

HDLAC STAR AWARDS RECORD SHEET

Age Group: **U13G**

Athlete:

| EVENT | YELLOW | | | GREEN | | | RED | | | BLUE | | | GOLD | | |
|-----------------------------|---------------|----------|------|---------------|----------|------|---------------|----------|------|---------------|----------|------|---------------|----------|------|
| | Required | Achieved | Date | Required | Achieved | Date | Required | Achieved | Date | Required | Achieved | Date | Required | Achieved | Date |
| 100m | 20.44 | | | 18.84 | | | 17.46 | | | 16.23 | | | 15.11 | | |
| 200m | 41.70 | | | 38.40 | | | 35.56 | | | 33.04 | | | 30.72 | | |
| 400m | 1:35.53 | | | 1:27.95 | | | 1:21.44 | | | 1:15.62 | | | 1:10.31 | | |
| 800m | 3:45.87 | | | 3:27.67 | | | 3:12.15 | | | 2:58.37 | | | 2:45.83 | | |
| 1500m | 7:51.80 | | | 7:12.52 | | | 6:39.04 | | | 6:09.31 | | | 5:42.25 | | |
| 3000m | 17:42.13 | | | 16:13.70 | | | 14:58.33 | | | 13:51.39 | | | 12:50.48 | | |
| 1500m Walk | 11:15.53 | | | 10:19.29 | | | 9:31.35 | | | 8:48.78 | | | 8:10.03 | | |
| 80m Hurdles | 20.53 | | | 18.92 | | | 17.54 | | | 16.31 | | | 15.19 | | |
| 200m Hurdles | 46.85 | | | 43.15 | | | 39.98 | | | 37.15 | | | 34.57 | | |
| | | | | | | | | | | | | | | | |
| High jump | 0.95 | | | 1.10 | | | 1.24 | | | 1.36 | | | 1.49 | | |
| Long jump | 2.23 | | | 2.81 | | | 3.35 | | | 3.84 | | | 4.31 | | |
| Triple jump | 4.70 | | | 5.87 | | | 6.92 | | | 7.91 | | | 8.83 | | |
| Discus (750g) | 8.93 | | | 12.91 | | | 16.77 | | | 20.54 | | | 24.24 | | |
| Javelin (400g) | 8.79 | | | 12.22 | | | 15.60 | | | 18.96 | | | 22.28 | | |
| Shot put (3kg) | 2.70 | | | 3.98 | | | 5.23 | | | 6.47 | | | 7.69 | | |
| | | | | | | | | | | | | | | | |
| 2020/2021 Season | Date Awarded: | | | Date awarded: | | | Date awarded: | | | Date awarded: | | | Date awarded: | | |
| | Signed: | | | Signed: | | | Signed: | | | Signed: | | | Signed: | | |