

1. See General Regulations Governing Sporting Competitions.

Athletics is conducted under the rules of Athletics Victoria unless otherwise stated.

**Note:**

- a. **The APS will maintain the two false start rule with a yearly review of the AV Start rule.**
  - b. **The APS Athletics Records recognise the best performance in each event and each age group, irrespective of the wind gauge reading, in the APS Heats and Finals.**
  - c. In **Long Jump** competitors are allowed three jumps each and in **Discus** and **Shot Put** competitors are allowed four throws/put each. All competitors are allowed one practice before Discus, Shot Put, Triple and Long jump events commence.
  - d. **Girls may compete at APS Finals in bike short length (above the knee) compression garments, in School or skin colour, with no/ limited visible branding.**
2. The Combined Girls' & Boys' Athletic Sports shall be held on the morning of the **second Saturday of Term 4** (in October 2024).
  3. In under age events, competitors shall be under the age if the competitor's date of birth is on or after the first day of November in the year of competition. Athletes competing in open events are under 19 years of age on 1 January of the same year.
  4.
    - a. A competitor may compete in as many events as their school shall decide but a competitor may not compete in the same event in more than one age group.
    - b. All events will start at the advertised time, and no event may be held back because a competitor at the time is competing in another event. A competitor who leaves a field games event to compete in a track event must first obtain permission of the official in charge of the event.
    - c. Simultaneous events: Having reported to their field event, a competitor may excuse themselves to take part in another event at the same time. Having left the field event, a competitor has 15 minutes from the last competitor completing their final round of that event to return and complete their remaining rounds.
    - d. If the track program falls behind, the High Jump competition freezes at the current height and recommences when determined by the Executive Officer/Arena Manager.
    - e. Shot Put events, one age group be allocated per circle with the following age group event to compete in the alternate circle. School based officials to remain the same.'
    - f. **Only adults should be given the job of "spiking" performances (LJ, TJ, DT, SP) both for safety in Shot and Discus and also for accuracy of the event.**
  5. No non-competitor shall be allowed in the arena with a competitor. Any breach of this rule could result in the disqualification of the competitor. (Note: this rule prohibits emergencies coming on to the arena).
  6. **Points:** In the A Division finals points shall be awarded as follows:
 

<b>1st</b>	7 points	<b>2nd</b>	5	<b>3rd</b>	4	<b>4th</b>	3	<b>5th</b>	2	<b>6th</b>	1
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 1 point for Did Not Finish (DNF) and disqualification (DQ). No competitor - 0  
  
 In the B Division finals points shall be awarded as follows:
 

<b>1st</b>	3.5 points	<b>2nd</b>	2.5	<b>3rd</b>	2	<b>4th</b>	1.5	<b>5th</b>	1	<b>6th</b>	0.5
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 0.5 point for Did Not Finish (DNF) and disqualification (DQ). No competitor – 0  
  

**The 1500 and 3000 metre events be run as the first runner across the line is the A competitor for a school and the second runner is considered the B competitor. No designation is required prior to the event.**

**The Shot Put events be run as the furthest put is the A competitor for a school and the second placed thrower from that school is considered the B competitor. No designation is required prior to the event.**

**For Multi Class (MC) events, points awarded commensurate with the number of competitors in each event (i.e. 3 competitors 1st = 3 points, 2nd = 2 points, 3rd = 1 point)**
  7. The numbers against the competitors' names in races indicate the position at the start from left to right for track events, and in field events the order of competing.
  8. **Relays:**
    - a. **In the 4x100m, runners 2, 3 & 4 must receive the baton within the 30m yellow ticked changeover zone in their allotted lane. These runners must start inside the zone. The incoming runner must remain in their lane and not interfere with any other team.**
    - b. Check marks - Chalk marks only may be used on a synthetic surface.
    - c. The baton must be carried in the hand throughout the race. If dropped, it must be recovered by the athlete who dropped it. In all relay races, the baton must be passed within the takeover zone. The passing of the baton is completed at the moment it is in the hand of the receiving athlete only. Within the takeover zone, it is only the position of the baton which is decisive, and not the position of the body or limbs of the competitors.

d. **Relays run in lanes**

Competitors after handing over the baton should remain in their lanes to avoid obstruction to other competitors. Should any competitor wilfully impede a member of another team by running out of position or lane at the finish of their leg, they are liable to cause the disqualification of their own team.

