

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	19.98			18.40			17.05			15.85			14.75		
200m	40.35			37.15			34.41			31.97			29.73		
400m	1-33.03			1-25.64			1-19.29			1-13.63			1-08.45		
800m	3-38.6			3-21.0			3-06.0			2-52.6			2-40.5		
1500m	7-49.6			7-10.4			6-37.1			6-07.5			5-40.5		
3000m	17-10.8			15-45.0			14-31.8			13-26.8			12-27.6		
1500 Walk	10-57.0			10-02.3			9-15.7			8-34.3			7-56.6		
90m Hurdles	20.53			18.92			17.54			16.31			15.19		
300m Hurdles	1-10.18			1-04.60			59.82			55.56			51.67		
High jump	0.95			1.10			1.23			1.36			1.48		
Long jump	2.51			3.10			3.63			4.13			4.60		
Triple jump	5.90			7.07			8.12			9.11			10.03		
Discus (1kg)	12.59			16.85			20.42			23.36			25.72		
Javelin (500g)	12.85			17.14			20.80			23.89			26.40		
Shot put (3kg)	3.61			5.11			6.47			7.67			9.25		
2017/2018 Season	Date Awarded: Signed:			Date awarded: Signed:			Date awarded: Signed:			Date awarded: Signed:			Date awarded: Signed:		