

# HDLAC STAR AWARDS RECORD SHEET

Age Group: **U8G**

Athlete:

EVENT	YELLOW			GREEN			RED			BLUE			GOLD		
	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
70m	17.47			16.10			14.92			13.87			12.91		
100m	23.94			22.06			20.44			19.00			17.68		
200m	52.88			48.69			45.10			41.89			38.95		
400m	1-59.31			1-49.82			1-41.68			1-34.41			1-27.77		
700m	4-05.4			3-45.6			3-28.7			3-13.7			3-00.1		
60m Hurdle	18.55			17.10			15.85			14.74			13.73		
Long jump	1.44			1.93			2.36			2.77			3.16		
Discus (500g)	5.60			8.12			10.27			12.07			13.55		
Shot put (1.5kg)	2.02			2.93			3.76			4.55			5.28		
<b>2017/2018 Season</b>	Date Awarded: Signed:			Date awarded: Signed:			Date awarded: Signed:			Date awarded: Signed:			Date awarded: Signed:		