

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 | 20.45 | | | 18.84 | | | 17.46 | | | 16.23 | | | 15.11 | | |
| 200m | 41.71 | | | 38.40 | | | 35.57 | | | 33.04 | | | 30.73 | | |
| 400m | 1-35.55 | | | 1-27.96 | | | 1-21.45 | | | 1-15.63 | | | 1-10.32 | | |
| 800m | 3-45.8 | | | 3-27.6 | | | 3-12.1 | | | 2-58.3 | | | 2-45.7 | | |
| 1500m | 7-51.8 | | | 7-12.5 | | | 6-39.0 | | | 6-09.3 | | | 5-42.2 | | |
| 3000m | 17-42.5 | | | 16-14.0 | | | 14-58.6 | | | 13-51.6 | | | 12-50.7 | | |
| 1500 Walk | 11-15.6 | | | 10-19.3 | | | 9-31.4 | | | 8-48.8 | | | 8-10.0 | | |
| 80m Hurdles | 20.53 | | | 18.92 | | | 17.54 | | | 16.31 | | | 15.19 | | |
| 200m Hurdles | 46.87 | | | 43.16 | | | 39.98 | | | 37.15 | | | 34.57 | | |
| | | | | | | | | | | | | | | | |
| High jump | 0.95 | | | 1.10 | | | 1.23 | | | 1.36 | | | 1.48 | | |
| Long jump | 2.22 | | | 2.81 | | | 3.34 | | | 3.84 | | | 4.31 | | |
| Triple jump | 4.70 | | | 5.87 | | | 6.92 | | | 7.91 | | | 8.83 | | |
| Discus | 11.30 | | | 15.47 | | | 18.99 | | | 21.90 | | | 24.23 | | |
| Javelin | 10.43 | | | 13.73 | | | 16.57 | | | 18.95 | | | 20.88 | | |
| Shot put | 3.38 | | | 4.78 | | | 6.05 | | | 7.17 | | | 8.66 | | |
| | | | | | | | | | | | | | | | |
| 2017/2018 Season | Date Awarded: | | | Date awarded: | | | Date awarded: | | | Date awarded: | | | Date awarded: | | |
| | Signed: | | | Signed: | | | Signed: | | | Signed: | | | Signed: | | |