

APS BOYS' ATHLETICS MEETING PROGRAMME
at Lakeside Stadium, Albert Drive, Albert Park
Saturday 10 October 2026

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

RELAY LANES – As shown on reverse side

Changeovers:

- CY & GC**
- SKC & CAUL**
- 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 - **mgs**

Marshals **MGS**

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 2026

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

NOTES REGARDING COMPETITION FOR SATURDAY 10 OCTOBER 2026

- 1) All Shot put will be conducted in the throwing area **outside the stadium this year.**
- 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. **The infield is out of bounds at all times.**
- 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 (and on the back straight depending on numbers).
- 6) Run offs can be arranged for schools but were over 3 athletes from the one school, they will run at the end of event. Hence, non run off races take priority. i.e. run-off races will be conducted at the end of event not in age groups.
- 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.