**Relays running in inside lane**

Competitors after handing over the baton should remain in their lanes to avoid obstruction to other competitors. Should any competitor wilfully impede a member of another team by running out of position or lane at the finish of their leg, they are liable to cause the disqualification of their own team.

e. Assistance by pushing off or by any other method will cause disqualification.

9. **High jump:**

Starting heights shall be as follows and then raised by 5cm for the next two heights and then as the judge decides:

Open	1st jump	1.25m
U17	1st jump	1.25m
U16	1st jump	1.20m
U15	1st jump	1.15m
U14	1st jump	1.10m
U13	1st jump	1.05m

An athlete winning the high jump may have three more attempts (within the rules of jumping) at any heights they may choose. If they should break the record, they may have further attempts at a higher level.

10. **Triple Jump:** Take-off board will be marked at 8, 9, 10 and 11 metres.

11. **Hurdles: AAU Specifications**

**WOMEN Hurdle heights & specifications**

Age	Distance of race	Number of hurdles	Hurdle height	Distance to 1st hurdle	Distance between	Distance to finish	Marker
Open	100	10	76	13	8.50	10.50	Yellow
U17	100	10	76	13	8.50	10.50	Yellow
U16	90	9	76	13	8.00	13.00	White
U15	90	9	76	13	8.00	13.00	White
U14	80	9	76	12	7.00	12.00	Black
U13	80	9	76	12	7.00	12.00	Black

12. **Discus and Shot put: AAU Specifications**

**Under-age field implements:**

Age Group	U13	U14	U15	U16	U17	Open
Discus	1kg	1kg	1kg	1kg	1kg	1kg
Shot	3kg	3kg	3kg	3kg	3kg	3kg

13. **Seating:**

Will be determined by the APS Sport office on a rotational basis and working in with the Boys rotation.

14. **Lane draw:**

The lane draw for the APS Girls Athletics Finals is allocated at random by the Meet Manager program.

