

**QUAKERS HILL LITTLE ATHLETICS CENTRE
STAR AWARDS RECORD SHEET 2019-20**

Age Group: U6B

Athlete Name:

Rego No.

EVENT	YELLOW			GREEN			RED			BLUE			GOLD		
	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
50m	15.5			14.2			12.9			11.7			10.4		
70m	22.1			20.2			18.3			16.4			14.5		
100m	31.9			29.1			26.3			23.5			20.8		
200m	1-15.8			1-08.4			1-01.1			53.6			46.2		
300m	1-59.4			1-48.4			1-37.3			1-26.3			1-15.2		
Long Jump	1.16			1.54			1.93			2.31			2.69		
Discus	2.42			4.68			6.96			9.24			11.52		
Shot Put	1.93			2.81			3.63			4.42			5.15		
2018-19	Awarded			Awarded			Awarded			Awarded			Awarded		
Season	Verified			Verified			Verified			Verified			Verified		

QUAKERS HILL LITTLE ATHLETICS CENTRE

STAR AWARDS RECORD SHEET 2019-20

Age Group: U7B

Athlete Name:

Rego No.

EVENT	YELLOW			GREEN			RED			BLUE			GOLD		
	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
50m	13.2			12.3			11.4			10.5			9.6		
70m	18.3			17.1			15.8			14.6			13.3		
100m	26.5			24.6			22.7			20.8			18.9		
200m	1-04.1			58.4			52.9			47.3			41.8		
500m	3-07.8			2-51.9			2-36.1			2-20.1			2-04.2		

Long Jump	1.66			2.01			2.36			2.64			2.88		
Discus	4.08			6.86			9.64			12.43			15.21		
Shot Put	2.08			3.12			4.16			5.21			6.24		

2018-19	Awarded			Awarded			Awarded			Awarded			Awarded		
Season	Verified			Verified			Verified			Verified			Verified		

QUAKERS HILL LITTLE ATHLETICS CENTRE

STAR AWARDS RECORD SHEET 2019-20

Age Group: U8B

Athlete Name:

Rego No.

EVENT	YELLOW			GREEN			RED			BLUE			GOLD		
	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
70m	17.7			16.3			15.1			13.6			12.2		
100m	24.9			23.0			21.2			19.4			17.6		
200m	57.8			52.9			48.1			43.4			38.4		
400m	2-23.5			2-09.8			1-56.1			1-42.3			1-28.5		
700m	4-26.4			4-02.1			3-37.7			3-13.4			2-49.1		
60m H	18.6			17.1			15.7			14.3			12.8		
Long Jump	1.90			2.27			2.64			2.85			3.2		
Discus	4.97			7.78			10.6			13.41			16.22		
Shot Put	2.95			3.86			4.78			5.69			6.61		

2018-19 Season	Awarded		Awarded		Awarded		Awarded	
	Verified		Verified		Verified		Verified	

QUAKERS HILL LITTLE ATHLETICS CENTRE

STAR AWARDS RECORD SHEET 2019-20

Age Group: U9B

Athlete Name:

Rego No.

EVENT	YELLOW			GREEN			RED			BLUE			GOLD		
	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
70m	15.9			14.8			13.7			12.6			11.4		
100m	22.5			20.9			19.3			17.8			16.2		
200m	52.5			48.2			43.9			39.5			35.2		
400m	2-01.7			1-52.1			1-42.2			1-32.5			1-22.8		
800m	4-50.1			4-22.8			3-55.6			3-28.4			3-01.2		
700m W	7-09.7			6-33.1			5-56.3			5-19.6			4-42.9		
60m H	16.4			15.2			14.0			12.8			11.6		

High Jump	.80			0.85			0.90			0.95			1.05		
Long Jump	2.21			2.59			2.98			3.3			3.6		
Discus	7.34			10.15			12.96			15.77			18.59		
Shot Put	3.23			4.10			4.97			5.84			6.71		

2018-19 Season	Awarded		Awarded		Awarded		Awarded	
	Verified		Verified		Verified		Verified	

QUAKERS HILL LITTLE ATHLETICS CENTRE

STAR AWARDS RECORD SHEET 2019-20

Age Group: U10B

Athlete Name:

Rego No.

