

Week 12 2019 4 Event
4th December 2019 - not long now!

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	300m	Turbo Javelin 3	100m	Flex. H-Jump 3	1 FRONT	300m	U6 B & G	Boys first
U6 Girls	300m	Turbo Javelin 4	100m	Flex. H-Jump 4	Waterfall Start	300m	U7 B & G	Boys first
U7 Boys	300m	Long Jump 1	100m	Spot Put 3		500m	U8 B & G	Boys first
U7 Girls	300m	Long Jump 2	100m	Shot Put 4	(Combine Where Possible)	800m	U9 B & G	Arrival order
U8 Boys	500m	High Jump 1	100m	Discus 3		800m	U10 B & G	Arrival order
U8 Girls	500m	High Jump 2	100m	Discus 4		800m	U11 B & G	Arrival order
U9 Boys	Javelin 1	800m	Long Jump 5	100m		800m	U12 B & G	Arrival order
U9 Girls	Javelin 2	800m	Long Jump 3 & 4	100m	800m	U13 B & G	Arrival order	
U10 Boys	High Jump 3	800m	Spot Put 1	100m	800m	U14-17 B & G	Arrival order	
U10 Girls	High Jump 4	800m	Shot Put 2	100m				
U11 Boys	Long Jump 3 & 4	800m	Discus 2	100m				
U11 Girls	Long Jump 5 & 6	800m	Discus 1	100m				
U12 Boys	Flop 1	800m	Javelin 1	100m	2 FRONT	100m	U6 B & G	Arrival order
U12 Girls	Flop 2	800m	Javelin 2	100m	Use lanes 4-8 if 800m still running	100m	U7 B & G	Arrival order
U13 Boys	Spot Put 1	800m	Long Jump 6	100m		100m	U8 B & G	Arrival order
U13 Girls	Shot Put 1	800m	Long Jump 6	100m		100m	U9 B & G	Arrival order
U14 Boys	Discus 2	800m	Flop 1	100m	100m	U10 B & G	Arrival order	
U14 Girls	Discus 2	800m	Flop 1	100m	100m	U11 B & G	Arrival order	
U15 Boys	Discus 2	800m	Flop 1	100m	100m	U12 B & G	Arrival order	
U15 Girls	Discus 2	800m	Flop 1	100m	100m	U13 B & G	Arrival order	
U16 Boys	Discus 2	800m	Flop 1	100m	100m	U14-17 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.

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.

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:

Caloundra Open Day

LAQ State Relays

NOMINATIONS OPEN:

Regional Championships (*close 22/1/20*)