

Week 11 2019 4 Event
27th 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	60m Hurdle 20cm	Long Jump 1	Discus 3	70m	1 FRONT	100mH/76cm	U15 B - U16 B	Lanes 5-8
U6 Girls	60m Hurdle 20cm	Long Jump 2	Discus 4	70m	LANES AS	60mH/20cm	U6 B & G	Lanes 1-4
U7 Boys	60m Hurdle 30cm	Vortex Javelin 3	Flex. H-Jump 1 & 2	70m	NOTED	90mH/76cm	U15 G	Lanes 5-8
U7 Girls	60m Hurdle 30cm	Vortex Javelin 4	Flex. H-Jump 3 & 4	70m	BOYS FIRST	90mH/76cm	U14 B	Lanes 5-8
U8 Boys	Long Jump 3	60m Hurdle 45cm	Shot Put 3	70m	WHERE	60mH/30cm	U7 B & G	Lanes 1-4
U8 Girls	Long Jump 4	60m Hurdle 45cm	Shot Put 4	70m	COMBINED	80mH/76cm	U14 G	Lanes 5-8
U9 Boys	High Jump 1 & 2	60m Hurdle 45cm	Discus 2	70m		80mH/76cm	U13 B & G	Lanes 3-8
U9 Girls	High Jump 3 & 4	60m Hurdle 45cm	Discus 1	70m		80mH/68cm	U12 B & G	Lanes 3-8
U10 Boys	Fly-Hi Javelin 1	60m Hurdle 60cm	Long Jump 3	70m		80mH/60cm	U11 B & G	Lanes 3-8
U10 Girls	Fly-Hi Javelin 2	60m Hurdle 60cm	Long Jump 4	70m		60mH/60cm	U10 B & G	Lanes 1-8
U11 Boys	Shot Put 1	80m Hurdle 60cm	Flop 1	70m		60mH/45cm	U8 B & G	Lanes 1-8
U11 Girls	Shot Put 2	80m Hurdle 60cm	Flop 2	70m		60mH/45cm	U9 B & G	Lanes 1-8
U12 Boys	Discus 2	80m Hurdle 68cm	Triple Jump 5	70m				
U12 Girls	Discus 1	80m Hurdle 68cm	Triple Jump 6	70m				
U13 Boys	Flop 1	80m Hurdle 76cm	Javelin 1 (&2 P/U)	70m	2 FRONT	70m	U6 B & G	Arrival order
U13 Girls	Flop 2	80m Hurdle 76cm	Javelin 1 (&2 P/U)	70m	LANES 1-8	70m	U7 B & G	Arrival order
U14 Boys	90m Hurdle 76cm	Triple Jump 5	Shot Put 1 (&2 P/U)	70m		70m	U8 B & G	Arrival order
U14 Girls	80m Hurdle 76cm	Triple Jump 5	Shot Put 1 (&2 P/U)	70m		70m	U9 B & G	Arrival order
U15 Boys	100m Hurdle 76cm	Triple Jump 5	Shot Put 1 (&2 P/U)	70m		70m	U10 B & G	Arrival order
U15 Girls	90m Hurdle 76cm	Triple Jump 5	Shot Put 1 (&2 P/U)	70m		70m	U11 B & G	Arrival order
U16 Boys	100m Hurdle 76cm	Triple Jump 5	Shot Put 1 (&2 P/U)	70m		70m	U12 B & G	Arrival order
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.						70m	U13 B & G	Arrival order
						70m	U14-17 B & G	Arrival order

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.

UPCOMING EVENTS:

Jimboomba Carnival
Caloundra Open Day
LAQ State Relays