EVENT	YELLOW			GREEN			RED			BLUE			GOLD		
	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
70m	15.4			14.4			13.3			12.2			11.1		
100m	22.6			20.8			19.1			17.3			15.5		
200m	54.5			49.3			44.1			38.9			33.6		
400m	2-10.4			1-57.7			1-45.1			1-32.3			1-19.6		
800m	5-26.1			4-48.8			4-11.4			3-34.1			2-56.8		
1100m W	12-21.3			11-14.9			10-08.4			9-02.1			7-55.5		
60m H	18.3			16.8			15.2			13.7			12.2		

High Jump	0.85			0.90			0.95			1.05			1.10		
Long Jump	2.32			2.74			3.17			3.48			3.92		
Discus	6.79			10.52			14.25			17.98			21.71		
Shot Put	3.51			4.51			5.52			6.53			7.53		

2018-19 Season	Awarded		Awarded		Awarded		Awarded	
	Verified		Verified		Verified		Verified	

QUAKERS HILL LITTLE ATHLETICS CENTRE

STAR AWARDS RECORD SHEET 2019-20

Age Group: U11B

Athlete Name:

Rego No.

EVENT	YELLOW			GREEN			RED			BLUE			GOLD		
	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
100m	19.8			18.6			17.3			16.1			14.8		
200m	46.1			42.5			39.0			35.4			31.8		
400m	1-52.4			1-43.6			1-34.7			1-25.8			1-17.1		
800m	4-11.2			3-52.2			3-33.5			3-14.8			2-56.1		
1500m	8-48.6			8-06.1			7-23.3			6-40.6			5-53.9		
1100m W	11-28.29			10-28.1			9-27.3			8-28.5			7-25.7		
80m H	21.01			19.36			19.96			16.7			15.56		

High Jump	1.00			1.05			1.05			1.15			1.2		
Long Jump	2.67			3.07			3.37			3.77			4.17		
Triple Jump	5.07			6.05			7.02			7.61			8.49		
Discus	9.3			12.84			16.34			19.83			23.32		
Javelin	3.03			6.61			9.50			14.55			18.01		
Shot Put	4.06			5.19			6.31			7.43			8.55		

2018-19 Season	Awarded		Awarded		Awarded		Awarded	
	Verified		Verified		Verified		Verified	

QUAKERS HILL LITTLE ATHLETICS CENTRE

STAR AWARDS RECORD SHEET 2019-20

Age Group: U12B

Athlete Name:

Rego No.

EVENT	YELLOW			GREEN			RED			BLUE			GOLD		
	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
100m	20.6			19.1			17.5			15.9			14.4		
200m	44.8			41.4			38.1			34.7			31.3		
400m	2-01.7			1-49.8			1-37.8			1-25.9			1-14.3		
800m	4-35.6			4-09.1			3-42.4			3-15.8			2-49.3		
1500m	8-16.7			7-38.8			7-01.2			6-23.2			5.45.3		
1500m W	18.08			14-09.7			12-54.9			11-40.2			10.18		
80m H	20.34			18.75			17.38			16.17			15.06		

High Jump	1.00			1.05			1.10			1.20			1.25		
Long Jump	2.56			3.08			3.48			4.01			4.43		
Triple Jump	5.21			6.35			7.49			8.62			9.36		
Discus	9.18			12.81			16.41			20.03			23.63		
Javelin	3.4			7.21			10.9			15.05			19.03		
Shot Put	5.02			6.22			7.43			8.51			9.45		

2018-19 Season	Awarded		Awarded		Awarded		Awarded		Awarded	
	Verified		Verified		Verified		Verified		Verified	

QUAKERS HILL LITTLE ATHLETICS CENTRE

STAR AWARDS RECORD SHEET 2019-20

Age Group: U13B

Athlete Name:

Rego No.

EVENT	YELLOW			GREEN			RED			BLUE			GOLD		
	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
100m	18.8			17.7			16.4			15.2			14.1		
200m	42.8			39.6			36.3			33.1			29.8		
400m	1-53.8			1-43.1			1-32.1			1-21.2			1-10.3		
800m	4-34.5			4-07.3			3-40.2			3-13.1			2-45.9		
1500m	7-27.4			7-01.6			6-35.9			6-10.2			5-44.4		
3000m	22-08.5			19-31.4			16-54.4			14-17.3			11-40.2		
1500m W	13.35			12.31			11.16			10.21			9.19		
80m H	28.6			25.5			22.1			18.8			15.5		
200m H	56.1			50.4			44.9			39.3			33.8		

High Jump	1.05			1.1			1.15			1.25			1.3		
Long Jump	2.85			3.33			3.81			4.29			4.78		
Triple Jump	5.74			6.87			7.99			9.11			10.04		
Discus	12.21			14.51			17.84			22.01			26.73		
Javelin	6.05			10.39			14.73			19.07			23.41		
Shot Put	4.34			5.48			6.62			7.76			8.91		

2018-19 Season	Awarded		Awarded		Awarded		Awarded		Awarded	
	Verified		Verified		Verified		Verified		Verified	

QUAKERS HILL LITTLE ATHLETICS CENTRE

STAR AWARDS RECORD SHEET 2019-20

Age Group: U14B

Athlete Name:

Rego No.

