

# 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	20.44			18.84			17.46			16.23			15.11		
200m	41.70			38.40			35.56			33.04			30.72		
400m	1:35.53			1:27.95			1:21.44			1:15.62			1:10.31		
800m	3:45.87			3:27.67			3:12.15			2:58.37			2:45.83		
1500m	7:51.80			7:12.52			6:39.04			6:09.31			5:42.25		
3000m	17:42.13			16:13.70			14:58.33			13:51.39			12:50.48		
1500m Walk	11:15.53			10:19.29			9:31.35			8:48.78			8:10.03		
80m Hurdles	20.53			18.92			17.54			16.31			15.19		
200m Hurdles	46.85			43.15			39.98			37.15			34.57		
High jump	0.95			1.10			1.24			1.36			1.49		
Long jump	2.23			2.81			3.35			3.84			4.31		
Triple jump	4.70			5.87			6.92			7.91			8.83		
Discus (750g)	8.93			12.91			16.77			20.54			24.24		
Javelin (400g)	8.79			12.22			15.60			18.96			22.28		
Shot put (3kg)	2.70			3.98			5.23			6.47			7.69		
<b>2021/2022 Season</b>	Date Awarded:			Date awarded:			Date awarded:			Date awarded:			Date awarded:		
	Signed:			Signed:			Signed:			Signed:			Signed:		