

**Week 10 2019 4 Event**  
**20th November 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	200m	High Jump 1	100m	Spot Put 3	1	200m	U6 B & G	Girls First
U6 Girls	200m	High Jump 2	100m	Shot Put 4	(Front Straight)	200m	U7 B & G	Girls First
U7 Boys	200m	Discus 1	100m	Long Jump 1	<b><u>Lanes 1-8</u></b>	200m	U8 B & G	Girls First
U7 Girls	200m	Discus 3	100m	Long Jump 2	<b><i>(All laned events)</i></b>			
U8 Boys	200m	Turbo Javelin 2	100m	High Jump 1 & 2	1	100m	U6 B & G	Arrival order
U8 Girls	200m	Turbo Javelin 4	100m	High Jump 3 & 4	(Front Straight)	100m	U7 B & G	Arrival order
U9 Boys	Spot Put 1	100m	Long Jump 3	400m	<b><u>Lanes 1-8</u></b>	100m	U8 B & G	Arrival order
U9 Girls	Shot Put 2	100m	Long Jump 4	400m		100m	U9 B & G	Arrival order
U10 Boys	High Jump 3 & 4	100m	Discus 1	400m		100m	U10 B & G	Arrival order
U10 Girls	High Jump 3 & 4	100m	Discus 2	400m		100m	U11 B & G	Arrival order
U11 Boys	Triple Jump 3 & 4	100m	Javelin 1	400m		100m	U12 B & G	Arrival order
U11 Girls	Triple Jump 5 & 6	100m	Javelin 2	400m		100m	U13 B & G	Arrival order
U12 Boys	Flop 1	100m	Spot Put 1	400m		100m	U14-17 B & G	Arrival order
U12 Girls	Flop 2	100m	Shot Put 2	400m				
U13 Boys	Discus 2	100m	Triple Jump 5 & 6	400m	1	400m	U9 B & G	Arrival order
U13 Girls	Discus 2	100m	Triple Jump 5 & 6	400m	(Front Straight)	400m	U10 B & G	Arrival order
U14 Boys	Javelin 1	100m	Flop 1 & 2	400m	<b><u>Lanes 1-8</u></b>	400m	U11 B & G	Arrival order
U14 Girls	Javelin 1	100m	Flop 1 & 2	400m		400m	U12 B & G	Arrival order
U15 Boys	Javelin 1	100m	Flop 1 & 2	400m		400m	U13 B & G	Arrival order
U15 Girls	Javelin 1	100m	Flop 1 & 2	400m		400m	U14-17 B & G	Arrival order
U16 Boys	Javelin 1	100m	Flop 1 & 2	400m				<b><i>(All laned events)</i></b>

Week 4 onward **ALL HIGH JUMP** TO use modified rules - 4 total fouls or 3 consecutive fouls and out. All U6-U10 long jump to use mats for take-off.

**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:**

It is an athletics competition so there will likely be some wait time between events - if it drags on please contact a committee person ASAP

Please follow the program in order - ask Hannah before changing order.

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

**GREAT WORK AT LAST WEEKEND'S REGIONAL CHAMPIONSHIPS - THANKS TO ALL PARENTS FOR HELPING MAKE IT WORK**

### LAQ – Spikes Specifications

Age Group	Laned		Relays		Field	
	Unlaned	H/Jumps	V/Jumps	Jav		
U6-U10	SWS	SWS	SWS	SWS	SWS	SWS
U11	SWS	SWS	SWS	SWS	SWS	SWS
U12	SWS	SWS	SWS	SWS	SWS	SWS
U13	SWS	SWS	SWS	SWS	SWS	SWS
U14	SWS	SWS	SWS	SWS	SWS	SWS
U15	SWS	SWS	SWS	SWS	SWS	SWS
U16-U17	SWS	SWS	SWS	SWS	SWS	SWS

Key: SWS – Spike Shoes with spikes

Ir – Athletes competing in Laned Relays

\* – Athletes competing in U13-U17 Relay Teams

On synthetic track: spikes must be no longer than 7mm. On synthetic field: spikes must be no longer than 9mm. On grass track or field: spikes must be no longer than 12mm. Spiked shoes must not be worn in the stand or outer areas of the track. Spikes must be carried onto the track and to the field event areas and then removed on completion of the event. i.e. may only be worn from the commencement of an event and MUST be removed "immediately" at the finish of the event.



### LAQ – Track - Hurdles Specifications

Event	Age Groups	Specifications
60mH (20cm)	U6	6F @ 7m S, 12m L, 13m R
60mH (30cm)	U7	6F @ 7m S, 12m L, 13m R
60mH (45cm)	U8; U9	6F @ 7m S, 12m L, 13m R
60mH (60cm)	U10	6F @ 7m S, 12m L, 13m R
80mH (60cm)	U11	9F @ 7m S, 12m L, 12m R
80mH (68cm)	U12	9F @ 7m S, 12m L, 12m R
80mH (76cm)	U13; U14G	9F @ 7m S, 12m L, 12m R
90mH (76cm)	U14B; U15G-U16G	9F @ 8m S, 13m L, 13m R
100mH (76cm)	U15-U16B; U17G	10F @ 8.5m S, 13m L, 10.5m R
110mH (76cm)	U17B	10F @ 9.4m S, 13.72m L, 14.02m R
200mH (68cm)	U13	5F @ 35m S, 20m L, 40m R
200mH (76cm)	U14 - U17	5F @ 35m S, 20m L, 40m R
300mH (76cm)	U15 - U17	7F @ 35m S, 50m L, 40m R

Key: F – Flights; S – Spacing; L – Lead in; R – Run out

The hurdle crossbar shall be adjustable in height. The face of the crossbar shall be 7cm in width and shall be 120cm in length. The end of the crossbar shall project 5cm to 7.5cm outside the hurdle frame upright. Hurdles designed to collapse (preferred) on contact may have feet that are designed to go on the non-approach side, or straddle the hurdle placement line. Collapsible type means when a hurdle is knocked down it lays flat on the track without any part of the hurdle protruding.

