

HDLAC STAR AWARDS RECORD SHEET

Age Group: **U6G**

Athlete:

EVENT	YELLOW			GREEN			RED			BLUE			GOLD		
	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
50m	15.43			14.23			13.19			12.27			11.42		
70m	20.45			18.84			17.46			16.23			15.11		
100m	29.79			27.44			25.43			23.63			21.98		
200m	1-02.23			57.30			53.07			49.29			45.84		
300m	1-49.6			1-38.3			1-31.0			1-24.5			1-18.5		
Long jump	1.05			1.41			1.74			2.05			2.34		
Discus (350g)	3.68			5.47			7.01			8.30			9.36		
Shot put (1kg)															
Note: New, lighter 500g shot introduced for 2017-2018 season. Awaiting points table from LANSW.															
2017/2018 Season	Date Awarded:			Date awarded:			Date awarded:			Date awarded:			Date awarded:		
	Signed:			Signed:			Signed:			Signed:			Signed:		