

HDLAC STAR AWARDS RECORD SHEET

Age Group: **U10G**

Athlete:

EVENT	YELLOW			GREEN			RED			BLUE			GOLD		
	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
70m	16.27			14.99			13.90			12.92			12.03		
100m	22.48			20.71			19.19			17.83			16.59		
200m	47.33			43.59			40.38			37.51			34.89		
400m	1:46.54			1:38.08			1:30.82			1:24.33			1:18.41		
800m	4:04.77			3:45.06			3:28.25			3:13.32			2:59.74		
1100m Walk	9:08.93			8:23.23			7:44.28			7:09.68			6:38.20		
60m Hurdles	16.58			15.28			14.16			13.17			12.26		
High jump	0.57			0.72			0.86			0.98			1.11		
Long jump	1.68			2.22			2.72			3.18			3.62		
Discus (500g)	6.70			10.03			13.25			16.40			19.49		
Shot put (2kg)	2.44			3.60			4.75			5.88			7.01		
2021/2022 Season	Date Awarded: Signed:			Date awarded: Signed:			Date awarded: Signed:			Date awarded: Signed:			Date awarded: Signed:		