

HDLAC STAR AWARDS RECORD SHEET

Age Group: **U11B**

Athlete:

EVENT	YELLOW			GREEN			RED			BLUE			GOLD		
	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
100m	20.97			19.32			17.90			16.64			15.48		
200m	43.00			39.60			36.68			34.08			31.69		
400m	1:36.21			1:28.57			1:22.02			1:16.16			1:10.81		
800m	3:51.89			3:33.19			3:17.20			3:02.97			2:50.00		
1500m	7:55.27			7:15.66			6:41.81			6:11.67			5:44.20		
1100m Walk	8:44.82			8:01.08			7:23.69			6:50.41			6:20.08		
80m Hurdles	20.48			18.87			17.50			16.28			15.17		
High jump	Lvl 1			Lvl 2			Lvl 3			1.12			1.26		
Long jump	1.91			2.51			3.07			3.58			4.07		
Triple jump	Lvl 1			Lvl 2			Lvl 3			7.51			8.50		
Discus (500g)	8.13			11.78			16.11			20.35			24.50		
Javelin (400g)	Lvl 1			Lvl 2			Lvl 3			17.06			20.20		
Shot put (2kg)	3.06			4.52			5.96			7.39			8.81		
2021/2022 Season	Date Awarded:			Date awarded:			Date awarded:			Date awarded:			Date awarded:		
	Signed:			Signed:			Signed:			Signed:			Signed:		