





# HDLAC STAR AWARDS RECORD SHEET

Age Group:

**U8G**

Athlete:

EVENT	YELLOW			GREEN			RED			BLUE			GOLD		
	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
70m	18.3			16.8			15.4			13.9			12.4		
100m	27.1			24.8			22.4			20.1			17.7		
200m	1-04.2			57.8			51.4			44.9			38.5		
400m	2-43.8			2-25.3			2-06.8			1-48.4			1-29.9		
700m	4-54.1			4-24.5			3-54.9			3-25.3			2-55.7		
60m Hurdle	23.5			20.7			17.9			15.2			12.4		

Long jump	1.72			2.12			2.52			2.92			3.32		
Discus	2.60			5.44			8.29			11.13			13.98		
Shot put	1.91			2.78			3.66			4.53			5.41		

<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:

**U9G**

Athlete:

EVENT	YELLOW			GREEN			RED			BLUE			GOLD		
	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
70m	16.7			15.6			14.4			13.2			12.0		
100m	23.9			22.2			20.5			18.8			17.1		
200m	57.3			52.3			47.4			42.4			37.4		
400m	2-17.7			2-05.2			1-52.7			1-40.1			1-27.6		
800m	5-31.1			4-57.9			4-24.7			3-51.5			3-18.3		
700m Walk	7-21.7			6-45.7			6-09.7			5-33.7			4-57.6		
60m Hurdles	19.0			17.3			15.6			13.9			12.1		

High jump	0.75			0.83			0.90			1.00			1.11		
Long jump	1.80			2.26			2.71			3.16			3.62		
Discus	4.10			7.03			9.97			12.91			15.84		
Shot put	2.11			3.00			3.88			4.77			5.65		

<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:

**U10G**

Athlete:

EVENT	YELLOW			GREEN			RED			BLUE			GOLD		
	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
70m	15.6			14.6			13.6			12.7			11.7		
100m	22.6			21.0			19.5			18.0			16.4		
200m	52.2			47.9			43.7			39.4			35.2		
400m	2-09.7			1-58.0			1-46.4			1-34.8			1-23.2		
800m	5-08.5			4-39.1			4-09.6			3-40.2			3-10.7		
1500m	9-05.9			8-23.0			7-40.0			6-57.1			6-14.1		
1100m Walk	11-26.0			10-29.4			9-32.8			8-36.2			7-39.7		
60m Hurdles	19.0			17.4			15.9			14.4			12.9		

High jump	0.77			0.87			0.98			1.08			1.18		
Long jump	2.17			2.57			2.97			3.37			3.77		
Discus	5.37			8.45			11.54			14.62			17.70		
Shot put	2.64			3.60			4.56			5.52			6.48		

<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:

**U11G**

Athlete:

EVENT	YELLOW			GREEN			RED			BLUE			GOLD		
	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
100m	21.2			19.8			18.4			17.0			15.6		
200m	49.5			45.7			41.9			38.1			34.3		
400m	2-05.7			1-54.4			1-43.0			1-31.6			1-20.3		
800m	4-56.9			4-29.2			4-01.5			3-33.8			3-06.1		
1500m	11-07.5			9-47.4			8-27.3			7-07.1			5-47.0		
1100m Walk	11-47.4			10-40.9			9-34.5			8-28.0			7-21.5		
60m Hurdles	18.2			16.7			15.2			13.7			12.2		

High jump	0.83			0.95			1.06			1.17			1.28		
Long jump	2.37			2.80			3.23			3.65			4.08		
Triple jump	4.61			5.60			6.59			7.59			8.58		
Discus	5.45			8.63			11.81			14.99			18.17		
Shot put	2.89			4.15			5.40			6.66			7.91		

<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:

**U13G**

Athlete:

EVENT	YELLOW			GREEN			RED			BLUE			GOLD		
	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
100m	19.6			18.3			17.0			15.7			14.5		
200m	45.5			41.8			38.2			34.5			30.9		
400m	2-52.3			2-23.9			1-55.6			1-27.3			58.9		
800m	4-44.9			4-17.8			3-50.6			3-23.5			2-56.3		
1500m	9-11.4			8-17.3			7-23.2			6-29.0			5-34.9		
3000m	22-08.5			19-31.4			16-54.4			14-17.3			11-40.2		
1500 Walk	18-30.5			16-14.5			13-58.5			11-42.6			9-26.6		
80m Hurdles	32.8			28.2			23.7			19.1			14.6		
200m Hurdles	49.8			46.0			42.2			38.4			34.6		

