

CHERRYBROOK ATHLETICS



HANDBOOK SEASON 2018/2019

www.cherrybrookathletics.org.au

Contents

COMMITTEE CONTACTS	3
COACHES CONTACTS	3
USEFUL WEBSITES	3
2018/2019 SEASON CALENDAR	4
LITTLE ATHLETICS CHAMPIONSHIP DATES	6
RULES AND SPECIFICATIONS FOR EVENTS	7
JAVELIN.....	7
DISCUS.....	8
HAMMER THROW.....	8
SHOT PUT	9
LONG JUMP / TRIPLE JUMP	10
HIGH JUMP	11
TRACK INFORMATION.....	12
Starting a Race	12
HURDLES.....	13
TRACK RELAYS.....	14
COLOURED PATCH STANDARDS	15
AWARDS AND PATCHES	19
COLOURED PATCHES.....	19
LAs POINTS SYSTEM AND ANNUAL AWARDS.....	19
PERFORMANCE AWARDS	19
T.J. BEALE PERPETUAL TROPHY	19
WEEKLY PROGRAMS.....	20
Program 1 2018-19	20
Program 2 2018-19	21
Program 3 2018-19.....	21
MAP OF GREENWAY OVAL	23

COMMITTEE CONTACTS

Position	Name	Phone	Email
Executive			
President	Charlene Stewart	0411 016 950	c_stewart001@hotmail.com
Vice-President	Nicky Jenneke	0448 407 716	nickyjenneke219@gmail.com
Secretary	Kate Tong	0404 531 606	kate.tong2018@outlook.com
Treasurer	Sandra Moore	0402 099 206	sandra.l.moore@bigpond.com
Senior Club Athletics Registrar	Karin Webb	0408 622 144	karinswebb@yahoo.com.au
Little Athletics Registrar	Shoba Ramaraj	0404 674 405	shobaramaraj@gmail.com
Other Committee			
Little Athletics Registrar Assistant	Jenny Koot	0414 530 792	Jenny.koot@gmail.com
Website	Jill Ingram	0420 589 148	jjj65@yahoo.com
Junior Records and Rankings	Jun Liu	0421125099	jiulun@hotmail.com
Senior Records and Rankings	Robert Clark	0411 013 146	robclark307@gmail.com
Coaching	Valmé Kruger	0402 126 060	valme.kruger@det.edu.nsw.au
Junior Championships	Naomi Moore	0416 128 316	naomimoore77@hotmail.com
Junior Championships Assistant (Zone-State)	Karim Burkhardt	0427 902 626	karimburkhardt@hotmail.com
Senior Championships	Matt Joyce	0402 485 998	matthewjoyce89@outlook.com
Senior Competition Officer	David Britton	0410 413 550	d.britton@outlook.com
Age Manager Coordinator	Virginia Moresi	0409 743 244	mvmoresi@gmail.com
Assist. Age Manager Coordinator	Simone	0423 483 563	scm500@gmail.com
Uniforms	Julie Semaganda	0421 002 991	julie.semaganda@sky.com
Canteen Coordinator			
Equipment	Anthony Flahey	0475 506 060	azurite35@hotmail.com
Senior Publicity	Hugh Hunt	0437 088 898	hughdth@gmail.com
General Committee	Elizabeth Jones	0403 961 884	elizabeth.jones.aus@gmail.com
General Committee	Anthony Booth	0417 455 134	anthonybooth75@bigpond.com
General Club Enquiries	Cherrybrook Athletics		cherrybrook.athletics@outlook.com

COACHES CONTACTS

Coaches Name	Phone	Disciplines Coached	Training Days
Valmé Kruger	0402126060	Middle - Long Distance and Cross Country	Mondays and Wednesdays
John Sharpe	0407070758	Sprints, Throws and Jumps	Most Days
Mick Zisti	0434110872	Sprints and Hurdles	Mondays and Wednesdays

USEFUL WEBSITES

Cherrybrook Athletics Club	www.cherrybrookathletics.org.au	
NSW Little Athletics	www.lansw.com.au	9633 4511
NSW Athletics (Senior)	www.nswathletics.org.au	9746 1122
Athletics Australia	www.athletics.com.au	03 9820 3511
Hornsby Council wet weather	www.hornsby.nsw.gov.au	9847 6764 (after 3pm)
ResultsHQ	www.resultshq.com.au	



2018/2019 SEASON CALENDAR



Dual athletes are athletes who are in the U12 or above age groups and registered with both LAs and Athletics NSW.