15. **Organising school:**

2024	CY
2025	CAUL
2026	GC
2027	GGs

## APS GIRLS' & BOYS' COMBINED ATHLETICS PROGRAMME & RECORDS

No	Time		Event	Record	Year	Holder
1	9:00 AM	Boys	Under 14 High Jump [Mat 1]	1.76m	2015	H O Manton, Melbourne
2	9:00 AM	Girls	Open High Jump [Mat 2]	1.71m	2005	M V Adams, Carey
3	9:00 AM	Boys	Under 15 Long Jump [East Pit]	6.45m	2004	A M Smith, Haileybury
4	9:00 AM	Girls	Under 16 Triple Jump [West Pit]	11.63m	2008	B M Stratton, Caulfield
5	9:00 AM	Boys	Under 17 Discus	42.62m	2022	C W T Steen, Haileybury
6	9:00 AM	Girls	Open Shot Put MC			
<b>7</b>	<b>9:00 AM</b>	<b>Girls</b>	<b>Under 14 Shot Put Div. A</b>	<b>13.23</b>	<b>2023</b>	<b>E Baird, Wesley</b>
8	9:00 AM	Girls	Under 14 Shot Put Div. B	13.23	2013	E Baird, Wesley
9	9:00 AM	Boys	Open 800 Metre	1.48.83	2013	L D Mathews, St Kevin's
10	9:04 AM	Girls	Open 800 Metre	2:10.53	2001	G E Clarke, Geelong College
11	9:08 AM	Boys	Under 16 800 Metre	1:54.39	1989	J J Ischia, Scotch
12	9:12 AM	Girls	Under 16 800 Metre	2:11.02	1999	G E Clarke, Geelong College
13	9:16 AM	Boys	Under 15 800 Metre	1:57.53	1987	M J Holcombe, Caulfield
14	9:20 AM	Girls	Under 15 800 Metre	2:10.29	1998	G E Clarke, Geelong College
15	9:26 AM	Boys	Open 110 Metre Hurdles [91.4cm]	13.38	2008	S W Baines, Melbourne
16	9:32 AM	Boys	Under 17 110 Metre Hurdles [91.4cm]	14.03	2007	S W Baines, Melbourne
17	9:38 AM	Boys	Under 16 100 Metre Hurdles [84cm]	13.13	2013	A M McGrath, Brighton
18	9:40 AM	Boys	Under 16 Triple Jump [West Pit]	14.09m	2011	H G Smith, St Kevin's
19	9:44 AM	Boys	Under 15 100 Metre Hurdles [84cm]	13.54	2015	A R Leferink, Brighton
20	9:45 AM	Girls	Open Discus	41.65m	2022	M A Scerri, Haileybury
21	9:45 AM	Boys	Open Shot Put MC			
22	9:45 AM	Boys	Under 14 Shot Put	17.67	2015	O J Courtney, Geelong College
23	9:50 AM	Girls	Open 100 Metre Hurdles [76cm]	13.77	2016	D M Shaw, Wesley
24	9:50 AM	Girls	Open Long Jump MC [East Pit]			
25	9:50 AM	Girls	Under 14 Long Jump [East Pit]	5.53m	2012	N I Owusu-Afriyie, Wesley
26	9:55 AM	Girls	Under 17 100 Metre Hurdles [76cm]	14.11	2022	S J Farrell, Caulfield
27	10:00 AM	Girls	Under 16 90 Metre Hurdles [76cm]	13.15	2017	M G Russell, Caulfield
28	10:05 AM	Girls	Under 15 90 Metre Hurdles [76cm]	13.32	2007	B M Stratton, Caulfield
29	10:10 AM	Boys	Under 14 90 Metre Hurdles [76cm]	12.88	2022	Z Haider, Wesley
30	10:15 AM	Girls	Under 14 80 Metre Hurdles [76cm]	12.81	2015	M G Russell, Caulfield
31	10:22 AM	Boys	Under 17 800 Metre	1:52.02	1990	J J Ischia, Scotch
32	10:27 AM	Girls	Under 17 800 Metre	2:13.44	2018	S O'Sullivan, Wesley
33	10:30 AM	Boys	Under 17 Long Jump [East Pit]	6.92m	1992	A N Faichney, Scotch