High jump	0.96			1.08			1.20			1.32			1.44		
Long jump	2.59			3.09			3.59			4.09			4.59		
Triple jump	5.33			6.49			7.64			8.80			9.95		
Discus	8.41			12.33			16.26			20.18			24.10		
Javelin	3.62			7.72			11.82			15.92			20.03		
Shot put	3.16			4.60			6.05			7.49			8.94		

<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:

**U14G**

Athlete:

EVENT	YELLOW			GREEN			RED			BLUE			GOLD		
	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
100m	17.9			16.9			15.9			14.9			13.9		
200m	39.3			37.0			34.7			32.5			30.2		
400m	1-46.2			1-37.3			1-28.5			1-19.6			1-10.8		
800m	4-18.5			3-57.3			3-36.0			3-14.7			2-53.5		
1500m	10-56.0			9-38.6			8-21.1			7-03.6			5-46.1		
3000m	15-53.4			14-55.0			13-56.6			12-58.2			11-59.7		
1500 Walk	16-28.3			14-58.4			13-28.5			11-58.7			10-28.8		
80m Hurdles	25.0			22.6			20.1			17.6			15.2		
200m Hurdles	44.0			41.3			38.7			36.0			33.4		

High jump	1.03			1.17			1.30			1.43			1.56		
Long jump	3.02			3.48			3.94			4.40			4.87		
Triple jump	6.60			7.43			8.26			9.08			9.91		
Discus	7.02			12.12			17.22			22.32			27.42		
Javelin 400g	4.60			9.30			17.30			25.40			33.40		
Shot put	3.67			5.40			7.13			8.86			10.59		

<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:

**U15G**

Athlete:

EVENT	YELLOW			GREEN			RED			BLUE			GOLD		
	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
100m	18.2			17.0			15.9			14.7			13.5		
200m	41.9			38.7			35.5			32.2			29.0		
400m	1-57.3			1-45.6			1-33.9			1-22.1			1-10.4		
800m	4-34.2			4-09.4			3-44.5			3-19.6			2-54.7		
1500m	11-51.5			10-17.5			8-43.4			7-09.3			5-35.3		
3000m	15-53.4			14-55.0			13-56.6			12-58.2			11-59.7		
1500 Walk	13-58.9			13-04.3			12-09.7			11-15.1			10-20.5		
90m Hurdles	32.3			28.2			24.0			19.8			15.6		
200m Hurdles	49.9			45.4			40.9			36.5			32.0		

High jump	1.07			1.18			1.30			1.42			1.53		
Long jump	3.02			3.52			4.02			4.53			5.03		
Triple jump	6.47			7.45			8.42			9.40			10.37		
Discus	6.71			12.53			18.35			24.17			29.98		
Javelin 500g	4.10			10.40			16.80			23.10			29.50		
Shot put	4.22			5.84			7.47			9.09			10.71		

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

# HDLAC STAR AWARDS RECORD SHEET

Age Group:

**U17G**

Athlete:

EVENT	YELLOW			GREEN			RED			BLUE			GOLD		
	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
100m	17.0			16.3			15.6			14.9			14.2		
200m	39.1			36.8			34.5			32.2			29.9		
400m	2-31.5			2-09.8			1-48.0			1-26.3			1-04.6		
800m	4-48.9			4-17.6			3-46.4			3-15.2			2-43.9		
1500m	11-51.5			10-17.5			8-43.4			7-09.3			5-35.3		
3000m	13-15.5			13-10.0			13-04.6			12-59.2			12-53.7		
1500 Walk	12-57.2			12-16.8			11-36.4			10-56.1			10-15.7		
90m Hurdles	19.6			18.2			16.8			15.4			14.0		
100m Hurdles	26.5			24.8			23.1			21.3			19.6		
200m Hurdles	49.9			45.4			40.9			36.5			32.0		

High jump	1.15			1.23			1.31			1.39			1.47		
Long jump	3.25			3.63			4.01			4.39			4.77		
Triple jump	7.43			8.30			9.18			10.06			10.93		
Discus	14.15			17.38			20.61			23.83			27.06		
Javelin 500g	4.60			9.00			17.80			26.70			35.50		
Shot put 3kg	5.50			6.70			8.30			9.70			11.10		

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