### LAQ – Track Recording

#### Manual

Times are recorded to one tenth (0.1) of a second only. All times must be rounded up to the nearest one tenth of a second **above** the actual time, not the nearest tenth of a second. i.e. 15.09 seconds becomes 15.1 not 15.0 seconds 15.11 seconds becomes 15.2 not 15.1 seconds

The following symbols are used when recording track events:

DNS = Did not Start RC = Red Card (Walks)  
DNF = Did not Finish > = Bent Knee (Walks)  
Q = Qualified by place ~ = Contact (Walks)  
q = Qualified by time DQ = Disqualified

#### Electronic

Hundredths (0.01) of a second are only recorded with fully automotive start and finish electronic timing systems (i.e. Timing Gates, Photo Finish)

### LAQ – Track Colour Marking

**4 x 100m**  
Start line: white line (at 400m start).  
Take Over Zone (TOZ): yellow  
Scratch Line of TOZ: white (100, 200 & 300m marks)

**4 x 200m & 4 x Medley**  
Start line: blue & white line.  
Start & finish of 1<sup>st</sup> & 2<sup>nd</sup> TOZ: blue line.

**4 x 200m**  
Scratch Line of 1<sup>st</sup> TOZ: small blue dot.  
Scratch Line of 2<sup>nd</sup> TOZ: green & white.  
Start & finish of 3<sup>rd</sup> TOZ: yellow line across lane one extended by a blue line across the full width of the track.

**Svedish**  
Start line: 200m start: white line  
Scratch Line of 1<sup>st</sup> TOZ: white (same as 3<sup>rd</sup> change in 4 x 100)

Scratch Line of 2<sup>nd</sup> TOZ at lane one of 200m start line.  
Scratch Line of 3<sup>rd</sup> TOZ at finish line: yellow line across lane one extended by a blue line across the full width of the track

**Hurdles**  
The following colours should be used for hurdle spacing marks.

60m Hurdle Red

80m Hurdle Black

90m Hurdle White

100m Hurdle Yellow

110m Hurdle Blue

200m Hurdle Green

300m Hurdle Green

### LAQ - Jumps Specifications

Starting heights for High Jump

Regional Carnival/State Technique

Centre Level ONLY Scissors

0.75 0.80 Scissors

0.85 0.90 Scissors

0.95 1.00 Scissors/Flop

1.05 1.10 Scissors/Flop

1.15 1.20 Scissors/Flop

1.20 1.25 Scissors/Flop

1.25 1.30 Scissors/Flop

1.30 1.35 Scissors/Flop

**High Jump:**  
Scissor mat: depth should be 15cm - 30cm, the landing area should not be less than 5m x 3m.  
Flop mat: depth should be 40cm - 50cm, the landing area should not be less than 5m x 3m.

**Long/Triple Jump:**  
U6-U10 use 1m x 1/2m mat  
U11-U17 use 1.22m x 20cm board

### LAQ - Throw Specifications

Age Group	Discus		Javelin		Shot Put	
	Boys / Girls	Boys / Girls	Boys / Girls	Boys / Girls	Boys / Girls	Boys / Girls
U6 & U7	350g	500g			1kg	
U8	500g	500g			1.5kg	
U9 & U10	500g	500g	400g		2kg	
U11	500g	500g	400g		2kg	
U12	750g	750g	400g		2kg	
U13	750g	750g	600g / 400g		3kg	
U14	1kg	1kg	600g / 400g		3kg	
U15 & U16	1kg	1kg	700g / 500g		4kg / 3kg	
U17	1.5kg / 1kg	1kg	700g / 500g		5kg / 3kg	

**Discus:**  
U6-U17 Athletes will use rubber / synthetic compound discus in normal Centre Competition.

U13- U17 Athletes competing in any LAQ Association Competition shall have the choice of a metal rimmed discus (if available) or a rubber discus of the weight relevant to their age group.

#### Shot Put:

Colour match weight: Blue=1kg, Yellow=1.5kg, Orange=2kg, White=3kg, Red=4kg, Green=5kg

### LAQ – Field Timing

At all field events, the timing of a trial shall commence from the time the athlete's name is called. The athlete must commence their attempt within the time allowed. The Recorder shall raise and keep raised a yellow flag during the final 15 seconds of the time allowed.

#### Individual Events

\*Number of athletes left in the competition

\*More than 3 or very 1<sup>st</sup> trial

\*2 or 3

\*1

\*Consecutive trials

**Combined Events** (as above for 2 or more)

\*1 or Consecutive trials

\*2 or Consecutive trials

The trial is completed at:

- Throws, when the athlete leaves the circle or runway

- Long/Triple Jump, when the athlete leaves the landing pit

- High Jump, when the Chief Judge indicates a fair or foul jump

#### LAQ – Field Recording

- Measurements are recorded to the whole centimetre **below** the actual distance measured. i.e. 4.528 metres becomes 4.52 metres.

- Count backs are only required when placings are given. When Athletes are awarded equal place, i.e. tie for second, there is no third place, the next place is fourth.

- The following symbols are used when recording field events:

- NM = No valid trial recorded

- O = Cleared (High Jump)

- X = Failed / Foul

- - = Pass

- 7.36 = Distance thrown or jumped (horizontal)

- DQ = Disqualified from an event

- DNS = Did not Start