WEEK 2 - 6th September 2017

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.

U6 Boys	U6 Girls	U7 Boys	U7 Girls	U8 Boys	U8 Girls	U9 Boys	U9 Girls
Long Jump 1	Long Jump 1	Shot Put 1	Shot Put 2	100m	100m	Long Jump 2	Long Jump 3
100m	100m	100m	100m	Discus 1	Discus 2	100m	100m
Shot Put 1	Shot Put 2	Long Jump 2	Long Jump 3	High Jump 1 & 2	High Jump 3 & 4	Discus 1	Discus 2

U10 Boys	U10 Girls U11 Boy		U11 Girls	U12 Boys	U12 Girls	U13 - U17 Boys	U13-U17 Girls
High Jump 1 & 2	High Jump 3 & 4	gh Jump 3 & 4 Javelin 1		Flop 1	Flop 2	Discus 1	Discus 2
Javelin 1	Javelin 2	100m	100m	100m	100m	100m	100m
100m	100m	Flop 1	Flop 2	Shot Put 1	Shot Put 2	Javelin 1	Javelin 2

RECORD PARENT HELPERS HERE

ECOND I AREIVI HELI ERS HERE				
Age marshall:	Event	Distance	Age Groups	Notes
	1	100m	U8 B & G	Boys 1st
Recorder:		100m	U6 B & G	Arrival order
	Front Straight	100m	U7 B & G	Arrival order
Parent Assistant 1:		100m	U9 B & G	Arrival order
		100m	U10 B & G	Arrival order
Parent Assistant 2:		100m	U11 B & G	Arrival order
		100m	U12 B & G	Arrival order
Parent Assistant 3:		100m	U13-17 B & G	Arrival order
Parent Assistant 4:				
Parent Assistant 5:				
Parent Assistant 6:				
Parent Assistant 7:				
Please be respectful of all athletes and parents at all				
times. Please do not pass through an event - walk				
around. Pay attention at all times near throwing	 			
events.	 			
CVCIII.			+	

Please follow the program in order.

Parent helpers are required for all events - the more the merrier! Please ensure your name is recorded on this sheet at the end of the night to count towards parent levy refund attendance.

Please see a committee member if unsure how to run events. Could all volunteer Age Marshals collect the recording sheets during warm up.

Please note that the playground is out of bounds to all athletes during competition.

Website has coaching schedule online.

Correct uniforms are required for all athletes other than triallists by the end of September - numbers, badges and labels need to be correctly attached to the uniform.

Entries for Regional Relays will commence being accepted next week. Event is on 12/11/2016.

LAQ - Throw Specifications							LAQ - Jumps Specifications				
	Discus Javelin		Shot	Shot Put			High Jump		ligh Jump		
Age Group	Boys /	Girls	Boys / Girls	Boys	/ Girls	Age	Group	Regional	Carni	val/State	Technique
U6 & U7	350g			1kg		U6 &	U7				
U8	500g	- 1		1.5k	g	U8		Centre	Level	ONLY	Scissors
U9	500g	- 1		2kg	70	U9		0.75	0.80		Scissors
U10	500g			2kg		U10		0.85	0.90		Scissors
U11	750g	1	400g	2kg		U11		0.95	1.00		Scissors
U12	750g		400g	3kg	/ 2kg	U12		1.05	1.10		Scissors/Flor
U13	1kg/	750g	600g / 400			U13		1.15	1.20		Scissors/Flor
U14	1kg	1	600g / 400	A STATE OF THE PARTY OF THE PAR		U14		1.20	1.25		Scissors/Flop
U15	1kg		700g / 500g 4kg / 3kg		/ 3kg	U15		1.25	1.30		Scissors/Flop
U17	1kg		700g / 500	g 4kg	/ 3kg	U17		1.30	1.35		Scissors/Flop
	LAQ -	Spikes S	pecificatio	ns			LAQ	– Track - H	lurdle	s Specific	ations
				2	İ	Ev	ent .	Age Gro			
Age Group	Laned	Unlane	d Relays	Walks	Field	60mH	(45cm)	U8; U9		6F @ 7m S	, 12mL, 13m R
U6 -U10				-11		60mH	(60cm)	U10; U11		6F @ 7m S	, 12mL, 13m R
U11	Sws	SB	*SB	SB	Sws	60mH	(68cm)	U12		6F @ 7m S	, 12mL, 13m R
U12	Sos	SB	*SB	SB	S	80mH		U13; U14	-03000	STATE OF THE PARTY	, 12mL, 12m R
U13	S	S S S	S	SB	Sos	90mH	(76cm)	U14B; U1	.5G;	9F @ 8m S	, 13mL, 13m R
U14	S S S	S S S	Sws	SB	Sos	100	Limo	U17G	70	105 0 5 5	6. 42 1
U15	Sos	S S S	Sos	SB	S S S	100mF	l (76cm)	U15B; U1	./8	10F @ 8.5F	m S, 13m L,
U17	S S S	S S S	Sws	SB	S S	200ml	1 (68cm)	U13			S, 20m L, 40m I
Key:	Sms - Sp	oike Shoes	with or witho	ut spikes		W. September September	1 (76cm)	U14-U17		Angelo de la companya del la companya de la company	S, 20m L, 40m I
9.5%	SB - Spil	ke Shoes v	vithout spikes	or with b	lanks	2001111	. (. 5 5/11)	1 1 9-7		C 55	-,, Totti
	* - Athl	etes comp	eting in U13-	U17 team	s (SØS)	Key:	F - F	lights; S – S	Spacing;	L – Lead i	n; R – Run out

LAQ	Jumps	Specif	ications
-----	-------	--------	----------

High Jump:

Scissor mat – maximum depth should be 20cm, the landing area should not be less than $5m \times 3m$.

Flop mat – minimum depth should be 45cm, the landing area should not be less than 5m x 3m.

Long/Triple Jump:

U6-U12 use 1m x 1/2m mat U13-U17 use 1.22m 20cm board

LAQ - Track - Hurdles Specifications

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. The feet shall be at right angles to the crossbar and shall be placed on the track so that the feet are on the side approached by the athlete (this is in respect to non-collapsible hurdles). 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 - Throw Specifications

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

discus (if available) or a rubl relevant to their age group.

Shot Put:

Colour match weight – Blue=1kg, Yellow=1.5kg, Orange=2kg, White=3kg, Red=4kg

LAQ - Spikes Specifications

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.