

APS LEAD-UP ATHLETICS MEETING FOR BOYS

Saturday 29 August 2009, 8.30am - 12.00 noon

at Box Hill Athletic Track, Elgar Road, Box Hill (Hagenauer Reserve)

TRACK EVENTS

8.30am	4 x 100 metres Relays	U13 U14 U15 U16 U17 Open
9.00am	3000 metres 100 metres	Open U13 Back straight U14 Back straight U15 Back straight U16 Front straight U17 Front straight Open Front straight
9.50am	Hurdles 800 metres	U13 Curve start (2 per lane) U14 Curve start (2 per lane) U15 Stagger start (2 per lane) U16 Stagger start (2 per lane) U17 Stagger start (2 per lane) Open Stagger start (2 per lane)
10.30am	200 metres	U13 U14 U15 U16 U17 Open
10.50am	1500 metres	U13-U14 U15-U16 U17-Open
11.30am	400 metres	U13 U14 U15 U16 U17 Open

FIELD EVENTS

9.00am	Shot Put High Jump Triple Jump Long Jump Long Jump Triple Jump	U17 U15 U16 Open U15 U17	Pit 1&2 Pit 2 Pit 2 Pit 1 Pit 1
9.30am	High Jump	U16	
9.40am	Shot Put Long Jump Triple Jump Triple Jump Long Jump	U16 U13 U14 U15 U17	Pit 1&2 Pit 1 Pit 1 Pit 2 Pit 2
10.00am	High Jump	U17	
10.15am	Shot Put	U13 U14	Pit 1 Pit 2
10.30am	High Jump	Open	
10.50am	Shot Put Triple Jump Long Jump Long Jump Triple Jump	U15 Open U16 U14 U13	Pit 1&2 Pit 1 Pit 1 Pit 2 Pit 2
11.00am	High Jump High Jump Shot Put	U13 U14 Open	 Pt 1

*****Schools are responsible for timing their own competitors*****

OFFICIALS	Announcer, Marshals & Starters	XC
RELAY CHANGEOVERS	1. SC (Sofa & Morley) 2. BGS 3. WC	
FIELD EVENT OFFICIALS	High Jump U15/U16; U17/Open; U13/U14 Shot Put Triple Jump Long Jump	BGS XC Green, Angus BGS Hill, Smith,
RECORD KEEPING	Price (ic), Hortin, Watson, Long, Woodard, Morley, Angus, Sofa	
FIRST AID	Carey Grammar School – SC also has two trainers: Rex and Jason	
Specialist coaches to be coaching at their events: Hart, Blair, Commons, Hayes, Hogan, Argent, Gaffney		
Francken to be assisting Juniors with their first Saturday at a track.		
COMPETING SCHOOLS	XC, BGS & SC	