## 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

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## PERFORMANCE RESULTS SHEET

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UNDER 15/16/17	HURDLES			SPRINTS		DISTANCE			WALKS	THROWS			JUMPS		
Season 2022/2023  DATE	90m	100m	300m	100m	200m	400m	800m	1500m	1500m	Discus	Shot Put	Javelin	High Jump	Long Jump	Triple Jump
Opening PB											o www. u.i.				
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															
							CE	NTRE CHR	ISTMAS BRI	EAK UP					
07-Jan-23															
14-Jan-23															
21-Jan-23															
28-Jan-23															
11-Feb-23															
18-Feb-23						ALGESTE	R LITTLE A	THLETICS	CENTRE CH	AMPIONSH	IIPS - WEEK	1			
25-Feb-23						ALGESTE	R LITTLE A	THLETICS	CENTRE CH	AMPIONSH	IIPS - WEEK	2			
Closing PB															