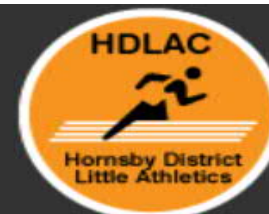


HORNSBY DISTRICT LITTLE ATHLETICS CENTRE



HDLAC STAR AWARDS RECORD SHEET

Age Group:

U6G

Athlete:

EVENT	YELLOW			GREEN			RED			EVENT	BLUE			GOLD		
	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date		Required	Achieved	Date	Required	Achieved	Date
Running Technique	Start Lvl 1			Start Lvl 2			Start Lvl 3			50m	0:12.26			0:11.42		
	Race & Finish Lvl 1			Race & Finish Lvl 2			Race & Finish Lvl 3			70m	16.23			15.11		
								100m	23.63			21.98				
Endurance	Endurance Lvl 1			Endurance Lvl 2			Endurance Lvl 3			200m	0:49.29			0:45.84		
								300m	1:24.45			1:18.52				
Long jump	LJ Lvl 1			LJ Lvl 2			LJ Lvl 3			Long jump	2.05			2.34		
Discus	Discus Lvl 1			Discus Lvl 2			Discus Lvl 3			Discus (350g)	7.81			9.37		
Shot put	SP Lvl 1			SP Lvl 2			SP Lvl 3			Shot put (500g)	3.91			4.68		
2020/2021 Season	Date Awarded: Signed:			Date awarded: Signed:			Date awarded: Signed:				Date awarded: Signed:			Date awarded: Signed:		