

ALGESTER LITTLE ATHLETICS

CENTRE IMPROVEMENT AWARD						
<u>NAME</u>			<u>REG No.</u>			
_____			_____			
[] [] []			[] [] [] [] []			
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

