

APS BOYS' ATHLETICS MEETING PROGRAMME
at Lakeside Stadium, Albert Drive, Albert Park
Saturday 7 October 2023

TRACK EVENTS

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

FIELD EVENTS

| | | |
|----------------|-------------------|-------------------|
| 12.10pm | Discus Throw | Open - XC |
| 12.30pm | High Jump | U15 - BGS |
| | High Jump | U16 - CY |
| | Long Jump, West | U16 - CAUL |
| | Shot Put | U17 - GGS |
| | Triple Jump, East | U15 - MGS |
| | Discus Throw | U14 - SC |
| 1.15pm | Shot Put | U14 - HY |
| | Long Jump, West | U14 - GC |
| | Triple Jump, East | Open - SKC |
| | High Jump | U14 - CY |
| | Discus Throw | U16 - XC |
| 2.00pm | High Jump | U17 - BGS |
| | High Jump | Open - CY |
| | Long Jump, West | U15 - CAUL |
| | Shot Put | U15 - HY |
| | Triple Jump, East | U16 - MGS |
| 2.45pm | Long Jump, West | Open - GC |
| | Triple Jump, East | U17 - SKC |
| | Shot Put | U16 - GGS |
| | Discus Throw | U15 - SC |
| 3.30pm | Shot Put | Open - HY |
| | Long Jump, West | U17 - CAUL |
| | Triple Jump, East | U14 - MGS |
| | Discus Throw | U17 - XC |

RELAY LANES – As shown on reverse side

Changeovers:

1. **CY & GC** 2. **SKC & CAUL** 3. **SC & 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 - **GGS**

Marshals **GGS**

Hurdles **SKC**

Shot Put **GGS & HY**

High Jump **BGS & CY**

Long Jump **CAUL & GC**

Triple Jump **MGS & SKC**

Discus Throw **SC & XC**

Schools are responsible for timing their own competitors.

Luke Soulos
 Executive Officer
 APS Sport
 14 September 2023

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

NOTES REGARDING COMPETITION FOR SATURDAY 7 OCTOBER 2023

- 1) All Shot put will be conducted in the throwing area outside the stadium.
- 2) All Discus events will be conducted in the throwing area inside the stadium.
- 3) 800m, 400m and 4 x 100m events will be marshalled off the track. Please do not congregate on the grassed infield.
- 4) The 4 x 100m team members marshal at the start area and then are sent off . Lanes will be allocated according to school/team entries. All members of teams should marshal at the start area.
- 5) All 100m will be conducted down the front straight.
- 6) 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.
- 7) 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.
- 8) 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.
- 9) Schools please note the following for Saturdays final lead up meet.
- 10) 800m and 1500m races will be run from Open age to U14 age groups
- 11) 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.
- 12) 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.
- 13) Footballs are not to be kicked anywhere within the track area.