

HDLAC STAR AWARDS RECORD SHEET

Age Group: **U14B**

Athlete:

EVENT	YELLOW			GREEN			RED			BLUE			GOLD		
	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
100m	18.77			17.30			16.04			14.91			13.88		
200m	37.67			34.70			32.14			29.85			27.77		
400m	1:26.19			1:19.35			1:13.47			1:08.23			1:03.44		
800m	3:26.53			3:09.88			2:55.64			2:42.97			2:31.41		
1500m	7:12.71			6:36.67			6:05.86			5:38.43			5:13.43		
3000m	15:54.44			14:34.91			13:26.92			12:26.41			11:31.25		
1500m Walk	10:40.92			9:47.53			9:01.89			8:21.27			7:44.24		
90m Hurdles	19.91			18.34			17.00			15.81			14.72		
200m Hurdles	40.40			37.21			34.51			32.11			29.94		
High jump	0.95			1.13			1.29			1.44			1.58		
Long jump	2.69			3.38			4.00			4.57			5.12		
Triple jump	6.49			7.74			8.87			9.93			10.92		
Discus (1kg)	10.91			15.53			20.00			24.38			28.67		
Javelin (600g)	11.94			16.69			21.33			25.88			30.37		
Shot put (3kg)	4.24			6.15			8.03			9.88			11.72		
2021/2022 Season	Date Awarded:			Date awarded:			Date awarded:			Date awarded:			Date awarded:		
	Signed:			Signed:			Signed:			Signed:			Signed:		