Day	Date	Event	Place	For
AUGUST 2018				
Sun	19	Registration Finalisation Day	Greenway Oval #2 Cherrybrook	All
Fri	24	Registration Finalisation Day	Greenway Oval #2 Cherrybrook	All
Sun	26	Working Bee	Greenway Oval #2 Cherrybrook	All
Fri	31	Officials & Age Managers Training Night	Greenway Oval #2 Cherrybrook	
SEPTEMBER 2018				
Fri	7	Orientation & Coaching Night	Greenway Oval #2 Cherrybrook	All
Fri	14	First Cherrybrook Competition Night	Greenway Oval #2 Cherrybrook	All
Fri	21	Cherrybrook Competition Night & Trialists	Greenway Oval #2 Cherrybrook	All
Fri	28	Cherrybrook Competition Night & Trialists	Greenway Oval #2 Cherrybrook	All
Fri - Sun	28 - 30	NSW All Schools	SOPAC, Homebush	High School
OCTOBER 2018				
Fri	5 (School holidays)	Cherrybrook Competition Night	Greenway Oval #2 Cherrybrook	All
Fri	6	All Comers / 10,000m Champs	Bankstown	Dual + Seniors
Fri	12 (School holidays)	Cherrybrook Competition Night	Greenway Oval #2 Cherrybrook	All
Sat	13	Treloar Shield 1	Blacktown	Dual + Seniors
Fri	19	Cherrybrook Competition Night & Age Group Photos	Greenway Oval #2 Cherrybrook	All
Sat	20	Treloar Shield 2	SOPAC, Homebush	Dual + Seniors
Fri	26	Cherrybrook Competition Night & Back up Photo Night	Greenway Oval #2 Cherrybrook	All
Fri	27	Club All-Comers	Regions	Dual + Seniors
NOVEMBER 2018				
Fri	2	Cherrybrook Competition Night	Greenway Oval #2 Cherrybrook	All
Sat	3	Treloar Shield 3	Campbelltown Athletics Stadium	Dual + Seniors
Sun	4	Trans-Tasman Trials	Campbelltown Athletics Stadium	U11 +U12
Fri	9	Cherrybrook Competition Night	Greenway Oval #2 Cherrybrook	All
Sat	10	Treloar Shield 4 + 3,000m Champs	SOPAC, Homebush	Dual + Seniors
Fri	16	U6 & U7 Relay Night. No Competition for other age groups	Greenway Oval #2 Cherrybrook	U6 + U7
Sat	17	NSW Little Athletics State Relays	SOPAC, Homebush	U8 – U11
Sun	18	NSW Little Athletics State Relays	SOPAC, Homebush	U12 – U17
Fri	23	Cherrybrook Competition Night	Greenway Oval #2 Cherrybrook	All
Sat+Sun	24 & 25	NSW State Relays	SOPAC, Homebush	Dual + Seniors
Fri	30	Cherrybrook Competition Night & Multi Night	Greenway Oval #2 Cherrybrook	All

Day	Date	Event	Place	For
DECEMBER 2018				
Sat	1	Treloar Shield 5	Campbelltown Athletics Stadium	Dual + Seniors
Fri	7	U6 Ribbon Night	Greenway Oval #2 Cherrybrook	U6
Sat + Sun	8 & 9	North Metropolitan Zone Championships	Barton Park, Parramatta	U7 – U17
Fri – Sun	7 - 9	Australian All Schools Champs	Cairns, Qld	High School
Fri	14	Cherrybrook Competition Night	Greenway Oval #2 Cherrybrook	All
Sat	15	Club Champs	SOPAC, Homebush	U9 – Masters
Sat	22	Albie Thomas	Bankstown	
CHRISTMAS BREAK				
JANUARY 2019				
Sat	5	Treloar Shield 6	SOPAC, Homebush	Dual + Seniors
Fri	11	Cherrybrook Competition Night	Greenway Oval #2 Cherrybrook	All
Sat	12	All-Comers	Newcastle	Dual + Seniors
Sun	13	Trans-Tasman	Campbelltown Athletics Centre	U11/12 B&G
Fri	18	Cherrybrook Competition Night	Greenway Oval #2 Cherrybrook	All
Sat	19	Treloar Shield 7	SOPAC, Homebush	Dual + Seniors
Thurs-Sun	24 - 27	NSW Country Champs	Newcastle	
Fri	25	Cherrybrook Competition Night	Greenway Oval #2 Cherrybrook	All
Fri	25	Hunter Classic	Newcastle	
Sun - Mon	27+28	Canberra Festival of Athletics including Canberra HP Meet on the 28th	Canberra, ACT	Dual + Seniors
FEBRUARY 2019				
Fri	1	Cherrybrook Competition Night	Greenway Oval #2 Cherrybrook	All
Sat	2	All-Comers & 5,000m Champs	Bankstown	Dual + Seniors
Fri	8	Modified Program - No points awarded	Greenway Oval #2 Cherrybrook	All
Fri – Sun	8 - 10	NSW Masters Champs	SOPAC, Homebush	Masters
Fri – Sun	8 - 10	ACT Athletics Championships	Canberra, ACT	Dual + Seniors
Sat + Sun	9 & 10	LA's Region 5 Champs	Narrabeen Sports Academy	U8 – U17 Qualifiers
Fri	15	Cherrybrook Competition Night	Greenway Oval #2 Cherrybrook	All
Sat	16	All-Comers	Illawong	Dual + Seniors
Fri	22	Cherrybrook Competition Night	Greenway Oval #2 Cherrybrook	All
Fri – Sun	22 - 24	NSW Junior & Para Champs	SOPAC, Homebush	Dual + Seniors U12 – U20
Sat	23	Sydney Track Classic	SOPAC, Homebush	
MARCH 2019				
Fri	1	Cherrybrook Competition Night	Greenway Oval #2 Cherrybrook	All

