

HDLAC STAR AWARDS RECORD SHEET

Age Group: **U7G**

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			10.82			10.07			
70m											14.53			13.52		
100m											21.26			19.78		
200m											43.99			40.92		
500m											2:09.02			1:59.95		
Long jump	LJ Lvl 1			LJ Lvl 2			LJ Lvl 3			2.38			2.72			
Discus (350g)	Discus Lvl 1			Discus Lvl 2			Discus Lvl 3			9.23			11.03			
Shot put (1kg)	SP Lvl 1			SP Lvl 2			SP Lvl 3			4.14			4.95			
2021/2022 Season	Date Awarded: Signed:			Date awarded: Signed:			Date awarded: Signed:			Date awarded: Signed:			Date awarded: Signed:			