

**Week 14 2019 3 Event**  
**22nd January 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	100m	Vortex Jav 3	<p align="center"><b>OPTIONAL 5TH EVENT FOR U9-U15 1500M WATERFALL START</b></p> <p align="center"><b>Register at clubhouse before 7:00pm.</b></p>	<b>FRONT 1</b>	100m	U6 B & G	Arrival Order	
U6 Girls	Long Jump 2	100m	Vortex Jav 4		<b>LANES 1-8</b>	100m	U7 B & G	Arrival Order	
U7 Boys	Spot Put 3 & 4	100m	FB High Jump 1 & 2			100m	U8 B & G	Arrival Order	
U7 Girls	Spot Put 2	100m	FB High Jump 3 & 4			100m	U9 B & G	Arrival Order	
U8 Boys	Long Jump 3	100m	Discus 3			100m	U10 B & G	Arrival Order	
U8 Girls	Long Jump 4	100m	Discus 4			100m	U11 B & G	Arrival Order	
U9 Boys	FB High Jump 1 & 2	100m	Turbo Javelin 1			100m	U12 B & G	Arrival Order	
U9 Girls	FB High Jump 3 & 4	100m	Turbo Javelin 2			100m	U13 B & G	Arrival Order	
U10 Boys	Long Jump 5	100m	Spot Put 1			100m	U14-17 B & G	Arrival Order	
U10 Girls	Long Jump 6	100m	Shot Put 2						
U11 Boys	Flop 1	100m	Discus 2			<b>FRONT 2</b>	1500m	U9 - U16	OPTIONAL
U11 Girls	Flop 2	100m	Discus 1						
U12 Boys	Javelin 1	100m	Long Jump 3 & 4						
U12 Girls	Javelin 2	100m	Long Jump 5						
U13 Boys	Spot Put 1	100m	Flop 1						
U13 Girls	Spot Put 1	100m	Flop 1						
U14 Boys	Discus 2	100m	Long Jump 6						
U14 Girls	Discus 2	100m	Long Jump 6						
U15 Boys	Discus 2	100m	Long Jump 6						
U15 Girls	Discus 2	100m	Long Jump 6						
U16 Boys	Discus 2	100m	Long Jump 6						

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:**

Redlands Carnival

Deception Bay Twilight Carnival

**NOMINATIONS OPEN:**

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