

Week 2 2019 3 Event
11th September 2019

IF YOUR EVENT IS SHADED BELOW YOU ARE REQUIRED TO PACK THE EVENT UP ON COMPLETION OF YOUR EVENT AND RETURN THE EQUIPMENT TO THE EQUIPMENT SHED. PLEASE CLEAN THE EQUIPMENT AND PLACE IT OUTSIDE THE SHED IN A NEAT AND ORDERLY MANNER.

	Event 1	Event 2	Event 3	Event 4	Event	Distance	Age Groups	Notes
U6 Boys	FB High Jump 1	200m	Discus 3	TIME TO START THINKING ABOUT REGIONAL RELAYS - BEST EVENT OF SEASON ON NOV 17TH. NO FEES - BALMORAL PAYS FOR THOSE THAT ATTEND. SEE AGE MANAGER FOR MORE DETAILS AND NOMINATION FORMS	1	200m	U6 B & G	Arrival order
U6 Girls	FB High Jump 2	200m	Discus 4		(Front Straight)	200m	U7 B & G	Arrival order
U7 Boys	Turbo Javelin 3	200m	Long Jump 3 & 4		<u>Lanes 1-8</u>	200m	U8 B & G	Arrival order
U7 Girls	Turbo Javelin 4	200m	Long Jump 5 & 6			200m	U9 B & G	Arrival order
U8 Boys	High Jump 3	200m	Spot Put 3			200m	U10 B & G	Arrival order
U8 Girls	High Jump 4	200m	Shot Put 4			200m	U11 B & G	Arrival order
U9 Boys	Long Jump 3	200m	Discus 1			200m	U12 B & G	Arrival order
U9 Girls	Long Jump 4	200m	Discus 2			200m	U13 B & G	Arrival order
U10 Boys	Fly Hi Javelin 1	200m	High Jump 1 & 2			200m	U14-17 B & G	Arrival order
U10 Girls	Fly Hi Javelin 2	200m	High Jump 3 & 4					
U11 Boys	Flop 1	200m	Spot Put 1					
U11 Girls	Flop 2	200m	Shot Put 2					
U12 Boys	Discus 1	200m	Flop 1					
U12 Girls	Discus 2	200m	Flop 2					
U13 Boys	Long Jump 5	200m	Javelin 2					
U13 Girls	Long Jump 5	200m	Javelin 2					
U14 Boys	Long Jump 6	200m	Javelin 1					
U14 Girls	Long Jump 6	200m	Javelin 1					
U15 Boys	Long Jump 6	200m	Javelin 1					
U15 Girls	Long Jump 6	200m	Javelin 1					

RECORD PARENT HELPERS HERE

AGE MARSHALL _____

RECORDER _____

ASST. 1 _____

ASST. 2 _____

ASST. 3 _____

ASST. 4 _____

ASST. 5 _____

ASST. 6 _____

ASST. 7 _____

ASST. 8 _____

ASST. 9 _____

ASST. 10 _____

IMPORTANT NOTES:

Weeks 1-3 will be run as **3 event** nights to allow trials to be taken and parents to become oriented. Weeks 1-3 **will not count** toward trophy calculations.

Weeks 1-3 will likely have more down time between events for some age groups.

Please follow the program in order.

Helpers are required on track for starting, place keeping and recording.

Minimum of **5 parent helpers** per age group including Age Marshall.

Please see your **age group coordinator** or Committee member if **unsure** how to run events.

Full uniforms are required on **Wednesday** nights only as it is an official competition. Please note that the playground is out of bounds to all athletes during competition.