

**Week 13 2019 4 Event**  
**11th December 2019 - Ho Ho Ho!**

**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	Long Jump 1	100m	Spot Put 3	<b>FRONT 1</b>	200m	U6 B & G	Girls first
U6 Girls	200m	Long Jump 2	100m	Shot Put 4	<b>LANES 1-8</b>	200m	U7 B & G	Girls first
U7 Boys	200m	Flex. H-Jump 1 & 2	100m	Discus 1		200m	U13 B & G	Girls first
U7 Girls	200m	Flex. H-Jump 3 & 4	100m	Discus 2		200m	U8 B & G	Arrival order
U8 Boys	200m	Long Jump 3	Turbo Javelin 3	100m		200m	U9 B & G	
U8 Girls	200m	Long Jump 4	Turbo Javelin 4	100m		200m	U10 B & G	Arrival order
U9 Boys	Spot Put 1	200m	High Jump 1 & 2	100m		200m	U11 B & G	Arrival order
U9 Girls	Shot Put 2	200m	High Jump 3 & 4	100m		200m	U12 B & G	Arrival order
U10 Boys	Discus 2	200m	Long Jump 3	100m		200m	U14-17 B & G	Arrival order
U10 Girls	Discus 1	200m	Long Jump 4	100m				
U11 Boys	Flop 1 & 2	200m	Javelin 1	100m	<b>FRONT 2</b>	100m	U6 B & G	Arrival order
U11 Girls	Javelin 2	200m	Flop 2	100m	<b>LANES 1 - 8</b>	100m	U7 B & G	Arrival order
U12 Boys	Long Jump 5	200m	Spot Put 1	100m		100m	U8 B & G	Arrival order
U12 Girls	Long Jump 6	200m	Shot Put 2	100m		100m	U9 B & G	Arrival order
U13 Boys	200m	Discus 2	100m	Flop 1		100m	U10 B & G	Arrival order
U13 Girls	200m	Discus 2	100m	Flop 1		100m	U11 B & G	Arrival order
U14 Boys	Javelin 1	200m	Long Jump 5 & 6	100m		100m	U12 B & G	Arrival order
U14 Girls	Javelin 1	200m	Long Jump 5 & 6	100m		100m	U13 B & G	Arrival order
U15 Boys	Javelin 1	200m	Long Jump 5 & 6	100m		100m	U14-17 B & G	Arrival order
U15 Girls	Javelin 1	200m	Long Jump 5 & 6	100m				
U16 Boys	Javelin 1	200m	Long Jump 5 & 6	100m	<b>FRONT 3</b>	1500m	U9 - U16	<b>OPTIONAL</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.**

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*)