ALGESTER LITTLE ATHLETICS

CENTRE IMPROVEMENT AWARD

NAME _____ REG No. _____

Track				Jumps	

Throws			Other

IMPROVEMENT AWARDS

Improvement Awards will be awarded to athletes for improved performances in all events at **Centre meetings only.**

Each week, times and distances should be entered in the appropriate columns of the Performance Results Sheet overleaf.

New Athletes

After the first week of competition (as from 24 August 2019) any improvement in any event will gain a stamp in the boxes above. The first result gained in any event, on or after the above date, will be taken as the starting standard for new athletes. **Returning athlete's** starting standard will be their best performance set last season. Athletes should enter these results at the top of the sheet overleaf.

UNDER 6, 7 & 8 have to achieve a total of 10 improvements comprising of the following groups of events:

4 improvements in TRACK
2 improvements in JUMPS
3 improvements in THROWS
1 other improvement of their choice.

Please ensure you hand your completed sheets in by
28 March 2020 to go in the draw for a prize to the value of $100.
GOOD LUCK

ALGESTER LITTLE ATHLETICS

CENTRE IMPROVEMENT AWARD

NAME _____ REG No. _____

Track			Jumps		

Throws				Other

IMPROVEMENT AWARDS

Improvement Awards will be awarded to athletes for improved performances in all events at **Centre meetings only.**

Each week, times and distances should be entered in the appropriate columns of the Performance Results Sheet overleaf.

New Athletes

After the first week of competition (as from 24 August 2019) any improvement in any event will gain a stamp in the boxes above. The first result gained in any event, on or after the above date, will be taken as the starting standard for new athletes. **Returning athlete's** starting standard will be their best performance set last season. Athletes should enter these results at the top of the sheet overleaf.

UNDER 9 have to achieve a total of 10 improvements comprising of the following groups of events:

3 improvements in TRACK
3 improvements in JUMPS
3 improvements in THROWS
1 other improvement of their choice.

Please ensure you hand your completed sheets in by
28 March 2020 to go in the draw for a prize to the value of $100.
GOOD LUCK

ALGESTER LITTLE ATHLETICS

CENTRE IMPROVEMENT AWARD

NAME _____ REG No. _____

Sprints & Hurdles			Jumps		

Throws			Distance & Walks			Other

IMPROVEMENT AWARDS

Improvement Awards will be awarded to athletes for improved performances in all events at **Centre meetings only.**

Each week, times and distances should be entered in the appropriate columns of the Performance Results Sheet overleaf.

New Athletes

After the first week of competition (as from 24 August 2019) any improvement in any event will gain a stamp in the boxes above. The first result gained in any event, on or after the above date, will be taken as the starting standard for new athletes. **Returning athlete's** starting standard will be their best performance set last season. Athletes should enter these results at the top of the sheet overleaf.

UNDER 10-17 have to achieve a total of 13 improvements comprising of the following groups of events:

3 improvements in SPRINTS & HURDLES
3 improvements in JUMPS
3 improvements in THROWS
3 Improvements in DISTANCE & WALKS
1 other improvement of their choice.

Please ensure you hand your completed sheets in by 28 March 2020 to go in the draw for a prize to the value of $100.

GOOD LUCK

NAME _____ **PERFORMANCE RESULTS SHEET** REG NO _____

UNDER 15/16/17	HURDLES			SPRINTS		DISTANCE			WALKS	THROWS			JUMPS		
Season 2019/2020	90m	100m	300m	100m	200m	400m	800m	1500m	1500m	Discus	Shot Put	Javelin	High Jump	Long Jump	Triple Jump
DATE															
Opening PB															
24-Aug-19															
31-Aug-19															
7-Sep-19															
14-Sep-19															
21-Sep-19															
5-Oct-19															
19-Oct-19															
26-Oct-19															
2-Nov-19															
9-Nov-19															
23-Nov-19															
30-Nov-19															
7-Dec-19															
		CENTRE CHRISTMAS BREAK UP													
11-Jan-20															
18-Jan-20															
25-Jan-20															
1-Feb-20															
15-Feb-20															
22-Feb-20	ALGESTER LITTLE ATHLETICS CENTRE CHAMPIONSHIPS - WEEK 1														
7-Mar-20	ALGESTER LITTLE ATHLETICS CENTRE CHAMPIONSHIPS - WEEK 2														
Closing PB															

