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# McDonald's

## Achievement Level Awards

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The following information is an explanation of the ordering and distribution processes of the LAQ McDonald's Achievement Level Award Certificates.

The McDonald's achievement levels are calculated from the averages of performances attained by Queensland's Little Athletes over the years. A regular review of the levels is conducted at least every three years.

Only the events sanctioned by the Association and listed on the McDonald's Achievement Level cards in conjunction with the levels published are to be used for distribution of the McDonald's Achievement Level Awards.

Anyone achieving a Green level, which is within the reach of 95% of children with a little application, has achieved a good level of performance. A Red level represents a very good performance, but still achievable by about 65% of children. A Blue level represents an excellent performance achievable by about 20% of Little Athletes. Levels for each age group and all events are detailed on the pink (Girls) or blue (Boys) Achievement Level Cards.

The initial number of certificates issued to Centres is based on the registration data from the previous season. The certificates are distributed to all Centres at the beginning of the season along with all of the other registration items.

Should your Centre require additional certificates, please complete a McDonald's Achievement Level Award Certificate order form (two (2) contained within this booklet); ensuring that all details are correctly completed and return to the Association Office.

To receive a McDonald's Achievement Level Award Certificate, an athlete must reach the relevant level in all events applicable to their age group in **event groups**. Age groups have a varied requirement for the number of Event Groups to achieve an award. The number of required groups per age group are; two (2) groups for U6's; two (2) groups for U7's; and three (3) groups for U8 - U17's.

For example; an U13 athlete would be awarded a Green level certificate if they were to equal or better the Green level times and distances in **(1) Hurdles:** 60m Hurdles and 200m Hurdles, **(2) Sprints:** 70m, 100m and 200m and in **(3) Throws:** Discus, Javelin and Shot Put. While, an U7 athlete would be awarded a Green level certificate if they were to equal or better the Green level times and distances in **(1) Sprints:** 70m, 100m and 200m, **(2) Throws:** Shot Put & Discus.

Any event group combination can be used to meet the criteria, as long as the levels in relevant number of event groups are attained. Performance levels can be achieved at any LAQ Centre or Association Competition.

***The maximum number of certificates an athlete can receive each season is three:***

***One Green Level, One Red Level, and One Blue Level.***

Should any athlete not attain a green level award by the end of the season, the Centre may award such athletes with a green award certificate based on \*attendance and award it as an attendance certificate.

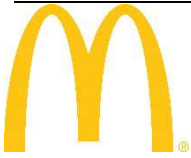
Centres which have AWD athletes competing, who have not been able to meet achievement levels for their age group by application of the above criteria, may at their discretion award a Green level certificate.

It is the Centre's responsibility to have the certificates completed with the Centre's name, athlete's name, and date of distribution. The certificates are then to be handed out to the athletes immediately. It is highly recommended that Centres award certificates periodically throughout a season e.g. at least three times per season; however, athletes should only receive one level certificate at a time.

***It is important that Centres adhere to these guidelines, as abuse of the Scheme may result in the loss of the sponsorship.***

Items contained within this booklet are for your Centre's information and use. If you have any queries regarding the process, or require additional certificates, please do not hesitate to contact the Association Office for clarification.

*\*Attendance awards are achieved by attending Centre or Regional competition meetings. Cancelled competition days are not to be included.*



# LITTLE ATHLETICS QUEENSLAND ACHIEVEMENT LEVEL AWARDS



NAME:

AGE:

Groups	Events	Green	Red	Blue
HURDLES	60/80/90/100m Hurdles			
	200m Hurdles			
SPRINTS	70m			
	100m			
	200m			
DISTANCE	300m/ 400m			
	500m /800m			
	1500m			
WALKS	300/700m Walk			
	700/1100 1500m Walk			
THROWS	Shot Put			
	Javelin			
	Discus			
JUMPS	High Jump			
	Long Jump			
	Triple Jump			

Green	Red	Blue

The table below shows the applicable events per age group in each Event Group.  
 The number of Group Awards required is age group adjusted. The U6's need to achieve the same level in 2 event groups of 3 event groups; U7's need 2 of 4; U8 - U17's need 3 groups of 7.

Group	Event	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
Hurdles	60mH/ 80mH/ 90mH/ 100mH												
	200mH												
Sprints	70m												
	100m												
	200m												
Distances	300m												
	400m												
	500m												
	800m												
	1500m												
Walks	300mW												
	700mW												
	1100mW												
	1500mW												
Throws	SHOT PUT												
	DISCUS												
	JAVELIN												
Jumps	HIGH JUMP												
	LONG JUMP												
	TRIPLE JUMP												

## ORDER FORM

Orders for additional Certificates will only be processed if the order is provided on this form.

Centre Name: \_\_\_\_\_

Date of Order: \_\_\_\_\_

Date of Presentation: \_\_\_\_\_

Date Certificates Required By: \_\_\_\_\_

Number of Current Registrations: \_\_\_\_\_

Number of Certificates:

Green Level \_\_\_\_\_

Red Level \_\_\_\_\_

Blue Level \_\_\_\_\_

Preferred McDonald's Restaurant: \_\_\_\_\_

Centre Representative: \_\_\_\_\_

Committee Position: \_\_\_\_\_

Contact Number: \_\_\_\_\_

Centre Representative's Signature: \_\_\_\_\_

<b>OFFICE USE ONLY</b>	
Date Dispatched: _____	Initials: _____
Comments: _____	



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Orders for additional Certificates will only be processed if the order is provided on this form.

Centre Name: \_\_\_\_\_

Date of Order: \_\_\_\_\_

Date of Presentation: \_\_\_\_\_

Date Certificates Required By: \_\_\_\_\_

Number of Current Registrations: \_\_\_\_\_

Number of Certificates:

Green Level \_\_\_\_\_

Red Level \_\_\_\_\_

Blue Level \_\_\_\_\_

Preferred McDonald's Restaurant: \_\_\_\_\_

Centre Representative: \_\_\_\_\_

Committee Position: \_\_\_\_\_

Contact Number: \_\_\_\_\_

Centre Representative's Signature: \_\_\_\_\_

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