

HDLAC STAR AWARDS RECORD SHEET

Age Group: **U12G**

Athlete:

EVENT	YELLOW			GREEN			RED			BLUE			GOLD		
	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
100m	20.97			19.32			17.90			16.64			15.48		
200m	43.01			39.61			36.69			34.08			31.70		
400m	1-36.23			1-28.58			1-22.02			1-16.16			1-10.80		
800m	3-49.3			3-30.8			3-15.1			3-01.1			2-48.3		
1500m	2-56.4			7-16.7			6-42.9			6-12.8			5-45.5		
1500m Walk															
60m Hurdles	15.38			14.18			13.15			12.23			11.39		
Note: For 1500m Walk, error found in LANSW points table, awaiting correct figures from LANSW.															
High jump	0.78			0.93			1.06			1.19			1.31		
Long jump	2.13			2.72			3.25			3.75			4.22		
Triple jump	4.42			5.59			6.64			7.63			8.55		
Discus (750g)	11.39			15.62			19.16			22.09			24.44		
Javelin (400g)	9.58			12.98			15.90			18.35			20.36		
Shot put (2kg)	4.27			5.84			7.26			8.53			10.22		
2017/2018 Season	Date Awarded: Signed:			Date awarded: Signed:			Date awarded: Signed:			Date awarded: Signed:			Date awarded: Signed:		