WEEK 11 - 22nd 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
High Jump 1	High Jump 2	Long Jump 4	Long Jump 1	100m	100m	Turbo Javelin 1	Turbo Javelin 2	100m	100m	100m	100m	100m	100m	100m	100m	Discus 1	Discus 2
100m	100m	100m	100m	High Jump 3 & 4	High Jump1 or 2	100m	100m	Shot Put 1	Shot Put 2	Discus 1	Discus 2	Flop 1	Flop 2	Long Jump 2	Long Jump 2	100m	100m
Vortex 3	Vortex 4	Shot Put 3	Shot Put 4	70m	70m	Long Jump 3	Long Jump 1	400m	400m	400m	400m	400m	400m	400m	400m	Flop 2	Flop 2
70m	70m	70m	70m	Discus 1 & 2	Discus 3 & 4	400m	400m	High Jump 1 & 2	High Jump 3 & 4	Long Jump 2	Long Jump 1	Javelin 1	Javelin 2	Shot Put 1	Shot Put 1	400m	400m

RECORD PARENT HELPERS HERE

Age Marshall

Recorder

Parent helper 1

Parent helper 2

Parent helper 3

Parent helper 4

Parent helper 5

Parent helper 6

Parent helper 7

Parent helper 8

Parent helper 9

Parent helper 10

NOTES

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.**

We are trialling a new high jump arrangment where there are 4 total fouls allowed. 3 consecutive fouls rule remains & each athlete may attempt max 5 heights only - except when only 1 athlete remains.

Regional Championships 10th-11th Feb 2018 - nominations close 24th Jan 2018. Don't miss out get your entries in ASAP.

TRACK SCHEDULE

Event	Distance	Age Groups	Notes
1	100m	U13 B&G	Girls first
(Front Straight)	100m	U12 B&G	Girls first
	100m	U11 B&G	Girls first
	100m	U10 B&G	Girls first
	100m	U8 B&G	Girls first
	100m	U6 B&G	Arrival order
	100m	U7 B&G	Arrival order
	100m	U9 B&G	Arrival order
	100m	U14-U17 B&G	Arrival order
2	400m	U9 B&G	Arrival order
(Front Straight)	400m	U10 B&G	Arrival order
	400m	U11 B&G	Arrival order
	400m	U12 B&G	Arrival order
	400m	U13 B&G	Arrival order
	400m	U14-U17 B&G	Arrival order
3	70m	U6 B&G	Arrival order
(Front Straight)	70m	U7 B&G	Arrival order
	70m	U8 B&G	Arrival order