

Centre Improvement Award

Improvement medals will be awarded to those athletes who have successfully fulfilled the requirements set out below. We hope that these medals will be an incentive for all athletes to strive towards as it is possible for each child to win one. Please read the following rules carefully if you wish to be included in the scheme.

Good Luck!!!!

Improvement medals will be awarded to athletes for improved performances at Gold Coast Athletics Club competitions only i.e. Friday night competitions.

Each week, times, distances, heights should be entered by the athlete in the appropriate columns of the Performance Results sheet overleaf. Highlight any improvements in performance starting from the 1st Friday night. Any improvement will gain a point towards the final score (see scores for different age groups listed below). When the required number of points has been reached, athletes must hand in their Performance Sheets to the Records Officer who will verify the results against the master recording sheet of that athlete. Once verified the athlete will be presented with their medal, we will endeavour to do this at the next competition night.

- 1) **NEW & RETURNING ATHLETES** will use the first result gained in any event as the starting standard for their improvements.
- 2) **IMPROVEMENT POINTS** can be awarded for the same event if necessary e.g. if three points are required for sprints, than these could come from two improvements in the 100m and one improvement in the 200m OR all three points could come from the 100m.
- 3) **IMPROVEMENT MEDALS** will only be awarded to those athletes who choose to participate in the scheme by keeping a record of their points on the Performance Results Sheet.
- 4) Athletes must hand in their Improvement Sheet into the clubhouse for verifying before medals can be awarded

Improvement points required:

Under 6 and Under 7 athletes: must achieve three (3) improvements in SPRINTS, two (2) in JUMPS, three (3) in THROWS plus one (1) in any event to give a total of nine (9) improvements.

Under 8 and Under 9 athletes: must achieve three (3) improvements in SPRINTS and/or HURDLES, three (3) in JUMPS, three (3) in THROWS plus one (1) improvement in any event to give a total of ten (10) improvement points.

Under 10 to Under 17 athletes: must achieve three (3) improvements in SPRINTS and/or HURDLES, three (3) in JUMPS, three (3) in THROWS, two (2) in MIDDLE DISTANCE/WALKS, and two (2) improvements in any event to give a total of thirteen (13) improvement points.

