## **WEEK 16 - 7th February 2018**

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
Shot Put 3	Shot Put 4	Long Jump 1	Long Jump 4	high jump 1 & 2	high jump 3 & 4	Shot Put 1	Shot Put 2	200m	200m	200m	200m	200m	200m	Discus 1	Discus 2	Javelin 1	Javelin 1
200m	200m	200m	200m	200m	200m	200m	200m	Discus 1	Discus 2	Long Jump 2	Long Jump 3	high jump flop	high jump flop	200m	200m	200m	200m
high jump 1	high jump 3	Discus 3	Discus 4	Turbo Javelin 1	Turbo Javelin 2	Long Jump 2 & 3	Long Jump 1	100m	100m	100m	100m	100m	100m	100m	100m	high jump flop	high jump flop
100m	100m	100m	100m	100m	100m	100m	100m	high jump 1 & 2	high jump 3 & 4	Javelin 1	Javelin 2	Shot put 1	Shot put 2	Long Jump	Long Jump	100m	100m
RECORD PARENT HELPERS HERE					<u>NOTES</u>					TRACK SCHEDULE							
Age Marshall  Recorder						Please ensure parent helpers have their					Event		Distance	Age Groups		Notes	
						names clearly recorded as the end of					1		200m	U12 B&G		Boys first	
						season refund is assessed using this					(Front Straight)		200m	U11 B&G		Boys first	
						informat	Help is	required			200m	U10 B&G		Boys first			
Parent helper 1						events on the night to be eligible for signing.							200m 200m	U6 B&G U7 B&G		Arrival order Arrival order	
													200m	U8 B&G		Arrival order	
Parent helper 2						We are trialling a new high jump							200m	U9 B&G		Arrival order	
						<b>.</b>							200m	U13 B&G		Arrival order	
						rules where there are 4 total fouls							200m	U14-U17 B&G		Arrival order	
						allowed. 3 consecutive fouls rule											
Parent helper 4						also applies & each athlete may						2		U6 B&G		Arrival order	
						attempt max 5 heights only - except when only 1 athlete					(Front Straight)		100m	U7 B&G		Arrival order	
Parent helper 5 Parent helper 6													100m	U8 B&G		Arrival order	
						remain		•					100m	U9 B&G		Arrival order	
													100m 100m	U10 B&G U11 B&G		Arrival order Arrival order	
Parent helper 7						Please be respectful of all athletes and parents					100m			U12 B&G		Arrival order	
r drent neiper 7							at all times. Please do not pass through an					100		U13 B&G		Arrival order	
Parent helper 8						event - walk around. Pay attention at all							100m	U14-U17 F	3&G	Arrival or	
	<del></del>							ng events.									
Parent helper 9						be respectful of all athletes and parents at all											
						times. Ple	ase do no	ot pass thi	rough an e	event -							
<u>Parent helper 10</u>						walk around. Pay attention at all times near											
						throwing	events.										