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 competitions 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 20 August 2022) 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 **25 February 2023** to go in the draw for a prize to the value of $100.

GOOD LUCK

NAME _____

PERFORMANCE RESULTS SHEET

REG NO _____

UNDER 10	HURDLES	SPRINTS			DISTANCE		WALKS	THROWS		JUMPS		
Season 2022/2023	60m	70m	100m	200m	400m	800m	1100m	Discus	Shot Put	High Jump	Long Jump	
DATE												
Opening PB												
20-Aug-22												
27-Aug-22												
03-Sep-22												
10-Sep-22												
17-Sep-22												
01-Oct-22												
08-Oct-22												
15-Oct-22												
29-Oct-22												
05-Nov-22												
12-Nov-22												
19-Nov-22												
26-Nov-22												
	CENTRE CHRISTMAS BREAK UP											
07-Jan-23												
14-Jan-23												
21-Jan-23												
28-Jan-23												
11-Feb-23												
18-Feb-23	**ALGESTER LITTLE ATHLETICS CENTRE CHAMPIONSHIPS - WEEK 1**											
25-Feb-23	**ALGESTER LITTLE ATHLETICS CENTRE CHAMPIONSHIPS - WEEK 2**											
Closing PB												