<b>34</b>	<b>10:30 AM</b>	<b>Boys</b>	<b>Under 15 Discus</b>	<b>46.88m</b>	<b>2023</b>	<b>L A Gumley, Scotch</b>
35	10:30 AM	Girls	Under 15 Shot Put Div. A	13.33	2014	P A Montag, Caulfield
36	10:30 AM	Girls	Under 15 Shot Put Div. B	13.33	2014	P A Montag, Caulfield
37	10:30 AM	Girls	Under 14 Triple Jump [West Pit]	11.26m	2019	S J Farrell, Caulfield
38	10:32 AM	Boys	Under 14 800 Metre	2:05.62	2016	N G O'Brien, Geelong College
39	10:37 AM	Girls	Under 14 800 Metre	2:16.30	1997	G E Clarke, Geelong College
40	10:40 AM	Boys	Under 16 High Jump [Mat 1]	2.08m	2015	J P Lightfoot, Xavier
41	10:40 AM	Girls	Under 17 High Jump [Mat 2]	1.68m	2004	M V Adams, Carey
42	10:43 AM	Boys	Open 100 Metre	10.62	1992	N C Rennie, Carey
43	10:49 AM	Girls	Open 100 Metre	11.91	2008	C Cuttler, Caulfield
44	10:53 AM	Boys	Under 17 100 Metre	10.67	2018	M Monleh, Wesley
45	10:59 AM	Girls	Under 17 100 Metre	12.06	2017	M P Gross, Geelong Grammar
46	11:03 AM	Boys	Under 16 100 Metre	10.91	2016	A R Leferink, Brighton
47	11:09 AM	Girls	Under 16 100 Metre	12.03	2017	M G Russell, Caulfield
48	11:10 AM	Boys	Under 17 Triple Jump [West Pit]	14.33m	2012	D Johnson, St Kevin's
49	11:13 AM	Boys	Open 3000 Metre	8:18.35	2022	L A Janetzki, Wesley
50	11:15 AM	Girls	Under 17 Discus	34.76m	2019	O J Rundle, Caulfield
51	11:15 AM	Boys	Open Shot Put	16.83m	2016	J G Joycey, Xavier
52	11:20 AM	Girls	Under 16 Long Jump [East Pit]	5.81m	2008	B M Stratton, Caulfield
53	11:28 AM	Boys	Under 15 100 Metre	11.06	2018	J D Peris, Melbourne
54	11:34 AM	Girls	Under 15 100 Metre	12.38	2016	M G Russell, Caulfield
					2018	H M Coate, Caulfield
				11.53	2022	Z Haider, Wesley
55	11:38 AM	Boys	Under 14 100 Metre			
56	11:38 AM	Boys	Open 100 Metre MC			
57	11:44 AM	Girls	Under 14 100 Metre	12.59	2012	N I Owusu-Afriyie, Wesley
58	11:44 AM	Girls	Open 100 Metre MC			New Event
59	11:48 AM	Boys	Open 400 Metre	47.58	2022	H O Hanak, Wesley
60	11:54 AM	Girls	Open 400 Metre	56.02	1996	T C Lewis, Caulfield
61	11:58 AM	Girls	Open 3000 Metre Div. A	9:03.19	2022	A L Bunnage, Haileybury
62	11:58 AM	Girls	Open 3000 Metre Div. B	9:03.19	2022	A L Bunnage, Haileybury
63	12:00 PM	Boys	Under 15 High Jump [Mat 2]	1.92m	1995	R D Manefield, Caulfield
64	12:00 PM	Girls	Under 16 High Jump [Mat 1]	1.70m	2019	P Deane-Johns, Carey
65	12:00 PM	Boys	Under 16 Discus	50.16	2019	K V Ofahengaue, Brighton
66	12:00 PM	Girls	Under 16 Shot Put Div. A	13.91	2017	L N Varley, Wesley
67	12:00 PM	Girls	Under 16 Shot Put Div. B	13.91	2017	L N Varley, Wesley
68	12:00 PM	Girls	Under 15 Triple Jump [West Pit]	11.49m	2010	S J Ferrier, Carey
69	12:00 PM	Boys	Under 16 Long Jump [East Pit]	6.50m	1986	C L Mathai, Xavier
70	12:15 PM	Boys	Under 15 1500 Metre	4:06.42	2022	B G Leeton, Scotch

