

HDLAC STAR AWARDS RECORD SHEET

Age Group: **U7G**

Athlete:

EVENT	YELLOW			GREEN			RED			BLUE			GOLD		
	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
50m	13.61			12.54			11.63			10.82			10.07		
70m	18.31			16.87			15.63			14.53			13.52		
100m	26.82			24.70			22.89			21.26			19.78		
200m	55.55			51.15			47.37			44.00			40.92		
500m	2-43.4			2-30.2			2-19.0			2-09.0			2-00.0		
Long jump	1.22			1.64			2.02			2.38			2.72		
Discus	4.78			6.99			8.87			10.46			11.76		
Shot put	1.87			2.72			3.52			4.26			4.95		
2017/2018 Season	Date Awarded: Signed:			Date awarded: Signed:			Date awarded: Signed:			Date awarded: Signed:			Date awarded: Signed:		