Day	Date	Event	Place	For
Sat	2	All-Comers	Campbelltown Athletics Centre	Dual + Seniors
Sat - Sun	2 -3	LA's State Multi Champs	Barden Park, Dubbo	U7 – U17
Fri	8	Cherrybrook Competition Night & Championships Photos	Greenway Oval #2 Cherrybrook	All
Fri - Sun	8 - 10	NSW Open & Para Champs	SOPAC, Homebush	
Fri	15	Modified Program - No points awarded	Greenway Oval #2 Cherrybrook	All
Sat + Sun	16 - 17	NSW LA State Champs	SOPAC, Homebush	U9 – U17 Qualifiers
Fri - Sun	15 - 17	Australian Junior Combined Event Championships	Hobart, Tas	U15 – U18
Sat	16th	All-Comers	Campbelltown Athletics Centre	Dual + Seniors
Fri	22	Final Cherrybrook Competition Night	Greenway Oval #2 Cherrybrook	All
Sat	23	All-Comers	SOPAC, Homebush	Dual + Seniors
Fri-Sun	23 - 25	Clean Up/Working Bee	Greenway Oval #2 Cherrybrook	All
APRIL 2019				
Sat – Sun	30 th March – 7 th April	Australian Track and Field Championships	SOPAC, Homebush	Qualifiers from NSW Champs
Sat - Sun	27 - 28	Australian LA's Championships	Hobart	U13+U15 By selection
MAY / JUNE / JULY 2019				
Sun	May	Cherrybrook Athletics AGM & Presentation	TBD	All
Fri – Sun	25 – 28 June	Oceania Area Championships	Townsville, QLD	U18 – Open By Nomination

LITTLE ATHLETICS CHAMPIONSHIP DATES

Date	Championship	Details
Sat 17 Nov 2018	LAs State Relays Championships Day 1: U8 – U11	SOPAC Homebush Relay Selection is done by athlete nomination. All interested athletes U8+ are encouraged to nominate
Sun 18 Nov 2018	LAs State Relays Championships Day 2: U12 – U17	
Sat + Sun 8-9 Dec 2018	North Metropolitan Zone Championships	Zone Selection is done by athlete nomination U7 – U17
Sun 13 Jan 2019	Trans-Tasman Challenge Day	Sydney – NSW vs Auckland
Sat + Sun 9-10 Feb 2019	LAs NSW Regional Championships	First six placegetters at Zone in U8 upwards qualify for Regional (plus the next best 4 performances from finals from either of the two qualifying Zones).
Sat + Sun 2 - 3 Mar 2019	LAs NSW State Multi Event Championships. Barden Park, Dubbo	Entry available for athletes U7-U17. There are no qualifying requirements
Sat + Sun 16-17 Mar 2019	LAs NSW State Championships SOPAC Homebush	First two placegetters at Regional in U9 upwards qualify for State (plus the next 8 best performances in the State).
Sat - Sun 27– 28 April 2019	Australian Little Athletics Championships SOPAC	A team of 22 x U13 athletes are selected from State and 4 x U15 athletes from State Multi
June/July 2019	LAs NSW State Cross Country and Road Walks Championships	TBD

RULES AND SPECIFICATIONS FOR EVENTS

General Rules for field events

These may not necessarily be used on a Friday night but would be used at all championships & gala days.

- An athlete only has 30 seconds from when their name is called to start their attempt/throw. When there is 15 seconds remaining, a yellow flag is raised.
- A **red flag** is raised if an attempt is judged as a foul or if the athlete is timed out – i.e. takes longer than the 30 seconds
- A **white flag** is raised to show a valid attempt/throw or bar clearance (HJ).
- With the exception of High Jump, each athlete has 3 turns at each event and their best attempt is then noted as their best distance for the evening. On a Friday night please try to ensure that every athlete achieves a valid distance.

JAVELIN

The rules regarding runway lines may not apply on a Friday night due to our limitations.