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No	Time		Event	Record	Year	Holder
71	12:21 PM	Boys	Under 16 1500 Metre	4:06.99	2023	B G Leeton, Scotch
72	12:27 PM	Girls	Under 16 1500 Metre Div. A	4:34.94	1999	G E Clarke, Geelong College
73	12:27 PM	Girls	Under 16 1500 Metre Div. B	4:34.94	1999	G E Clarke, Geelong College
74	12:34 PM	Boys	Open 200 Metre MC			
75	12:34 PM	Boys	Under 14 200 Metre	23.43	2022	Z Haider, Wesley
76	12:40 PM	Girls	Open 200 Metre MC			
77	12:40 PM	Girls	Under 14 200 Metre	25.45	2012	N I Owusu-Afriyie, Wesley
78	12:40 PM	Boys	Open Triple Jump [West Pit]	15.00m	2013	D Johnson, St Kevin's
79	12:44 PM	Boys	Under 15 200 Metre	22.29	2018	J D Peris, Melbourne
<b>80</b>	<b>12:45 PM</b>	<b>Girls</b>	<b>Under 15 Discus</b>	<b>35.56m</b>	<b>2023</b>	<b>M C Tarabay, Caulfield</b>
81	12:45 PM	Boys	Under 17 Shot Put	17.30m	2018	O J Courtney, Geelong College
82	12:50 PM	Girls	Under 15 200 Metre	24.57	2013	N I Owusu-Afriyie, Wesley
83	12:50 PM	Girls	Under 17 Long Jump [East Pit]	5.70m	2019	C J Bradshaw, Geelong College
84	12:54 PM	Boys	Under 16 200 Metre	21.74	2016	A R Leferink, Brighton
85	1:00 PM	Girls	Under 16 200 Metre	24.95	2014	N I Owusu-Afriyie, Wesley
86	1:06 PM	Boys	Open 4x800 Metre Relay	7:40.45	2022	Wesley College
87	1:20 PM	Boys	Under 17 High Jump [Mat 1]	2.12m	2012	J C Baden, Melbourne
88	1:20 PM	Girls	Under 15 High Jump [Mat 2]	1.63m	1996	J L Blumfield, Wesley
89	1:22 PM	Boys	Under 17 200 Metre	21.80	2013	M K Romanin, St Kevin's
90	1:28 PM	Girls	Under 17 200 Metre	24.42	2017	M P Gross, Geelong Grammar
91	1:30 PM	Boys	Open Discus	55.68m	2019	O J Courtney, Geelong College
92	1:30 PM	Girls	Under 17 Shot Put Div. A	14.39m	2016	L N Varley, Wesley
93	1:30 PM	Girls	Under 17 Shot Put Div. B	14.39m	2016	L N Varley, Wesley
94	1:30 PM	Girls	Open Triple Jump [West Pit]	12.10m	2011	B M Stratton, Caulfield
95	1:30 PM	Boys	Open Long Jump MC [East Pit]			
96	1:30 PM	Boys	Under 14 Long Jump [East Pit]	6.18m	2012	D Luu, Caulfield
97	1:32 PM	Boys	Open 200 Metre	21.39	2013	W M Johns, Caulfield
98	1:38 PM	Girls	Open 200 Metre	24.98	2008	C Cuttler, Caulfield
<b>99</b>	<b>1:44 PM</b>	<b>Boys</b>	<b>Under 14 1500 Metre</b>	<b>4:32.28</b>	<b>2023</b>	<b>R L J Kane, Wesley</b>
100	1:50 PM	Girls	Under 14 1500 Metre Div. A	4:45.40	2018	A L Bunnage, Haileybury
101	1:50 PM	Girls	Under 14 1500 Metre Div. B	4:45.40	2018	A L Bunnage, Haileybury
102	1:57 PM	Boys	Under 17 1500 Metre	3:57.99	1988	N J Adkin, Caulfield
103	2:03 PM	Boys	Under 17 4x100 Metre Relay	43.14	1983	Caulfield Grammar
104	2:10 PM	Boys	Under 15 Triple Jump [West Pit]	13.73m	2000	M A Cooter, Caulfield
105	2:11 PM	Girls	Under 17 4x100 Metre Relay	49.76	2022	Caulfield Grammar
