

APS Girls Athletics Meet, Saturday 12 October 2019

at Lakeside Stadium, Albert Drive, Albert Park

9.00am - 12.00noon

Time	Track Events	Age group	Time	Field Events	Age group
9.00am		Warm up	9am 9am - 11.45am	Discus Throw (inside stadium)	Warm up Open Pit
9:00am	Hurdles (lanes 5-10) 76cm, 80m black mark 76cm, 90m white mark 76cm, 100m yellow 76cm, 100m yellow	U13 & U14 U15 & U16 U17 Open	9am - 11.45am	Shot Put	3kg (U13, U14, U15) 9.00am - 10.15am 3kg (U16, U17, Open) 10.15am - 11.45am
9:00am	800m (lanes 1-3)	U13 - Open	9am - 11.45am	Triple jump (East Pit)	Open pit - U13, U14 & U15 9.00am - 10.15am Open pit - U16, U17, Open 10.15am - 11.45am
9:30am	100m (lanes 4-10)	U13 - Open	9am - 11.45am	Long jump (West Pit)	Open pit - U16, U17 & Open 9.00am - 10.15am Open pit - U13, U14, U15 10.15am - 11.45am
10:10am	400m	U13 - Open	9am - 11.45	High jump	9.00am - Open (pit 1) 9.00am - U17 (pit 2) 10.00am - U14 (pit 1) 10.00am - U13 (pit 2) 10.50am - U16 (pit 1) 10.50am - U15 (pit 2)
10.40am	200m (lanes 4-8) 1500m (lanes 1-3)	U13 - Open U13 - Open			
11.00am	4x100m	U13 - Open			
12pm	Track finish		11:45am	Field finish	

Lane allocation for the first heat of each age group & relays

L2 - CY

L3 - GGS

L4 - HY

L5 - CAUL

L6 - WC

L7 - GC

Where a school does not have a representative/ team in an event, that lane maybe allocated to a second competitor/ team from another school. For all heats required after the first, lanes will be allocated at the discretion of the event marshal.

SCHOOL DUTIES

Schools will need at least 2 staff/coaches to safely complete their official duties.

- Schools are responsible for recording their own students' field event performances.
- Officials at each field event will only be measuring NOT recording names or distances, except for HJ.
- Schools on horizontal pits will need a couple of students to rake and hold the tape.
- In HJ schools must limit to 3 competitors in each age group.
- Starting blocks will be provided.

COMPETING SCHOOLS

Carey, Caulfield, Geelong College, Geelong Grammar, Haileybury & Wesley

MEETING MANAGER

Geelong College (GC)

STARTER/MARSHAL

Straight	100m, 200m, Hurdles:	Brian Moore (Athletics Victoria)
Circle	800m, 1500m, 400m, Relays:	HY (M Brown)
Marshal		GC
Announcer		GC & Xavier College Communications

HIGH JUMP**Open, U14, U16 - CY; U17, U13, U15 - Caul****LONG JUMP:**

West Pit

WC**TRIPLE JUMP & LJ:**

East Pit

GC**DISCUS THROW****HY****SHOT PUT****U13-U15 - GGS; U16-Open - CY****HURDLES****GGS****First Aid:** SMA**RELAY CHANGES**

4x100	<u>1st change</u> - CY; <u>2nd change</u> - WC; <u>3rd change</u> - HY.
4x400	HY

RELAY LANES

2. CY; 3. GGS 4. HY, 5. CAUL; 6. WC; 7. GC.

Please note:*All schools will need to time their own competitors. There will be no places or times recorded.*