Basic Rules

- The javelin must be held at the grip. It shall be thrown over the shoulder or the upper part of the throwing arm and must not be slung or hurled.
- At no time during the throw, until the javelin has been discharged into the air, may the athlete turn completely around, so that their back is towards the landing sector.
- A throw will only be valid if the tip of the javelin hits the ground first before any other part. It does not have to stick in the ground.
- A foul occurs if:
 - the javelin lands on or outside of the lines marking the landing sector.
 - the athlete leaves the runway before the javelin has landed
 - the athlete touches any of the lines marking the runway or the line marking the front of the runway at any point during their throw.
 - the athlete leaves the runway in front of the throwing arc line.

Measuring the distance

- The zero end of the tape will be held where the tip of the javelin first landed and measured back to the inside edge of the arc with the tape pulled back 8 metres to the centre of the throwing arc.

Safety concerns

- Ensure that any helpers that are in the landing sector are facing the athlete before allowing the athlete to commence their throw.
- Ensure that everyone, except those helping in the landing sector, is behind the throwing area, in case of stray javelins
- Javelins must be carried back from the landing sector **NEVER** thrown.

Little Athletics – Javelin Specifications

	U11	U12	U13	U14	U15	U17
Boys	400g	400g	600g	600g	700g	700g
Girls	400g	400g	400g	400g	500g	500g

Senior Athletics – Javelin Specifications

	Open	U20	U18	U16	U14
Male	800g	800g	700g	700g	600g
Female	600g	600g	500g	500g	400g

DISCUS

Rules

- The throw is made from within the circle
- The throw is commenced from a stationary position
- An athlete is allowed to touch the inside of the iron band marking the circle when making a throw
- A foul occurs if:
 - any part of the athlete's body touches the top or goes outside of the iron band when making a throw
 - the discus lands on or outside of the lines marking the landing sector.
 - the athlete leaves the circle before the discus has landed.
 - the athlete leaves the circle, after their throw, from the front half of the circle.

Measuring the Distance

- A throw is measured from the nearest point the discus lands back to the **inside edge** of the iron band.
- When measuring the distance, place the zero end of the tape at the point the discus lands which is closest to the circle and then run the tape back to the centre of the throwing circle.
- The distance is then measured to the inside of the iron band along a line from the mark to the centre of the circle.
- Distances shall always be recorded to the nearest centimetre (0.01m) below the distance measured if the distance measured is not a whole centimetre

Safety Concerns

- Ensure that it is only the athlete in the circle and everyone else (except those helping in the landing area) is behind the fencing during any throw.
- Ensure that any helpers that are in the landing sector are facing the athlete before allowing the athlete to commence their throw. Be aware of helpers from the other circles as well.
- Ensure those helpers in the landing area are on the outside edges of each sector and not in the overlap area of the 2 sectors.
- If someone is using the long throwing sector then stop the throws from any other sectors so that helpers in the landing area can turn around to face the discus from the long throws area.
- Discus must be carried back from the landing area **NEVER** thrown.

Little Athletics – Discus Specifications

	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U17
Boys	350g	350g	500g	500g	500g	500g	750g	750g	1kg	1kg	1.5kg
Girls	350g	350g	500g	500g	500g	500g	750g	750g	1kg	1kg	1kg

Senior Athletics – Discus Specifications

	Open	U20	U18	U16	U14
Male	2kg	1.75kg	1.5kg	1kg	1kg
Female	1kg	1kg	1kg	1kg	1kg

HAMMER THROW

The club does not run hammer events on Friday club competition nights however, Athletics NSW and Athletics Australia include Hammer events during some of their meets.

Senior Athletics – Hammer Specifications

	Open	U20	U18	U16	U14
Male	7.26kg	6kg	5kg	4kg	3kg
Female	4kg	4kg	4kg	3kg	3kg

SHOT PUT

Rules

- The put is made from within the circle and must begin from a stationary position.
- The put is made with one hand only.
- When the athlete takes their stance the shot must be placed in close proximity to the chin/neck under the jaw line.
- The shot can be placed near the neck but the hand must not rest on the shoulder.
- The shot cannot be taken behind the line of the shoulders.
- When making a put, the athlete's foot may touch the inside of the stop board.
- A foul occurs if:
 - during the throw any part of the athlete's body either touches the top of the stop board or the top of the circle, or the ground outside the circle or if they make an improper throw.
 - An improper throw occurs if the hand is not in close proximity to the chin/neck at the time the hand is driven forward to release the shot. You will see the hand/elbow drop down and it will look like 2 moves rather than one forward move from the stationary starting position.
 - the shot lands on or outside of the lines marking the landing sector.
 - the athlete exits the circle before the shot has landed.
 - the athlete leaves the circle, after their throw, from the front half of the circle.

Measuring the Distance

- A throw is measured from the nearest point the shot lands back to the **inside edge** of the stop board.
- When measuring the distance, place the zero end of the tape at the point the shot lands, which is closest to the throwing circle and then run the tape back to the centre of the throwing circle.
- The distance is then measured to the inside edge of the stop board along a line from the point of landing to the centre of the circle.
- Always measure to the nearest centimetre below the distance thrown i.e. if the distance thrown is 99.5cm the distance will be measured at 99 centimetres.

