28.5		
400m	1-43.3			1-34.5			1-25.6			1-16.8			1-08.0		
800m	4-04.8			3-44.3			3-23.8			3-03.3			2-42.8		
1500m	9-26.6			8-23.4			7-20.1			6-16.9			5-13.7		
3000m	16-20.4			15-03.4			13-46.4			12-29.4			11-12.4		
1500 Walk	12-51.8			12-14.7			11-37.7			11-00.6			10-23.6		
90m Hurdles	25.0			23.0			20.9			18.9			16.9		
200m Hurdles	50.3			45.9			41.4			37.0			32.6		

High jump	1.03			1.17			1.31			1.45			1.58		
Long jump	3.16			3.64			4.12			4.60			5.09		
Triple jump	6.52			7.64			8.75			9.87			10.99		
Discus	11.20			15.39			19.59			23.78			27.97		
Javelin	7.53			12.43			17.33			22.23			27.13		
Shot put	4.67			5.85			7.03			8.21			9.39		

<b>2011/2012</b>	Date awarded:	Date awarded:	Date awarded:	Date awarded:	Date awarded:
<b>Season</b>	Signed .....	Signed .....	Signed .....	Signed .....	Signed .....

# HDLAC STAR AWARDS RECORD SHEET

Age Group:

**U15B**

Athlete:

EVENT	YELLOW			GREEN			RED			BLUE			GOLD		
	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
100m	16.1			15.2			14.3			13.4			12.5		
200m	35.3			33.1			30.8			28.6			26.4		
400m	1-34.7			1-26.3			1-17.9			1-09.5			1-01.1		
800m	3-52.8			3-32.7			3-12.5			2-52.4			2-32.3		
1500m	6-12.7			5-55.3			5-37.9			5-20.5			5-03.1		
3000m	16-20.4			15-03.4			13-46.4			12-29.4			11-12.4		
1500 Walk	17-40.6			15-50.5			14-00.4			12-10.3			10-20.2		
100m Hurdles	25.7			23.5			21.4			19.2			17.0		
200m Hurdles	45.2			41.3			37.4			33.5			29.6		

High jump	1.06			1.24			1.42			1.59			1.77		
Long jump	3.64			4.16			4.69			5.22			5.75		
Triple jump	7.94			9.02			10.10			11.18			12.26		
Discus	15.65			19.88			24.11			28.35			32.58		
Javelin	10.04			15.87			21.70			27.53			33.37		
Shot put	5.59			7.09			8.60			10.10			11.60		

<b>2011/2012</b>	Date awarded:	Date awarded:	Date awarded:	Date awarded:	Date awarded:
<b>Season</b>	Signed .....	Signed .....	Signed .....	Signed .....	Signed .....

# HDLAC STAR AWARDS RECORD SHEET

Age Group:

**U17B**

Athlete:

EVENT	YELLOW			GREEN			RED			BLUE			GOLD		
	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
100m	14.9			14.2			13.6			12.9			12.2		
200m	33.1			31.3			29.6			27.8			26.1		
400m	1-19.5			1-15.2			1-10.9			1-06.6			1-02.3		
800m	3-31.3			3-16.1			3-00.8			2-45.6			2-30.4		
1500m	6-47.2			6-17.8			5-48.4			5-19.0			4-49.6		
3000m	13-04.5			12-36.3			12-08.1			11-39.9			11-11.6		
1500 Walk	17-40.6			15-50.5			14-00.4			12-10.3			10-20.2		
100m Hurdles	23.7			21.6			19.5			17.3			15.2		
110m Hurdles	28.4			25.4			22.3			19.3			16.3		
200m Hurdles	38.2			35.4			32.7			30.0			27.3		

High jump	1.20			1.36			1.53			1.69			1.85		
Long jump	3.75			4.38			5.01			5.64			6.26		
Triple jump	7.39			8.88			10.38			11.88			13.37		
Discus	15.56			20.98			26.40			31.81			37.23		
Javelin	14.69			18.75			22.81			26.88			30.94		
Shot put	5.82			7.35			8.89			10.43			11.96		

<b>2011/2012</b>	Date awarded:	Date awarded:	Date awarded:	Date awarded:	Date awarded:
<b>Season</b>	Signed .....	Signed .....	Signed .....	Signed .....	Signed .....