

# HDLAC STAR AWARDS RECORD SHEET

Age Group: **U6G**

Athlete:

EVENT	YELLOW			GREEN			RED			BLUE			GOLD			
	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	
50m	Running Lvl 1			Running Lvl 2			Running Lvl 3			12.26			11.42			
70m											16.23			15.11		
100m											23.63			21.98		
200m											49.29			45.84		
300m											1:24.45			1:18.52		
Long jump	LJ Lvl 1			LJ Lvl 2			LJ Lvl 3			2.05			2.34			
Discus (350g)	Discus Lvl 1			Discus Lvl 2			Discus Lvl 3			7.81			9.37			
Shot put (500g)	SP Lvl 1			SP Lvl 2			SP Lvl 3			3.91			4.68			
<b>2021/2022 Season</b>	Date Awarded: Signed:			Date awarded: Signed:			Date awarded: Signed:			Date awarded: Signed:			Date awarded: Signed:			