Safety Concerns

- Ensure that any helpers that are in the landing sector are facing the athlete before allowing the athlete to commence their throw.
- Ensure that everyone, except those helping in the landing sector, is behind the circle, in case of stray throws!
- Shot puts should be carried or rolled back to the circle **NEVER** thrown.

Little Athletics – Shot Put Specifications

	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U17
Boys	500g	1kg	1.5kg	2kg	2kg	2kg	2kg	3kg	3kg	4kg	5kg
	Pink	Blue	Yellow	Orange				White		Red	Green
Girls	500g	1kg	1.5kg	2kg	2kg	2kg	2kg	3kg	3kg	3kg	3kg
	Pink	Blue	Yellow	Orange				White			

Senior Athletics – Shot Put Specifications

	Open	U20	U18	U16	U14
Male	7.26kg	6kg	5kg	4kg	3kg
Female	4kg	4kg	3kg	3kg	3kg

LONG JUMP / TRIPLE JUMP

Rules

- An athlete must take off from one foot only.
- A foul occurs if:
 - any part of the mark made by the athlete's take off foot crosses the front of the take-off sand area (under 6's to under 10's) or beyond the 20cm take off board (under 11's up) which is clearly marked on the runway **OR** they take off from outside either end of the take-off area or board.
 - the athlete, when they land, touches the ground outside the landing area (pit), nearer to the take-off board/area than the nearest break made in the landing area made by the jump.
 - when leaving the pit area the athlete's first contact with the ground outside is closer to the take-off line than the nearest break they made in the sand on landing.
 - after landing, the athlete walks back through the landing area, without having first left the pit area in the correct manner.
 - the athlete uses any form of somersaulting!
- In triple jump (hop, step, jump), a hop is made so that the athlete first lands on the same foot from which they have taken off from, in the step they land on the other foot and it is from this foot that the jump is performed. If the athlete, whilst jumping, touches the ground with the trailing/"sleeping" leg, it does not count as a foul.

Take-Off Boards (very important) and Measuring the Distance

- For U6 to U10 a sand take-off area measuring 1.22m (width of runway) by 0.50m is used. It should have a covering of sand about 1- 2cm deep. The front of this sand area is positioned **0.5m** from the end of the pit for U6 and U7 and **1.0m** from the end for the U8, U9 & U10s.
- When measuring the distance, you place the zero end of the tape at the point the athlete breaks the sand with **any** part of their body nearest to the take-off board. This may be a mark made by the hand or foot behind the initial landing if they overbalance on landing and fall back.
- A jump is then measured directly back to the front of any indentation made by the athlete in the sand on the take-off area for the younger age groups.
- If the athlete takes off before the take-off area the measurement is taken perpendicularly from the mark in the pit to the back **NOT** the front of the take-off area.
- For U11's up the normal white 20cm take-off board is used.
- All measurements are taken perpendicular back to the front of the 20cm take-off strip/board from the mark made in the pit for the U11s up.
- Always measure to the nearest centimetre **below** the distance jumped eg if the tape reads 3.656m then they have 3.65m recorded – you cannot give them more than they have jumped, so you don't round up!

Hints & tips

- As a general rule of thumb, for new athletes they should take about the same number of strides to get to the take-off board as they are years old – up to about 15 strides.

Safety Concerns

- Always ensure that the person with the rake has exited the pit before allowing the next athlete to start their run up – no-one wants to land on a rake!
- Ensure that the runways are kept clear and children are not running across them.
- Ensure that athletes leave the pit on the outside edge so that they don't get in the way of athletes using the other pit.

HIGH JUMP

Rules

- An athlete must jump off one leg only for the jump to be legal.
- U9s and U10s are only allowed to use the scissor technique as per LANSW rules. A valid scissor jump will be recorded if:
 - The leading foot of the athlete goes over the bar before the athlete's head.
 - The buttocks of the athlete must be higher than their head, at the point that the buttocks clear the bar
 - The athlete's lead foot touches the landing area before any other part of their body.
- Each athlete is given 3 attempts to clear each height.
- If they fail to clear the height after their third attempt, they are out of the competition.
- When an athlete clears a particular height, they do not jump again until the next height.
- An athlete can pass a height or an attempt at a height if they desire. However after three consecutive failures, regardless of the heights at which the jumps are made, they are eliminated.
- A foul occurs if:
 - the bar is knocked off the supports during a jump (and doesn't land back on them!).
 - an athlete touches the ground or landing area (mats) beyond the plane of the bar with any part of the body, without first clearing the bar .
- If the bar falls off without having been knocked by the athlete (e.g. due to strong wind) this is not a failure and the athlete is given another jump, or if it is very clear that they were over the height first it can be recorded as a clearance.

