

HDLAC STAR AWARDS RECORD SHEET

Age Group: **U7G**

Athlete:

| EVENT | YELLOW | | | GREEN | | | RED | | | BLUE | | | GOLD | | |
|-------------------------|--------------------------|----------|------|--------------------------|----------|------|--------------------------|----------|------|--------------------------|----------|------|--------------------------|----------|------|
| | Required | Achieved | Date | Required | Achieved | Date | Required | Achieved | Date | Required | Achieved | Date | Required | Achieved | Date |
| 50m | 13.61 | | | 12.54 | | | 11.63 | | | 10.82 | | | 10.07 | | |
| 70m | 18.31 | | | 16.87 | | | 15.63 | | | 14.53 | | | 13.52 | | |
| 100m | 26.82 | | | 24.70 | | | 22.89 | | | 21.26 | | | 19.78 | | |
| 200m | 55.55 | | | 51.15 | | | 47.37 | | | 44.00 | | | 40.92 | | |
| 500m | 2-43.4 | | | 2-30.2 | | | 2-19.0 | | | 2-09.0 | | | 2-00.0 | | |
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| | | | | | | | | | | | | | | | |
| Long jump | 1.22 | | | 1.64 | | | 2.02 | | | 2.38 | | | 2.72 | | |
| Discus (350g) | 4.78 | | | 6.99 | | | 8.87 | | | 10.46 | | | 11.76 | | |
| Shot put (1kg) | 1.87 | | | 2.72 | | | 3.52 | | | 4.26 | | | 4.95 | | |
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| 2017/2018 Season | Date Awarded: Signed: | | | Date awarded: Signed: | | | Date awarded: Signed: | | | Date awarded: Signed: | | | Date awarded: Signed: | | |