NAME _____ **PERFORMANCE RESULTS SHEET** REG NO _____

UNDER 14	HURDLES		SPRINTS		DISTANCE			WALKS	THROWS			JUMPS		
Season 2019/2020	90m	200m	100m	200m	400m	800m	1500m	1500m	Discus	Shot Put	Javelin	High Jump	Long Jump	Triple Jump
DATE														
Opening PB														
24-Aug-19														
31-Aug-19														
7-Sep-19														
14-Sep-19														
21-Sep-19														
5-Oct-19														
19-Oct-19														
26-Oct-19														
2-Nov-19														
9-Nov-19														
23-Nov-19														
30-Nov-19														
7-Dec-19														
	CENTRE CHRISTMAS BREAK UP													
11-Jan-20														
18-Jan-20														
25-Jan-20														
1-Feb-20														
15-Feb-20														
22-Feb-20	ALGESTER LITTLE ATHLETICS CENTRE CHAMPIONSHIPS - WEEK 1													
7-Mar-20	ALGESTER LITTLE ATHLETICS CENTRE CHAMPIONSHIPS - WEEK 2													
Closing PB														

NAME _____ **PERFORMANCE RESULTS SHEET** REG NO _____

UNDER 13	HURDLES		SPRINTS		DISTANCE			WALKS	THROWS			JUMPS		
Season 2019/2020 DATE	80m	200m	100m	200m	400m	800m	1500m	1500m	Discus	Shot Put	Javelin	High Jump	Long Jump	Triple Jump
Opening PB														
24-Aug-19														
31-Aug-19														
7-Sep-19														
14-Sep-19														
21-Sep-19														
5-Oct-19														
19-Oct-19														
26-Oct-19														
2-Nov-19														
9-Nov-19														
23-Nov-19														
30-Nov-19														
7-Dec-19														
	CENTRE CHRISTMAS BREAK UP													
11-Jan-20														
18-Jan-20														
25-Jan-20														
1-Feb-20														
15-Feb-20														
22-Feb-20	ALGESTER LITTLE ATHLETICS CENTRE CHAMPIONSHIPS - WEEK 1													
7-Mar-20	ALGESTER LITTLE ATHLETICS CENTRE CHAMPIONSHIPS - WEEK 2													
Closing PB														

NAME _____ **PERFORMANCE RESULTS SHEET** REG NO _____

UNDER 12	HURDLES	SPRINTS		DISTANCE			WALKS	THROWS			JUMPS		
Season 2019/2020 DATE	60m	100m	200m	400m	800m	1500m	1500m	Discus	Shot Put	Javelin	High Jump	Long Jump	Triple Jump
Opening PB													
24-Aug-19													
31-Aug-19													
7-Sep-19													
14-Sep-19													
21-Sep-19													
5-Oct-19													
19-Oct-19													
26-Oct-19													
2-Nov-19													
9-Nov-19													
23-Nov-19													
30-Nov-19													
7-Dec-19													
	CENTRE CHRISTMAS BREAK UP												
11-Jan-20													
18-Jan-20													
25-Jan-20													
1-Feb-20													
15-Feb-20													
22-Feb-20	ALGESTER LITTLE ATHLETICS CENTRE CHAMPIONSHIPS - WEEK 1												
7-Mar-20	ALGESTER LITTLE ATHLETICS CENTRE CHAMPIONSHIPS - WEEK 2												
Closing PB													

NAME _____ **PERFORMANCE RESULTS SHEET** REG NO _____

UNDER 11	HURDLES	SPRINTS		DISTANCE			WALKS	THROWS			JUMPS		
Season 2019/2020	60m	100m	200m	400m	800m	1500m	1100m	Discus	Shot Put	Javelin	High Jump	Long Jump	Triple Jump
DATE													
Opening PB													
24-Aug-19													
31-Aug-19													
7-Sep-19													
14-Sep-19													
21-Sep-19													
5-Oct-19													
19-Oct-19													
26-Oct-19													
2-Nov-19													
9-Nov-19													
23-Nov-19													
30-Nov-19													
7-Dec-19													
	CENTRE CHRISTMAS BREAK UP												
11-Jan-20													
18-Jan-20													
25-Jan-20													
1-Feb-20													
15-Feb-20													
22-Feb-20	ALGESTER LITTLE ATHLETICS CENTRE CHAMPIONSHIPS - WEEK 1												
7-Mar-20	ALGESTER LITTLE ATHLETICS CENTRE CHAMPIONSHIPS - WEEK 2												
Closing PB													

NAME _____ **PERFORMANCE RESULTS SHEET** REG NO _____

UNDER 10	HURDLES	SPRINTS			DISTANCE		WALKS	THROWS		JUMPS		
Season 2019/2020	60m	70m	100m	200m	400m	800m	1100m	Discus	Shot Put	High Jump	Long Jump	
DATE												
Opening PB												
24-Aug-19												
31-Aug-19												
7-Sep-19												
14-Sep-19												
21-Sep-19												
5-Oct-19												
19-Oct-19												
26-Oct-19												
2-Nov-19												
9-Nov-19												
23-Nov-19												
30-Nov-19												
7-Dec-19												
	CENTRE CHRISTMAS BREAK UP											
11-Jan-20												
18-Jan-20												
25-Jan-20												
1-Feb-20												
15-Feb-20												
22-Feb-20	ALGESTER LITTLE ATHLETICS CENTRE CHAMPIONSHIPS - WEEK 1											
7-Mar-20	ALGESTER LITTLE ATHLETICS CENTRE CHAMPIONSHIPS - WEEK 2											
Closing PB												