Measuring the Height

- **Check that both the bar supports are at the correct height and level by using the metal measuring bar as the tapes on the uprights do not always read the correct height.**
- The height is measured using the steel bar marked in graduated centimetres with the zero end placed on the ground, perpendicular to the bar.
- Heights are measured in whole centimetres with the measure placed perpendicular to the ground and measured to the lowest part of the upper side of the cross bar (normally around the middle of the bar)
- After all the athletes have completed a particular height, the cross bar height is increased by 5cm
- When only 6 or less athletes are left they are entitled to have the cross bar increased at 2 cm intervals between heights, if requested.

Recording

- When recording an athlete's attempts at a given height, a clearance is marked with a 0 and failure with an X.
- Three consecutive X's constitute elimination from the competition and a 0 at any given height enables the athlete to advance to the next height.
- If an athlete passes a height that is noted by a -

NOTE: All athletes at Cherrybrook Athletics will be encouraged to **use the scissor technique** properly and to jump a reasonable height with it before they attempt to flop.

The suggested starting heights for high jump will be:

Under 9	0.75m	Under 12	1.05m	Under 15	1.15 m
Under10	0.85m	Under 13	1.10m	Under 17	1.20 m
Under 11	0.95m	Under 14	1.15m	Under 18+	1.30 m

NOTE: U8's may also do high jump but only for training and they use a rubber flexi bar. Every effort will be made to ensure all athletes clear a height each night. If necessary, the starting height for some athletes should be lowered to ensure they get a chance. Equally those athletes that can jump higher heights should be encouraged to pass some of the opening heights.

TRACK INFORMATION

During our Friday night competition, there can be up to four tracks being used.

There are 2 straight tracks in the middle of the oval - one for sprints from 50m – 100m

- one for sprint hurdle races from 60m – 100/110m.

The inner track is used for the long hurdles (200/300m) and for the 200m and 400m races.

The outer track is used for events not run in lanes – the younger age group pack starts of 300/500/700m and then all other races of 800m+ and the walks.

The Walk distances are as follows: U9 = 700m U10 & U11 = 1100m U12+ = 1500m

Rules

- Spike shoes cannot be worn for race walk events
- U9 & U10s cannot wear spike shoes at all.
- U11s & U12s can wear spike shoes for all events run entirely in lanes and for LJ, TJ, HJ and Javelin
- U13s+ can wear spike shoes in all events (with the exception of walks – see above)
- For all events run entirely in lanes each athlete must keep entirely within their own lane from start to finish. If they do not do this they may be disqualified.
 - If an athlete runs outside of their lane on the straights or on the outside of their outer lane line on the bends and no other athlete is obstructed, then they do not need to be disqualified as they have not gained any advantage or impeded anyone else.
- If an athlete voluntarily leaves the track during a race then they are not allowed to re-join the race.
- An athlete may be disqualified for causing 2 false starts – see information below on starts
- For Race walks the correct technique should be used to be valid for times to be recorded – particularly records
 - To be valid the athlete must maintain contact with the ground at all times
 - The advancing leg (the one going out to the front) must be straightened (ie no bent knee) from the moment of first contact with the ground until the vertical upright position (ie when the leg is directly underneath the rest of the body)
 - Yellow paddles are shown to an athlete if they are in danger of not complying with the rules – these are a warning.
 - Red cards are shown if an athlete actually breaks the rules of walking.
- False Starts:
 - If an athlete leaves their marks with hand or foot after the words “set” (for events run in lanes) or “on your marks” for events not run in lanes and before the gun has fired, it shall be considered a false start & the race should be recalled & started again. At Championship events there is a limit on the number of false starts that can be committed before athletes are disqualified, dependant on the age group.

Starting a Race

- Before the starter starts a race it is advisable for them to blow a whistle to alert both the athletes & those around that a race is about to start.
- For events run entirely in lanes the commands are – On your marks, Set & then the gun is fired.
 - On the command **On your marks**, the athletes approach the start line and if doing a crouch start get into their initial position, ensuring no part of their foot or hand touches the line.
 - When all athletes are steady the command **Set** is given upon which the athletes take up the stance/position that they wish to start the race. Athletes should move to this position promptly.
 - When all athletes are again steady the Starter shall fire the gun to start the race.
- For events not run entirely in lanes the commands are – On your marks & the gun being fired.
 - On the command **On your marks**, the athletes approach the line, ensuring that no part of their foot touches the line and assume the position that they wish to start the race from.
 - Once all athletes are settled & steady the gun is fired to start the race.

At the end of a race run entirely in lanes, the athletes should remain in their lanes until advised that they can move to the recording table and give/show their registration number.

At the end of a race not run in lanes, athletes should be given a numbered card, sequentially given as they come across the finish line & then go – in number order – to the recording table at the end of the race to give their registration number to record against their time.

