

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	19.98			18.40			17.05			15.85			14.75		
200m	42.02			38.69			35.84			33.29			30.96		
400m	1-35.08			1-27.53			1-21.04			1-15.25			1-09.96		
800m	3-43.4			3-25.4			3-10.0			2-56.2			2-43.7		
1500m	7-38.7			7-00.4			6-27.7			5-58.6			5-32.1		
1500m Walk															
60m Hurdles	15.07			13.89			12.88			11.98			11.16		
Note: For 1500m Walk, error found in LANSW points table, awaiting correct figures from LANSW.															
High jump	0.70			0.88			1.05			1.20			1.34		
Long jump	2.03			2.71			3.33			3.91			4.45		
Triple jump	5.79			7.04			8.17			9.22			10.22		
Discus (750g)	12.93			17.72			21.74			25.07			27.75		
Javelin (400g)	13.57			17.90			21.55			24.58			27.00		
Shot put (3kg)	3.82			5.41			6.84			8.11			9.78		
2017/2018 Season	Date Awarded: Signed:			Date awarded: Signed:			Date awarded: Signed:			Date awarded: Signed:			Date awarded: Signed:		