NAME _____ **PERFORMANCE RESULTS SHEET** REG NO _____

UNDER 9	HURDLES	SPRINTS			DISTANCE		WALKS	THROWS		JUMPS	
Season 2019/2020	60m	70m	100m	200m	400m	800m	700m	Discus	Shot Put	High Jump	Long Jump
DATE											
Opening PB											
24-Aug-19											
31-Aug-19											
7-Sep-19											
14-Sep-19											
21-Sep-19											
5-Oct-19											
19-Oct-19											
26-Oct-19											
2-Nov-19											
9-Nov-19											
23-Nov-19											
30-Nov-19											
7-Dec-19											
	CENTRE CHRISTMAS BREAK UP										
11-Jan-20											
18-Jan-20											
25-Jan-20											
1-Feb-20											
15-Feb-20											
22-Feb-20	ALGESTER LITTLE ATHLETICS CENTRE CHAMPIONSHIPS - WEEK 1										
7-Mar-20	ALGESTER LITTLE ATHLETICS CENTRE CHAMPIONSHIPS - WEEK 2										
Closing PB											

NAME _____ **PERFORMANCE RESULTS SHEET** REG NO _____

UNDER 8	HURDLES	SPRINTS			WALKS	THROWS		JUMPS
Season 2019/2020	60m	70m	100m	200m	300m	Discus	Shot Put	Long Jump
DATE								
Opening PB								
24-Aug-19								
31-Aug-19								
7-Sep-19								
14-Sep-19								
21-Sep-19								
5-Oct-19								
19-Oct-19								
26-Oct-19								
2-Nov-19								
9-Nov-19								
23-Nov-19								
30-Nov-19								
7-Dec-19								
	CENTRE CHRISTMAS BREAK UP							
11-Jan-20								
18-Jan-20								
25-Jan-20								
1-Feb-20								
15-Feb-20								
22-Feb-20	ALGESTER LITTLE ATHLETICS CENTRE CHAMPIONSHIPS - WEEK 1							
7-Mar-20	ALGESTER LITTLE ATHLETICS CENTRE CHAMPIONSHIPS - WEEK 2							
Closing PB								

NAME _____ **PEFORMANCE RESULTS SHEET** REG NO _____

UNDER 7	MODIFIED EVENTS		SPRINTS			THROWS		JUMPS
Season 2019/2020	Run & Jump	Put & Take	70m	100m	200m	Discus	Shot Put	Long Jump
DATE	Hurdles							
Opening PB								
24-Aug-19								
31-Aug-19								
7-Sep-19								
14-Sep-19								
21-Sep-19								
5-Oct-19								
19-Oct-19								
26-Oct-19								
2-Nov-19								
9-Nov-19								
23-Nov-19								
30-Nov-19								
7-Dec-19								
	CENTRE CHRISTMAS BREAK UP							
11-Jan-20								
18-Jan-20								
25-Jan-20								
1-Feb-20								
15-Feb-20								
22-Feb-20	ALGESTER LITTLE ATHLETICS CENTRE CHAMPIONSHIPS - WEEK 1							
7-Mar-20	ALGESTER LITTLE ATHLETICS CENTRE CHAMPIONSHIPS - WEEK 2							
Closing PB								

NAME _____ **PERFORMANCE RESULTS SHEET** REG NO _____

UNDER 6	MODIFIED EVENTS			SPRINTS		THROWS		JUMPS	
Season 2019/2020 DATE	Run & Jump Hurdles	Obstacle Course	Put & Take	70m	100m	Discus	Shot Put	Long Jump	Stand & Jump
Opening PB									
24-Aug-19									
31-Aug-19									
7-Sep-19									
14-Sep-19									
21-Sep-19									
5-Oct-19									
19-Oct-19									
26-Oct-19									
2-Nov-19									
9-Nov-19									
23-Nov-19									
30-Nov-19									
7-Dec-19									
	CENTRE CHRISTMAS BREAK UP								
11-Jan-20									
18-Jan-20									
25-Jan-20									
1-Feb-20									
15-Feb-20									
22-Feb-20	ALGESTER LITTLE ATHLETICS CENTRE CHAMPIONSHIPS - WEEK 1								
7-Mar-20	ALGESTER LITTLE ATHLETICS CENTRE CHAMPIONSHIPS - WEEK 2								
Closing PB									