For those races run on the outer track assistance will be required to keep count of the laps completed by each athlete & advise how many laps are left as each athlete goes past the finish line each lap, otherwise it is very difficult to keep track of athletes that have been lapped – particularly in the longer race

HURDLES

Hurdles are placed on the track so that if they are hit they will collapse down away from the athlete to minimise injury. Please try to ensure that athletes do not go over them in the reverse direction on the track during any warm up/practise runs.

Rules

- All hurdle races are run in lanes and each athlete must stay in their own lane.
- If an athlete deliberately knocks down a hurdle, they may be disqualified
- If the trail leg (the one that goes over the hurdle second) is below the horizontal plane of the top of the hurdle as they clear it, they may be disqualified – ie they cannot take their trail leg around the side of a hurdle. This is more likely to occur on the longer hurdle races or with athletes in the outside lanes of the short hurdles.
- If an athlete directly or indirectly knocks down, alters or moves a hurdle in another lane they can be disqualified, unless there is no effect or obstruction to anyone else (ie other athlete has already gone over that hurdle)
- If the wind blows a hurdle over before an athlete gets to it, the athlete should make a hurdle movement as if the hurdle was still there.
- Athletes are given the opportunity to practice over two hurdles before the start of their race.

LAs Hurdle Specifications

Age	Distance	Run In	Run Out	Flights	Height	Between
U8 & U9	60m	12m	13m	6	45cm	7m
U10 & 11	60m	12m	13m	6	60cm	7m
U12	60m	12m	13m	6	68cm	7m
U13 & U14G	80m	12m	12m	9	76cm	7m
U14B & 15G	90m	13m	13m	9	76cm	8m
U15B & U17G	100m	13m	10.5m	10	76cm	8.5m
U17B	110m	13.72m	14.02m	10	76cm	9.14m
U17B (if no 110m track available)	100m	13.72m	13.16m	9	76cm	9.14m
U13	200m	20m	40m	5	68cm	35m
U14	200m	20m	40m	5	76cm	35m
U15 & U17	300m	50m	40m	7	76cm	35m

Senior Hurdles Specifications

Age	Distance	Run In	Run Out	Flights	Height	Between
U14W	80m	12m	12m	9	76cm	7m
U14M+U15M+U16W	90m	132m	13m	9	76cm	8m
U15M +U16M	100m	13m	10.5m	10	84cm	8.5m
U17W + U18W	100m	13m	10.5m	10	76cm	8.5m
U20W + Open W	100m	13m	10.5m	10	84cm	8.5m
U17M +U18M	110m	13.72m	14.02m	10	91cm	9.14m
U20M	110m	13.72m	14.02m	10	99.1cm	9.14m
Open M	110m	13.72m	14.02m	10	106.7cm	9.14m
U15M/W + U16M/W	200m	18.29m	17.10m	10	76.2cm	18.29m
U17 – Open M +W	All 400m hurdles have a run in of 45m, run out of 40m, with 10 flights 35m apart. Heights are - Open +U20M = 91cm, U17+18B = 84cm and U17/U18/U20 + Open W = 76.2m					

TRACK RELAYS

LA's Track Relays are conducted in the 4 x 100m, 4 x 200m and 4 x 400m.

Each relay has four athletes who will run the distance implied by the relay name e.g. 4 x 100m is run by 4 athletes each running 100m consecutively upon being in possession of the passed baton.

General rules

1. No athlete may run two sections for a team.
2. The baton must be carried by hand throughout the race.
3. If dropped, the athlete who dropped the baton must recover it. The athlete may leave their lane to retrieve the baton, so long as they do not interfere with any other athlete and return to their own lane before passing the baton. The act of dropping the baton does not itself result in disqualification.
4. Should any athlete wilfully impede a member of another team by running out of their lane, they are liable to cause the disqualification of their team.
5. Athletes may place one check mark on the track within their own lane using adhesive tape only.
6. Change over must take place within the take-over zone, it is only the position of the baton that is decisive and not the position of the body or the limbs of the athlete.
7. Athletes must remain in their lanes after handing over the baton, until the course is clear.

The 4 x 100m relay is run entirely in lanes. The takeover zone for each change is 30m long.

The 4 x 200m relay is run for two changes in lanes and then the relay lanes merge. Athletes receiving the baton for the third change, will line up at the change point according to the position of the incoming athletes, the leading team will therefore receive the baton from the inside lane. For the first two changes of the 4 x 200m relay the take over zone is 30m, the third changeover zone is 20m.

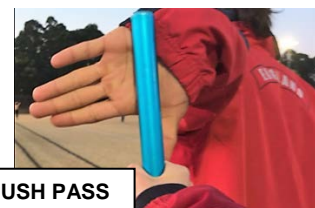
The 4 x 400m relay is run for the first lap only in lanes with athletes able to merge after the first change. Changes two and three will line up at the change point according to the position of the incoming athletes. The leading team will take the baton from the inside lane. The changeover zone for the 4 x 400m relay is 20m.

