

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	21.44			19.75			18.31			17.02			15.84		
200m	44.00			40.52			37.54			34.87			32.44		
400m	1-42.39			1-34.26			1-27.28			1-21.05			1-15.36		
800m	3-58.2			3-39.0			3-22.6			3-08.0			2-54.8		
1500m	8-17.9			7-36.4			7-01.1			6-29.7			6-01.1		
1100m Walk	8-34.9			7-52.0			7-15.5			6-43.0			6-13.5		
60m Hurdles	15.38			14.18			13.15			12.23			11.39		
High jump	0.69			0.84			0.97			1.10			1.22		
Long jump	1.86			2.42			2.92			3.38			3.82		
Triple jump	3.86			5.03			6.08			7.07			7.99		
Discus (750g)	9.56			13.36			16.57			19.27			21.47		
Javelin (400g)	7.95			10.99			13.60			15.79			17.60		
Shot put (2kg)	3.38			4.88			6.26			7.56			8.76		
2017/2018 Season	Date Awarded: Signed:			Date awarded: Signed:			Date awarded: Signed:			Date awarded: Signed:			Date awarded: Signed:		