

# HDLAC STAR AWARDS RECORD SHEET

Age Group: **U17B**

Athlete:

EVENT	YELLOW			GREEN			RED			BLUE			GOLD		
	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
100m	17.63			16.24			15.05			13.99			13.02		
200m	36.16			33.30			30.85			28.66			26.66		
400m	1:19.50			1:13.19			1:07.77			1:02.93			58.51		
800m	3:08.09			2:52.92			2:39.95			2:28.40			2:17.88		
1500m	6:40.07			6:06.74			5:38.24			5:12.88			4:49.76		
3000m	14:27.28			13:15.01			12:13.23			11:18.24			10:28.11		
1500m Walk	9:43.57			8:54.95			8:13.38			7:36.38			7:02.66		
110m Hurdles	23.39			21.55			19.97			18.57			17.29		
300m Hurdles	1:02.87			57.89			53.67			49.92			46.52		
High jump	1.15			1.33			1.49			1.64			1.78		
Long jump	3.57			4.26			4.88			5.45			6.00		
Triple jump	8.01			9.26			10.39			11.45			12.44		
Discus (1.5kg)	14.71			19.65			24.45			29.13			33.73		
Javelin (700g)	17.12			22.60			27.94			33.18			38.35		
Shot put (5kg)	4.81			6.51			8.18			9.84			11.48		
<b>2021/2022 Season</b>	Date Awarded:			Date awarded:			Date awarded:			Date awarded:			Date awarded:		
	Signed:			Signed:			Signed:			Signed:			Signed:		