

WEEK 3 2020	PROGRAM				TRACK RUNNING ORDER				
	Event 1	Event 2	Event 3	Event 4	Event	Location	Distance	Age Groups	Notes
U6 Boys	200m	Flexi-bar HJ 1	100m	Vortex 3	1	(Front Straight)	200m	U8 B & G	Girls first
U6 Girls	200m	Flexi-bar HJ 2	100m	Vortex 4		Lanes 1-8	200m	U7 B & G	Girls first
U7 Boys	200m	Long Jump 1	100m	Shot Put 3			200m	U6 B & G	Girls first
U7 Girls	200m	Long Jump 2	100m	Shot Put 4					
U8 Boys	200m	Scissor HJ 3	100m	Discus 1			100m	U6 B & G	Arrival order
U8 Girls	200m	Scissor HJ 4	100m	Discus 2			100m	U7 B & G	Arrival order
U9 Boys	Turbo Javelin 1	100m	Long Jump 3	400m			100m	U8 B & G	Arrival order
U9 Girls	Turbo Javelin 2	100m	Long Jump 4	400m			100m	U9 B & G	Arrival order
U10 Boys	Shot Put 3	100m	Scissor HJ 3	400m			100m	U10 B & G	Arrival order
U10 Girls	Shot Put 4	100m	Scissor HJ 4	400m			100m	U11 B & G	Arrival order
U11 Boys	Discus 1	100m	HJ Flop 1	400m			100m	U12 B & G	Arrival order
U11 Girls	Discus 2	100m	HJ Flop 2	400m			100m	U13 B & G	Arrival order
U12 Boys	Long Jump 5	100m	Javelin 1	400m			100m	U14-17 B & G	Arrival order
U12 Girls	Long Jump 6	100m	Javelin 2	400m					
U13 Boys	HJ Flop 1 & 2	100m	Shot Put 1 & 2	400m			400m	U9 B & G	Arrival order
U13 Girls	HJ Flop 1 & 2	100m	Shot Put 1 & 2	400m			400m	U10 B & G	Arrival order
U14 Boys	Shot Put 1	100m	Long Jump 5 & 6	400m			400m	U11 B & G	Arrival order
U14 Girls	Shot Put 1	100m	Long Jump 5 & 6	400m			400m	U12 B & G	Arrival order
U15 Boys	Shot Put 1	100m	Long Jump 5 & 6	400m			400m	U13 B & G	Arrival order
U15 Girls	Shot Put 1	100m	Long Jump 5 & 6	400m			400m	U14-17 B & G	Arrival order
U16 Boys	Shot Put 1	100m	Long Jump 5 & 6	400m					
U16 Girls	Shot Put 1	100m	Long Jump 5 & 6	400m					

IMPORTANT NOTES:

Weeks 4 onwards will be run as **4 event** nights with optional 5th event for some athletes on random weeks.

Please follow the program in order.

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

If your event is shaded above that means you are required to pack the event up on completion and return equipment to outside the equipment shed

Minimum of **5 parent helpers** per age group including Age Marshall.

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.

LAQ – Spikes Specifications

Age Group	Laned	Unlaned	Relays	Field		
				H/Jumps	V/Jumps	Jav
U6-U10						
U11	SWS		Ir*	SWS	SWS	SWS
U12	SWS		Ir*	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 @ 9.14m 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 1st & 2nd TOZ: blue line.

4 x 200m

Scratch Line of 1st TOZ: small blue dot.
 Scratch Line of 2nd TOZ: green & white.
 Start & finish of 3rd TOZ: yellow line across lane one extended by a blue line across the full width of the track.

Swedish

Start line: 200m start: white line
 Scratch Line of 1st TOZ: white (same as 3rd change in 4 x 100)
 Scratch Line of 2nd TOZ at lane one of 200m start line.
 Scratch Line of 3rd 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

Age Group	Starting heights for High Jump		Technique
	Regional	Carnival/State	
U6 & U7	Centre Level ONLY		Scissors
U8	Centre Level ONLY		Scissors
U9	0.75	0.80	Scissors
U10	0.85	0.90	Scissors
U11	0.95	1.00	Scissors/Flop
U12	1.05	1.10	Scissors/Flop
U13	1.15	1.20	Scissors/Flop
U14	1.20	1.25	Scissors/Flop
U15	1.25	1.30	Scissors/Flop
U16 & U17	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 ½m mat
 U11-U17 use 1.22m x 20cm board

LAQ - Throw Specifications

Age Group	Discus		Javelin		Shot Put	
	Boys	Girls	Boys	Girls	Boys	Girls
U6 & U7	350g				1kg	
U8	500g				1.5kg	
U9 & U10	500g				2kg	
U11	500g		400g		2kg	
U12	750g		400g		2kg	
U13	750g		600g / 400g		3kg	
U14	1kg		600g / 400g		3kg	
U15 & U16	1kg		700g / 500g		4kg / 3kg	
U17	1.5kg / 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	High Jump	Other
*More than 3 or very 1 st trial	1min	1min
*2 or 3	1.5min	1min
*1	3min	
*Consecutive trials	2min	2min

Combined Events (as above for 2 or more)

*1 or Consecutive trials 2min 2min

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