106	2:15 PM	Girls	Under 16 Discus	36.90	2019	M A Scerri, Haileybury
107	2:15 PM	Boys	Under 15 Shot Put	17.26m	2016	O J Courtney, Geelong College
108	2:15 PM	Boys	Under 16 4x100 Metre Relay	43.85	2019	Melbourne Grammar
109	2:20 PM	Girls	Open Long Jump [East Pit]	5.76m	1994	G A Farley, Geelong Grammar
110	2:23 PM	Girls	Under 16 4x100 Metre Relay	50.39	2007	Caulfield Grammar
111	2:27 PM	Boys	Under 15 4x100 Metre Relay	44.88	2018	Melbourne Grammar
112	2:35 PM	Girls	Under 15 4x100 Metre Relay	50.94	2015	Haileybury
113	2:39 PM	Boys	Under 14 4x100 Metre Relay	47.27	2014	Brighton Grammar
114	2:40 PM	Boys	Open High Jump [Mat 1]	2.29m	2014	J C Baden, Melbourne
115	2:40 PM	Girls	Under 14 High Jump [Mat 2]	1.61m	2012	D Pjanic, Wesley
116	2:47 PM	Girls	Under 14 4x100 Metre Relay	51.68	2014	Caulfield Grammar
117	2:51 PM	Boys	Open 4x400 Metre Relay	3:16.19	2022	Wesley College
118	3:00 PM	Boys	Under 14 Discus	37.06m	2022	L A Gumley, Scotch
119	3:00 PM	Girls	Open Shot Put Div. A	15.38m	2022	M A Scerri, Haileybury
120	3:00 PM	Girls	Open Shot Put Div. B	15.38m	2022	M A Scerri, Haileybury
121	3:00 PM	Girls	Under 17 Triple Jump [West Pit]	11.92m	2009	B M Stratton, Caulfield
122	3:00 PM	Boys	Open Long Jump [East Pit]	7.28m	2008	D P Bailey, St Kevin's
123	3:01 PM	Girls	Open 4x400 Metre Relay	3:55.28	2015	Caulfield Grammar
124	3:07 PM	Boys	Under 17 4x400 Metre Relay	3:23.20	1981	Xavier College
125	3:17 PM	Girls	Under 17 400 Metre	56.39	2017	M P Gross, Geelong Grammar
126	3:21 PM	Boys	Under 16 4x400 Metre Relay	3:27.67	1986	Caulfield Grammar
127	3:31 PM	Girls	Under 16 400 Metre	57.28	1998	G E Clarke, Geelong College
					2014	J M Russell, Caulfield
128	3:35 PM	Boys	Under 15 4x400 Metre Relay	3:36.36	2015	Wesley College
129	3:40 PM	Boys	Under 14 Triple Jump [West Pit]	11.85m	2019	J E Payne, Geelong College
<b>130</b>	<b>3:45 PM</b>	<b>Girls</b>	<b>Under 14 Discus</b>	<b>36.18m</b>	<b>2023</b>	<b>E Baird, Wesley</b>
131	3:45 PM	Boys	Under 16 Shot Put	17.99m	2017	O J Courtney, Wesley
132	3:45 PM	Girls	Under 15 400 Metre	58.95	2007	B M Stratton, Caulfield
133	3:50 PM	Girls	Under 15 Long Jump [East Pit]	5.51m	2007	B M Stratton, Caulfield
134	3:50 PM	Boys	Under 14 4x400 Metre Relay	3:47.91	2022	Melbourne Grammar
135	4:01 PM	Girls	Under 14 400 Metre	1:00.03	2009	E I Fyffe, Geelong College
136	4:05 PM	Boys	Open 1500 Metre	3:51.40	1985	D E Paulin, Carey
137	4:13 PM	Girls	Open 1500 Metre Div. A	4:24.34	2022	A L Bunnage, Haileybury
138	4:13 PM	Girls	Open 1500 Metre Div. B	4:24.34	2022	A L Bunnage, Haileybury
139	4:21 PM	Boys	Open 4x100 Metre Relay	41.86	2008	Melbourne Grammar
140	4:31 PM	Girls	Open 4x100 Metre Relay	48.96	2019	Haileybury

