

APS LEAD-UP ATHLETICS MEETING FOR BOYS

Saturday 5 September 2009, 8.30am - 12.30pm

Warm Up commences at 8.00am

Duncan Mackinnon Reserve, North Road, Murrumbidgee (Melways 68 K9)

TRACK EVENTS

8.30am	4 x 100 metres Relays	U13 U14 U15 U16 U17 Open
9.00am	3000 meters 100 meters	Open U13 Front straight U14 Front straight U15 Front straight U16 Front straight U17 Front straight Open Front straight
9.50am	Hurdles 800 meters	U13 Curve start (2 per lane) U14 Curve start (2 / lane) U15 Stagger start (2 / lane) U16 Stagger start (2 / lane) U17 Stagger start (2 / lane) Open Stagger start (2 / 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 - Open

FIELD EVENTS

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

OFFICIALS

Announcer
Marshals & Starters (2) **Price**
Konstantatos, Hortin

Hurdles **SKC**

RELAY CHANGEOVERS

1. MORLEY, WOODARD 2. SKC 3. XC

RECORD KEEPING Feutrill (ic), Barry, Francken, Watson, Long, Woodard, Morley, Angus, Hill, Cardaci

FIELD EVENT OFFICIALS

High Jump **All ages** **SKC/XC**

Shot Put **All ages** **Green, Smith**

Triple Jump **All ages** **XC**

Long Jump **All ages** **SKC**

Specialist coaches to be coaching at their events: Hart, Blair, Commons, Hayes, Hogan, Argent, Gaffney

FIRST AID

Caulfield Grammar

COMPETING SCHOOLS

SC, SKC, XC (BGS & MGS - small Jun Sec squads)

Relays

Each school is entitled to field TWO teams per age group.

Lane allocation:

Under 13 **HEATS 1 & 2**

1. SC
2. SKC
3. XC
4. BGS
5. MGS

Under 15 **HEATS 1 & 2**

1. BGS
2. MGS
3. SC
4. SKC
5. XC

Under 17 **HEATS 1 & 2**

1. SKC
2. XC
3. SC

Under 14 **HEATS 1 & 2**

1. MGS
2. SC
3. SKC
4. XC
5. BGS

Under 16 **HEATS 1 & 2**

1. XC
2. SC
3. SKC

OPEN **HEATS 1 & 2**

1. SC
2. SKC
3. XC

NOTE:

- Warm ups should be undertaken either on the cinders track around the perimeter of the park or on the cricket field behind the track. Warm ups will not be permitted on the track or the centre grass area.
- Athletes should not walk across the track at any point of the front straight.
- Due to an anticipated high number of competitors schools are asked to remind their athletes and staff of the following:
 - a) Parking will be in short supply. To avoid a long walk please arrive early.
 - b) Athletes are asked to refrain from running in more than one heat of any event.
 - c) Spectators for high jump and horizontal jumps should remain in the area allocated and not move onto the track.
 - d) The programme will move along quite quickly. Athletes and coaches should be alert to the fact that at all times we intend holding simultaneous sprint and distance events.

REMINDERS:

- a) **Horizontal Jumps utilize two run-up lanes in each pit.** This reduces the preparation time between jumpers.

Pit 1 is at the North Rd end of the track

Pit 2 is at the 100m start end of the track