WEEK 3 - 13th 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
200m Bunch	200m Bunch	300m Bunch	300m Bunch	500m Bunch	500m Bunch	Turbo Jav 5 (in HJ 3)	Turbo Jav 6 (in HJ 4)
Vortex 3	Vortex 4	Vortex 1	Vortex 2	Long Jump 2	Long Jump 3	800m Bunch	800m Bunch
Discus 3	Discus 4	High Jump 1	High Jump 2	Turbo Jav 1	Turbo Jav 2	Shot Put 1	Shot Put 2

U10 Boys	U10 Girls	U11 Boys	U11 Girls	U12 Boys	U12 Girls	U13 - U17 Boys	U13-U17 Girls
Discus 1	Discus 2	Shot Put 1	Shot Put 2	Javelin 1	Javelin 2	Flop 1	Flop 2
Shot Put 1	Shot Put 2	800m Bunch	800m Bunch	800m Bunch	800m Bunch	800m Bunch	800m Bunch
800m Bunch	800m Bunch	Discus 1	Discus 2	Long Jump 2	Long Jump 3	Long Jump 1	Long Jump 1
						U14-16 do same events but reverse order pending no's	

RECORD PARENT HELPERS HERE

Age marshall:

_____

Recorder:

_____

Parent Assistant 1:

_____

Parent Assistant 2:

_____

Parent Assistant 3:

_____

Parent Assistant 4:

_____

Parent Assistant 5:

_____

Parent Assistant 6:

_____

Parent Assistant 7:

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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.

Event	Distance	*Age Groups*	Notes
1	500m	U8 B & G	Boys 1st
Circular Events	200m	U6 B & G	Boys 1st
	300m	U7 B & G	Boys 1st
	800m	U9 B & G	Arrival order
	800m	U10 B & G	Arrival order
	800m	U11 B & G	Arrival order
	800m	U12 B & G	Arrival order
	800m	U13-17 B & G	Arrival order

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 . *Event is on 12/11/2016.*