

**WEEK 9 - 30/11/11**

**Note: If any of your events are shaded this is the last use of that event for the night. On completion of your event please pack away equipment and Discus mantle netting / bunting to allow collection at the end of the night. Any assistance received at the end of the night to return all equipment to the shed is appreciated.**

U6 Boys	U6 Girls	U7 Boys	U7 Girls	U8 Boys	U8 Girls	U9 Boys	U9 Girls
60m Hurdles	60m Hurdles	60m Hurdles	60m Hurdles	60m Hurdle (45cm)	60m Hurdle (45cm)	60m Hurdle (45cm)	60m Hurdle (45cm)
Long Jump 1	Long Jump 1	High Jump 2	High Jump 3	Shot Put 1	Shot Put 2	Javelin 1	Javelin 2
Play Games	Play Games	Shot Put 1	Shot Put 2	High Jump 2	High Jump 3	800m	800m
Shot Put 1	Shot Put 1	300m	300m	500m	500m	High Jump 2/3	Long Jump 1

U10 Boys	U10 Girls	U11 Boys	U11 Girls	U12 Boys	U12 Girls	U13 - U17 Boys	U13-U17 Girls
Long Jump 2	Long Jump 3	Discus 1	Long Jump 1	High Jump 1	Discus 2	Shot Put 1	Shot Put 2
60m Hurdle (60cm)	60m Hurdle (60cm)	60m Hurdle (60cm)	60m Hurdle (60cm)	60m Hurdle (68cm)	High Jump 1	80-100m Hurdle	80-100m Hurdle
Javelin 1	Javelin 2	Long Jump 2	Discus 2	Discus 1	<b>60m Hurdle (68cm)</b>	800m	High Jump 1
800m	800m	800m	800m	800m	800m	High Jump 1	800m

**RECORD PARENT HELPERS HERE**

**Age marshall:** \_\_\_\_\_

**Recorder:** \_\_\_\_\_

**Parent Assistant 1:** \_\_\_\_\_

**Parent Assistant 2:** \_\_\_\_\_

**Parent Assistant 3:** \_\_\_\_\_

**Parent Assistant 4:** \_\_\_\_\_

*Please be respectful of all athletes and parents at all times.*

*Please do not pass through an event - walk around.*

*Pay attention at all times near throwing events.*

Event	Distance	Age Groups	Notes
1	60m Hurdles	U6 B&G	Boys 1st
(Lanes 1-3)	60m Hurdles	U7 B&G	Boys 1st
(Front Straight)			
2	60m Hurdles	U8 B&G	45cm
(Lanes 5-8)	60m Hurdles	U9 B&G	45cm
(Front Straight)	60m Hurdles	U10 B&G	60cm
	60m Hurdles	U11 B&G	60cm
	60m Hurdles	U12 B	68cm
	<b>60m Hurdles</b>	<b>U12 G</b>	<b>68cm</b>
	80m Hurdles	U13-14 G	76cm
	80m Hurdles	U13 B	76cm
	90m Hurdles	U15-17 G	76cm
	90m Hurdles	U14 B	76cm
	100m Hurdles	U15-17 B	76cm
3	300m	U7 B&G	Arriving order
4	500m	U8 B&G	Arriving order
5	800m	U9-17 B&G	Arriving order

**Please follow the program in order.** Track Officials will be responsible for the Track and will line athletes up on the Track. Minimum three timekeepers and one starter required for the Track. Starter - Steve Barraclough; Chief Timekeeper – Jim Schlecht. We need a minimum of 5 parent helpers per age group, to assist with measuring, retrieving implements, raking long jump pit or moving High Jump bar, recording results for all registered athletes as well as an Age Marshall. Please see a committee member if unsure how to run events. Could all volunteer Age Marshals collect the recording sheets during warm up. **Please note that the playground is out of bounds to all athletes during competition.**

**Website has coaching schedule online.**

Correct uniforms are now required for all competitions - numbers, badges and labels need to be correctly attached to the uniform.

**Entries for Regional Championships being taken** - entries close 1st February.