

WEEK 10 - 15th November 2017

Note: If any of your events are shaded this is the last use of that event for the night. On completion of your event please pack away equipment and dismantle netting / bunting to allow collection at the end of the night. Any assistance received at the end of the night to return all equipment to the shed is appreciated.

U6 Boys	U6 Girls	U7 Boys	U7 Girls	U8 Boys	U8 Girls	U9 Boys	U9 Girls	U10 Boys	U10 Girls	U11 Boys	U11 Girls	U12 Boys	U12 Girls	U13 Boys	U13 Girls	U14 - U17 Boys	U14-U17 Girls																																																																										
Long Jump 4	Long Jump 1	High Jump 1 & 2	High Jump 3 & 4	Shot Put 3 & 4	Long Jump 2	Discus 1	Discus 2	70m	70m	70m	70m	70m	70m	70m	70m	Long Jump 3	Long Jump 3																																																																										
70m	70m	70m	70m	70m	70m	70m	70m	Fly Hi Javelin 1	Fly Hi Javelin 2	Shot Put 1	Shot Put 2	Long Jump 4	Long Jump 1	Flop 1	Flop 2	70m	70m																																																																										
Discus 1	Discus 2	Vortex 3	Vortex 4	500m	500m	High Jump 1 & 2	High Jump 3 & 4	800m	800m	800m	800m	800m	800m	800m	800m	Shot Put 1	Shot Put 1																																																																										
200m	200m	300m	300m	Long Jump 1 & 4	Shot Put 3 & 4	800m	800m	Long Jump 2	Long Jump 3	Flop 1	Flop 2	Discus 1	Discus 2	Javelin 1	Javelin 1	800m	800m																																																																										
<u>RECORD PARENT HELPERS HERE</u>						<u>NOTES</u>						<u>TRACK SCHEDULE</u>																																																																															
<u>Age Marshall</u>						<p>Please ensure parent helpers have their names clearly recorded as the end of season refund is assessed using this information only. Help is required for all events on the night to be eligible for signing.</p> <p>U6-U8 distance events will be run on arrival and also by distance i.e. we will try and run all 200m together, 300m together, 500m together. Optional 200m / 300m hurdles for U13-17 at end.</p> <p>Great day at relays! Regional Championships 10th-11th Feb 2018 - nominations close 24th Jan 2018. Don't miss out get your entries in ASAP.</p>						<table border="1"> <thead> <tr> <th>Event</th> <th>Distance</th> <th>Age Groups</th> <th>Notes</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>70m</td> <td>U10 B&G</td> <td>Girls first</td> </tr> <tr> <td>(Front Straight)</td> <td>70m</td> <td>U11 B&G</td> <td>Girls first</td> </tr> <tr> <td></td> <td>70m</td> <td>U13 B&G</td> <td>Girls first</td> </tr> <tr> <td></td> <td>70m</td> <td>U12 B&G</td> <td>Girls first</td> </tr> <tr> <td></td> <td>70m</td> <td>U6 B&G</td> <td>Arrival order</td> </tr> <tr> <td></td> <td>70m</td> <td>U7 B&G</td> <td>Arrival order</td> </tr> <tr> <td></td> <td>70m</td> <td>U8 B&G</td> <td>Arrival order</td> </tr> <tr> <td></td> <td>70m</td> <td>U9 B&G</td> <td>Arrival order</td> </tr> <tr> <td></td> <td>70m</td> <td>U14-U17 B&G</td> <td>Arrival order</td> </tr> <tr> <td>2</td> <td>200m</td> <td>U6 B&G</td> <td>Arrival order</td> </tr> <tr> <td>(Front Straight)</td> <td>300m</td> <td>U7 B&G</td> <td>Arrival order</td> </tr> <tr> <td></td> <td>500m</td> <td>U8 B&G</td> <td>Arrival order</td> </tr> <tr> <td></td> <td>800m</td> <td>U9 B&G</td> <td>Arrival order</td> </tr> <tr> <td></td> <td>800m</td> <td>U10 B&G</td> <td>Arrival order</td> </tr> <tr> <td></td> <td>800m</td> <td>U11 B&G</td> <td>Arrival order</td> </tr> <tr> <td></td> <td>800m</td> <td>U12 B&G</td> <td>Arrival order</td> </tr> <tr> <td></td> <td>800m</td> <td>U13 B&G</td> <td>Arrival order</td> </tr> <tr> <td></td> <td>800m</td> <td>U14-U17 B&G</td> <td>Arrival order</td> </tr> </tbody> </table>				Event	Distance	Age Groups	Notes	1	70m	U10 B&G	Girls first	(Front Straight)	70m	U11 B&G	Girls first		70m	U13 B&G	Girls first		70m	U12 B&G	Girls first		70m	U6 B&G	Arrival order		70m	U7 B&G	Arrival order		70m	U8 B&G	Arrival order		70m	U9 B&G	Arrival order		70m	U14-U17 B&G	Arrival order	2	200m	U6 B&G	Arrival order	(Front Straight)	300m	U7 B&G	Arrival order		500m	U8 B&G	Arrival order		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 B&G	Arrival order		800m	U14-U17 B&G	Arrival order
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