

HDLAC STAR AWARDS RECORD SHEET

Age Group: **U7B**

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			10.03			9.34			
70m											14.53			13.52		
100m											20.60			19.17		
200m											43.33			40.30		
500m											1:59.40			1:51.01		
Long jump	LJ Lvl 1			LJ Lvl 2			LJ Lvl 3			2.45			2.80			
Discus (350g)	Discus Lvl 1			Discus Lvl 2			Discus Lvl 3			11.06			13.36			
Shot put (1kg)	SP Lvl 1			SP Lvl 2			SP Lvl 3			5.11			6.11			
2021/2022 Season	Date Awarded: Signed:			Date awarded: Signed:			Date awarded: Signed:			Date awarded: Signed:			Date awarded: Signed:			