

# ALGESTER LITTLE ATHLETICS

<b>CENTRE IMPROVEMENT AWARD</b>													
<u>NAME</u>			<u>REG No.</u>										
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Sprints & Hurdles			Jumps										
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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 22 August 2020) 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  
6 March 2021 to go in the draw for a prize to the value of \$100.

GOOD LUCK

NAME \_\_\_\_\_

## PERFORMANCE RESULTS SHEET

REG NO \_\_\_\_\_

[illegible]