

# HDLAC STAR AWARDS RECORD SHEET

Age Group: **U7B**

Athlete:

EVENT	YELLOW			GREEN			RED			BLUE			GOLD		
	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
50m	12.62			11.63			10.78			10.03			9.34		
70m	18.31			16.87			15.63			14.53			13.52		
100m	25.98			23.93			22.17			20.60			19.17		
200m	54.71			50.38			46.66			43.34			40.30		
500m	2-31.2			2-19.0			2-08.6			1-59.4			1-51.0		
Long jump	1.24			1.68			2.07			2.44			2.80		
Discus (350g)	4.52			7.06			9.23			11.05			12.57		
Shot put (1kg)	2.31			3.35			4.33			5.25			6.11		
<b>2017/2018 Season</b>	Date Awarded: Signed:			Date awarded: Signed:			Date awarded: Signed:			Date awarded: Signed:			Date awarded: Signed:		