

HDLAC STAR AWARDS RECORD SHEET

Age Group: **U13B**

Athlete:

EVENT	YELLOW			GREEN			RED			BLUE			GOLD		
	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
100m	19.61			18.07			16.75			15.57			14.49		
200m	38.82			35.76			33.12			30.77			28.62		
400m	1:30.05			1:22.90			1:16.75			1:11.27			1:06.26		
800m	3:31.57			3:14.51			2:59.92			2:46.94			2:35.11		
1500m	7:28.50			6:51.13			6:19.18			5:50.75			5:24.83		
3000m	16:34.88			15:12.00			14:01.15			12:58.09			12:00.60		
1500m Walk	11:10.03			10:14.20			9:26.46			8:43.98			8:05.25		
80m Hurdles	19.91			18.34			17.00			15.81			14.72		
200m Hurdles	43.02			39.63			36.75			34.20			31.88		
High jump	0.80			0.98			1.14			1.29			1.43		
Long jump	2.28			2.97			3.59			4.16			4.71		
Triple jump	5.73			6.98			8.11			9.17			10.16		
Discus (750g)	10.49			15.16			19.70			24.13			28.48		
Javelin (600g)	9.90			14.41			18.81			23.13			27.38		
Shot put (3kg)	4.31			5.97			7.60			9.21			10.80		
2020/2021 Season	Date Awarded: Signed:			Date awarded: Signed:			Date awarded: Signed:			Date awarded: Signed:			Date awarded: Signed:		