**DRAW FOR APS GIRLS COMBINED ATHLETICS (If Meet Manager is not being used)**

Event	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7
2	1	2	3	4	5	6
4	2	3	1	6	4	5
6	3	4	1	2	6	5
7	4	6	2	5	3	1
8	5	1	4	2	6	3
10	6	2	3	4	5	1
12	1	2	6	5	3	4
14	2	3	6	1	5	4
20	3	5	1	4	2	6
23	4	6	3	1	5	2
24	5	1	2	3	4	6
25	6	3	1	5	4	2
26	1	2	5	6	4	3
27	2	4	6	3	1	5
28	3	5	2	6	4	1
30	4	6	1	2	3	5
32	5	2	6	4	3	1
35	6	3	4	2	1	5
36	1	3	5	2	6	4
37	2	4	1	5	3	6
39	3	5	6	1	2	4
41	4	1	5	3	2	6
43	5	2	4	1	6	3
45	6	4	2	1	3	5
47	1	3	6	4	2	5
50	2	4	5	6	1	3
52	3	6	4	2	1	5
54	4	1	2	6	5	3
57	5	3	1	6	2	4
58	6	4	3	5	2	1
60	1	3	4	5	6	2
61	2	5	3	1	6	4
62	3	6	1	5	4	2
64	4	2	6	5	1	3
66	5	3	2	4	1	6
67	6	5	1	2	3	4
68	1	4	2	6	5	3

Event	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7
72	2	5	6	4	3	1
73	3	1	5	4	6	2
76	4	2	1	3	6	5
77	5	4	6	1	2	3
80	6	5	3	1	2	4
82	1	4	5	3	2	6
83	2	6	4	3	5	1
85	3	1	6	2	5	4
88	4	3	5	6	1	2
90	5	4	2	6	1	3
92	6	1	2	3	4	5
93	1	5	3	2	4	6
94	2	6	5	1	4	3
98	3	2	4	5	6	1
100	4	3	1	5	6	2
101	5	6	1	2	3	4
105	6	1	5	4	2	3
106	1	5	4	6	3	2
109	2	1	3	4	5	6
110	3	2	6	4	5	1
112	4	5	6	1	2	3
115	5	6	4	3	1	2
116	6	1	4	5	3	2
119	1	6	2	4	3	5
120	2	1	5	3	4	6
121	3	4	5	6	1	2
123	4	5	3	2	6	1
125	5	6	3	4	2	1
127	6	2	4	1	5	3
130	1	6	4	2	3	5
132	2	3	4	5	6	1
133	3	4	2	1	5	6
135	4	5	2	3	1	6
137	5	1	3	6	4	2
138	6	2	5	3	1	4
140	1	6	4	2	3	5

## APS Co-Ed Athletics Meet - Sample Programme

at Bill Sewart Track, enter off Burwood Highway at rear of Nunawading Basketball Stadium. [Mel Map: 62 C7]  
(Commencing at 9.00am - 12.15pm)

Time	Track Events	Age group	Time	Field Events	Age group
8:30 - 9.00am		Warm up	8:30 - 9.00am		Warm up
9.00am	100m	U/13 - Open	9.00am	Shot Put Triple jump Long jump High jump	U16, U17 & Open Girls U13 & U14 Boys U13, U14 & U15 Girls U17 & Open Boys
9:40am	800m Hurdles - 76cm - 84cms - 92cm - 99cm	U/13 - Open U/13 - Open	9:30am	Shot Put Triple jump Long jump High jump	U13 & U14 Boys U15 & U16 Boys U16, U17 & Open Girls U13, U14 & U15 Girls
10:10am	4 x 100m Relay	U/13 - Open	10:00am	Shot Put Triple jump Long jump High jump	U15 & U16 Boys U17 & Open Boys U13 & U14 Boys U16, U17 & Open Girls
10:30am	200m	U/13 - Open	10:30am	Shot Put Triple jump Long jump High jump	U17 & Open Boys U13, U14 & U15 Girls U15 & U16 Boys U13 & U14 Boys
10:50am	1500m	U/13 - Open	11.00am	Shot Put Triple Jump Long Jump High Jump	U13, U14 & U15 Girls U16, U17 & Open Girls U17 & Open Boys U15 & U16 Boys
11:10am	400m	U/13 - Open			
11:30am	<b>Approximate Track finish</b>		11:30am	<b>Approximate Field finish</b>	

(Long Jump, South Pit - 100m finish)  
(Triple Jump, North Pit - 100m start)