

**Week 3 2019 3 Event**  
**18th 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	Long Jump 1	70m	Vortex Jav 3	<b>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</b>	1	70m	U6 B & G	Arrival order
U6 Girls	Long Jump 2	70m	Vortex Jav 4		(Front Straight)	70m	U7 B & G	Arrival order
U7 Boys	FB High Jump 1 & 2	70m	Spot Put 3		<b><u>Lanes 1-8</u></b>	70m	U8 B & G	Arrival order
U7 Girls	FB High Jump 1 & 2	70m	Shot Put 4			70m	U9 B & G	Arrival order
U8 Boys	Long Jump 3	70m	Discus 1			70m	U10 B & G	Arrival order
U8 Girls	Long Jump 4	70m	Discus 2			70m	U11 B & G	Arrival order
U9 Boys	Turbo Javelin 3	70m	High Jump 1 & 2			70m	U12 B & G	Arrival order
U9 Girls	Turbo Javelin 4	70m	High Jump 3 & 4			70m	U13 B & G	Arrival order
U10 Boys	Long Jump 5	70m	Spot Put 1			70m	U14-17 B & G	Arrival order
U10 Girls	Long Jump 6	70m	Shot Put 2					
U11 Boys	Discus 1	70m	Triple Jump 3					
U11 Girls	Discus 2	70m	Triple Jump 4					
U12 Boys	Javelin 1	70m	Triple Jump 5					
U12 Girls	Javelin 2	70m	Triple Jump 6					
U13 Boys	Spot Put 1	70m	Flop 1					
U13 Girls	Spot Put 1	70m	Flop 1					
U14 Boys	Shot Put 2	70m	Flop 2					
U14 Girls	Shot Put 2	70m	Flop 2					
U15 Boys	Shot Put 2	70m	Flop 2					
U15 Girls	Shot Put 2	70m	Flop 2					

**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.