

# APS Girls Athletics Meet, Saturday 7 October 2023

at Lakeside Stadium, Albert Drive, Albert Park

9.00am - 12.00noon

Time	Track Events	Age group	Time	Field Events	Age group
8.00am		Warm up	8.45am onwards	Officials required at their field event	
8.45am	3000m	Open	9am - 11.45am	Discus (inside stadium)	Open Pit
9:00am	Hurdles (lanes 5-10)  76cm, 80m black marks 76cm, 90m white marks 76cm, 100m yellow marks	U14 U15 & U16 U17 & Open	9am - 11.45am	Shot Put (outside stadium)	3kg (U14 & U15) 9.00am - 10.15am  3kg (U16, U17, Open) 10.15am - 11.45am
9:00am	800m (lanes 1-3)	U14 - Open	9am - 11.45am	Triple Jump (East Pit)	Open pit - U14 & U15 9.00am - 10.15am Open pit - U16, U17, Open 10.15am - 11.45am
9:30am	100m (lanes 4-10)	U14 - Open	9am - 11.45am	Long Jump (West Pit)	Open pit - U16, U17 & Open 9.00am - 10.15am Open pit - U14 & U15 10.15am - 11.45am
10:10am	400m	U14 - Open	9am - 11.45am	High Jump	9.00am - Open (pit 1) 9.00am - U17 (pit 2)  10.00am - U14 (pit 1)  10.50am - U16 (pit 1) 10.50am - U15 (pit 2)
10.40am	200m (lanes 4-8)  1500m (lanes 1-3)	U14 - Open  U14 - Open			
11.00am	4x100m	U14 - Open			
<b>12pm</b>	<b>Track finish (approx.)</b>		<b>11:45am</b>	<b>Field finish (approx.)</b>	

**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 for each pit/mat/circle.

- Host School will provide folders with recording sheets and pens for each field event. School Officials allocated to these events (as below) must collect these prior to the event from near the finish line and return once their event has concluded.
- Host School will circulate these results sheets after the meet.
- Schools on horizontal pits will need a couple of additional staff/students to rake and hold the tape.
- In HJ schools are limited to 3 competitors in each age group.
- Starting blocks will be provided.

**COMPETING SCHOOLS**

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

**MEETING MANAGER****Wesley (WC)****STARTER/MARSHAL**

<b>Straight</b>	100m, 200m, Hurdles:	Brian Moore (Athletics Victoria)
<b>Circle</b>	800m, 1500m, 400m, Relays:	WC
<b>Marshal</b>	Straight and Circle	WC
<b>Announcer</b>		WC & WC Communications

**HIGH JUMP (2 Pits)**U14 - Open - **CY****LONG JUMP:**

West Pit

**CAUL****TRIPLE JUMP & LJ:**

East Pit

**GC****DISCUS THROW****HY****SHOT PUT (2 Circles)**U14 - Open - **GGS****HURDLES****WC****First Aid:** MSI**RELAY CHANGES****4x100**1st change - **CY**; 2nd change - **HY**; 3rd change - **CAUL**.**4x400****GGS****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.*