

HDLAC STAR AWARDS RECORD SHEET

Age Group: **U17G**

Athlete:

EVENT	YELLOW			GREEN			RED			BLUE			GOLD		
	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
100m	19.45			17.93			16.61			15.44			14.37		
200m	38.82			35.76			33.12			30.77			28.62		
400m	1:30.35			1:23.18			1:17.02			1:11.51			1:06.49		
800m	3:30.54			3:13.58			2:59.12			2:46.28			2:34.60		
1500m	7:48.24			7:09.26			6:36.04			6:06.53			5:39.68		
3000m	16:58.37			15:33.59			14:21.33			13:17.15			12:18.76		
1500m Walk	10:23.69			9:31.74			8:47.47			8:08.14			7:32.36		
100m Hurdles	23.03			21.22			19.67			18.29			17.03		
300m Hurdles	1:08.40			1:02.97			58.33			54.19			50.41		
High jump	1.02			1.17			1.31			1.43			1.56		
Long jump	3.02			3.60			4.14			4.63			5.10		
Triple jump	6.51			7.68			8.73			9.72			10.64		
Discus (1kg)	12.03			16.73			21.28			25.72			30.09		
Javelin (500g)	11.63			16.11			20.52			24.90			29.24		
Shot put (3kg)	3.94			5.80			7.62			9.43			11.21		
2021/2022 Season	Date Awarded:			Date awarded:			Date awarded:			Date awarded:			Date awarded:		
	Signed:			Signed:			Signed:			Signed:			Signed:		