EVENT	YELLOW			GREEN			RED			BLUE			GOLD		
	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
100m	18.3			17.1			15.8			14.5			13.3		
200m	40.5			37.5			34.5			31.5			28.5		
400m	1-43.3			1-34.5			1-25.6			1-16.8			1-08.1		
800m	4-04.8			3-44.3			3-23.8			3-03.3			2-42.8		
1500m	8.02.4			7.34.2			6.45.8			5.58.2			5-13.7		
3000m	16-20.4			15-03.4			13-46.4			12-29.4			11-12.4		
1500m W	12-51.8			12-14.7			11-37.7			11-00.6			10.11.6		
90m H	25.1			23.1			20.9			18.9			16.9		
200m H	50.3			45.9			41.4			37.1			32.6		

High Jump	1.1			1.15			1.2			1.3			1.35		
Long Jump	3.16			3.64			4.12			4.61			5.09		
Triple Jump	6.52			7.64			8.75			9.87			10.99		
Discus	11.2			15.39			19.59			23.78			27.97		
Javelin	7.53			12.43			17.33			22.23			27.13		
Shot Put	4.67			5.85			7.03			8.21			9.39		

2018-19 Season	Awarded		Awarded		Awarded		Awarded	
	Verified		Verified		Verified		Verified	

QUAKERS HILL LITTLE ATHLETICS CENTRE

STAR AWARDS RECORD SHEET 2019-20

Age Group: U 15 Boys

Athlete Name:

Rego No.

EVENT	YELLOW			GREEN			RED			BLUE			GOLD		
	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
100m	16.1			15.2			14.3			13.4			12.5		
200m	35.3			33.1			30.8			28.6			26.4		
400m	1-34.7			1-26.3			1-17.9			1-09.5			1-01.1		
800m	3-52.8			3-32.7			3-12.5			2-52.4			2-32.3		
1500m	7.12.4			6.23.5			5.53.8			5.27.3			5.08.2		
3000m	16.05.2			14.86.1			13.36.2			12.24.9			11.11.5		
1500m W	12.24.4			11.52.3			11.18.6			10.41.3			9.59.7		
100m H	25.7			23.5			21.4			19.2			17.1		
300m H	1.03.2			58.61			54.36			51.52			48.12		

High Jump	1.2			1.3			1.4			1.45			1.55		
Long Jump	3.64			4.16			4.69			5.22			5.75		
Triple Jump	7.94			8.7			9.61			10.6			11.05		
Discus	15.67			19.88			24.11			28.35			31.58		
Javelin	10.4			15.87			21.72			27.53			33.37		
Shot Put	5.59			7.09			8.61			10.1			11.62		

2018-19 Season	Awarded		Awarded		Awarded		Awarded	
	Verified		Verified		Verified		Verified	

QUAKERS HILL LITTLE ATHLETICS CENTRE

STAR AWARDS RECORD SHEET 2019-20

Age Group: Senior Boys

Athlete Name:

Rego No.

EVENT	YELLOW			GREEN			RED			BLUE			GOLD		
	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date	Required	Achieved	Date
100m	14.9			14.2			13.6			12.9			12.2		
200m	33.1			31.3			29.6			27.8			26.1		
400m	1-19.5			1-15.2			1-10.9			1-06.6			1-02.3		
800m	3-31.3			3-16.1			3-00.8			2-45.6			2-30.4		
1500m	6-47.2			6-17.8			5-48.4			5-19.1			4-49.6		
3000m	14.50.3			13.43.2			13.15.8			12.06.3			11.08.2		
1500m W	12.24.3			11.50.6			11.18.7			10.41.6			9.59.2		
110 m H	28.4			25.4			22.3			19.3			16.3		
300m H	1.02.5			57.9			53.6			49.9			47.53		
High Jump	1.20			1.30			1.40			1.50			1.60		
Long Jump	3.75			4.38			5.01			5.64			6.26		
Triple Jump	7.39			8.88			10.38			11.88			13.37		
Discus	15.56			20.98			26.4			31.81			35.68		
Javelin	14.69			18.75			22.81			26.88			30.94		
Shot Put	5.82			7.35			8.89			10.43			11.96		
2018-19 Season	Awarded			Awarded			Awarded			Awarded			Awarded		
	Verified			Verified			Verified			Verified			Verified		