

APS LEAD-UP ATHLETICS MEETING FOR BOYS

Saturday 12 September 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	Open	
		U13	Back straight
	100 metres	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	U17	Pit 1&2
	High Jump	U15	
	Triple Jump	U16	Pit 2
	Long Jump	Open	Pit 2
	Long Jump	U15	Pit 1
	Triple Jump	U17	Pit 1
9.30am	High Jump	U16	
9.40am	Shot Put	U16	Pit 1&2
	Long Jump	U13	Pit 1
	Triple Jump	U14	Pit 1
	Triple Jump	U15	Pit 2
	Long Jump	U17	Pit 2
10.00am	High Jump	U17	
10.15am	Shot Put	U13	Pit 1
		U14	Pit 2
10.30am	High Jump	Open	
10.50am	Shot Put	U15	Pit 1&2
	Triple Jump	Open	Pit 1
	Long Jump	U16	Pit 1
	Long Jump	U14	Pit 2
	Triple Jump	U13	Pit 2
11.00am	High Jump	U13	
	High Jump	U14	
	Shot Put	Open	Pt 1

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

OFFICIALS	Announcer, Marshals & Starters	BGS
RELAY CHANGEOVERS	1. SKC 2. BGS 3. XC	
FIELD EVENT OFFICIALS	High Jump U15/U16; U17/Open; U13/U14 Shot Put Triple Jump Long Jump	SKC CY/MGS XC/SC SKC XC
FIRST AID	Carey Grammar School	
COMPETING SCHOOLS	BGS, SKC, XC, CY, MGS & SC - small squads	