

**APS BOYS' ATHLETICS MEETING PROGRAMME**  
**at Lakeside Stadium, Albert Drive, Albert Park**  
**Saturday 12 October 2019**

**TRACK EVENTS**

<b>12.20pm</b>	3000 metres	Open
<b>12.30pm</b>	800 metres & Hurdles	OPEN U17 U16 U15 U14
<b>1.00pm</b>	100 metres	U14 (front straight) U15 (front straight) U16 (front straight) U17 (front straight) Open (front straight)
<b>2.00pm</b>	200 metres	U14 U15 U16 U17 Open
<b>2.30pm</b>	1500 metres	U17 & Open U15 & U16 U14
(If sufficient numbers events will be split)		
<b>3.00pm</b>	4x100 metres Relay	U14 U15 U16 U17 Open
<b>3.35pm</b>	400 metres	U15 U16 U17 Open

**FIELD EVENTS**

<b>12.10pm</b>	Discus Throw	Open - <b>CAUL</b>
<b>12.30pm</b>	High Jump	U15 - <b>SKC</b>
	High Jump	U16 - <b>SKC</b>
	Long Jump, West	U16 - <b>XC</b>
	Shot Put	U17 - <b>SC</b>
	Triple Jump, East	U15 - <b>MGS</b>
	Discus Throw	U14 - <b>CAUL</b>
<b>1.15pm</b>	Shot Put	U14 - <b>SC</b>
	Long Jump, West	U14 - <b>XC</b>
	Long Jump, West	U14 - <b>XC</b>
	Triple Jump, East	Open - <b>MGS</b>
	High Jump	U14 - <b>SKC</b>
	Discus Throw	U16 - <b>CAUL</b>
<b>2.00pm</b>	High Jump	U17 - <b>SKC</b>
	High Jump	Open - <b>SKC</b>
	Long Jump, West	U15 - <b>XC</b>
	Long Jump, West	U15 - <b>XC</b>
	Shot Put	U15 - <b>SC</b>
	Triple Jump, East	U16 - <b>MGS</b>
<b>2.45pm</b>	Long Jump, West	Open - <b>XC</b>
	Triple Jump, East	U17 - <b>MGS</b>
	Shot Put	U16 - <b>SC</b>
	Discus Throw	U15 - <b>CAUL</b>
<b>3.30pm</b>	Shot Put	Open - <b>SC</b>
	Long Jump, West	U17 - <b>XC</b>
	Triple Jump, East	U14 - <b>MGS</b>
	Discus Throw	U17 - <b>CAUL</b>

**RELAY LANES – As shown on reverse side**

**Changeovers:**

1. **CY & GC**    2. **SKC & CAUL**    3. **WC & BGS**

**SCHOOLS RESPONSIBLE:** Schools are requested to supply Officials as follows and please bring at least one measuring tape:-

**Admin & Track Events**

**Starters**                      Straight & 200m - Aths.Vic.  
    Circle – **CAUL**

**Marshalls**                    **CAUL**

**Hurdles**                        **WC**

**Shot Put**                        **SC**

**High Jump**                    **SKC**

**Long Jump**                    **XC**

**Triple Jump**                   **MGS**

**Discus Throw**                **CAUL**

Schools are responsible for timing their own competitors.

Luke Soulos  
 Executive Officer  
 APS Sport

**7 October 2019** (replaces 4 Oct & 26 Sept 2019)

**Relay Lanes - to be allocated on the day according to entries.**

## NOTES REGARDING COMPETITION FOR SATURDAY 12 OCTOBER 2019

- 1) All shot putt and discus will be conducted in the throwing area outside the stadium.
- 2) 800m, 400m and 4 x 100m events will be marshalled off the track. Please do not congregate on the grassed infield.
- 3) The 4 x 100m team members at the start area and then sent off . Lanes will be allocated according to school/team entries. All members of teams should marshall at the start area.
- 4) All 100m will be conducted down the front straight.
- 5) Run offs will be arranged for schools but students need to advise the marshall. Non run off races will have priority. ie run-off races may be the last to be conducted in the age category.
- 6) If the programme runs ahead of schedule, events will be brought forward. Athletes are advised to be at the track well before the scheduled time of the event.
- 7) It would be appreciated if all events could please pack up all their equipment after the last event and take them to the Equipment Shed near Gate 1. That includes all Hurdles and Long, Triple , High Jumps & covers as well as Shot Put.
- 8) Schools please note the following for Saturdays final lead up meet.
- 9) 800m and 1500m races will be run from Open age to U14 age groups
- 10) An '800m A' race will be run in each age group, allowing schools to enter 1 student per lane (3 schools to share if a full heat is realised). Heats will be filled at 2 athletes per lane following the first heat. Any school requiring run offs shall wait until the end of each age group to fill their heat.
- 11) In the jumps, each school will be allocated 2 athletes per competition to provide equal opportunity to all schools competing. Athletes may be restricted to 2 jumps if time does not permit 3.
- 12) Footballs are not to be kicked anywhere within the track area.

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