4 x 100m Relay Tips

If the starting athlete has the baton in their right hand, then the athlete at the first and third changes should stand to the right of their lane and receive the baton in their left hand and the athlete at change three should stand to the left of their lane and receive the baton in their right hand (see image below). Athletes should not swap baton hands mid race.

The receiving athlete should stand within the take over zone. Older athletes should start further back in the zone and younger athletes should start further into the zone. The receiving athlete should glance over their shoulder at the incoming athlete and then look forward and takes off once the approaching athlete reaches the mark or is approx. 5 – 15m away (depending on the speed of the athletes). The incoming athlete should call 'hand' or other agreed command at which time the receiving athlete should put their hand back, palm facing up and thumb spread at 90 degrees from the fingers, to receive the baton (older athletes may try a push pass or upward pass). the receiving athlete should try and reach top speed before receiving the baton.

The athlete passing the baton, should deliver the baton to the retrieving athlete in a downwards motion (unless using a push pass) and not release the baton until they feel the retrieving athlete has a firm grip. Once the baton has been passed, the athlete should remain in their lane until all teams have passed their batons.



COLOURED PATCH STANDARDS

UNDER 7 BOYS						
Coloured Patch Standards						
Events	Record	Yellow	Green	Red	Blue	Gold
50m	9.08	13.00	11.9	10.80	9.80	8.80
70m	12.64	17.2	15.5	14.20	13.00	12.00
100m	17.97	25.0	22.5	21.00	18.50	16.80
200m	37.37	58.0	51.0	46.00	39.00	36.00
500m	1:45.6	3.05.0	2.40.00	2.30.00	2.00.0	1.50.0
Long	3.25	1.50	2.00	2.30	2.60	3.10
Shot	6.51	4.00	2.70	7.20	9.00	6.30
Disc	17.7	2.20	5.40	3.80	4.80	15.00

UNDER 7 GIRLS						
Coloured Patch Standards						
Events	Record	Yellow	Green	Red	Blue	Gold
50m	9.56	13.00	12.40	11.20	10.00	9.20
70m	12.89	17.20	16.00	14.60	13.40	12.60
100m	18.57	25.20	23.50	22.00	19.70	17.50
200m	40.38	58.00	52.00	48.00	41.60	37.50
500m	1.53.0	3.15.0	2.52.0	2.45.0	2.10.0	1.55.0
Long J	3.16	1.30	1.80	2.10	2.40	3.00
Shot	7.25	2.00	2.50	3.20	3.80	5.00
Disc	14.42	3.65	4.90	5.60	8.00	11.00

UNDER 8 BOYS						
Coloured Patch Standards						
Events	Record	Yellow	Green	Red	Blue	Gold
70m	11.73	16.50	14.50	13.00	11.90	11.00
100m	16.38	23.50	20.00	18.50	16.50	15.60
200m	34.70	55.00	45.00	42.00	36.20	33.40
400m	1.21.8	1.55.0	1.41.0	1.32.0	1.24.0	1.16.0
700m	2.25.77	4.00.0	3.42.0	3.25.0	2.49.0	2.30.0
60m H	11.87	17.5	15.00	14.40	12.80	11.40
Long J	4.07	2.10	2.50	2.85	3.20	3.65
Shot	7.92	2.60	3.50	4.50	5.90	7.00
Discus	21.69	7.00	8.40	11.00	16.60	18.00

UNDER 8 GIRLS						
Coloured Patch Standards						
Events	Record	Yellow	Green	Red	Blue	Gold
70m	11.83	17.10	15.50	13.8	12.40	11.90
100m	16.76	25.00	22.10	19.5	17.40	16.20
200m	36.75	55.00	47.50	43.5	37.60	34.00
400m	1.20.75	1.59.0	1.45.0	1.36.0	1.28.0	1.18.0
700m	2.38.6	4.10.0	3.55.0	3.40.0	3.08.0	2.38.0
60m H	12.04	19.00	16.5	15.00	13.50	12.10
Long J	3.83	2.00	2.30	2.50	2.85	3.55
Shot	7.23	2.30	3.10	4.00	4.60	6.00
Discus	21.04	5.60	7.00	8.40	11.20	17.50

UNDER 9 BOYS						
		Coloured Patch Standards				
Events	Record	Yellow	Green	Red	Blue	Gold
70m	10.96	15.00	13.00	11.80	11.00	10.40
100m	15.14	22.00	19.00	17.50	15.60	15.00
200m	32.23	47.0	42.00	38.0	32.60	31.00
400m	1.14.31	1.47.0	1.35.0	1.25.0	1.18.0	1.11.0
800m	2.39.90	4.05.0	3.42.0	3.32.0	2.58.0	2.45.0
60m H	10.39	15.00	13.70	13.00	11.50	10.5
WALK	4.26.09	6.30.0	5.40.0	5.00.0	4.20.0	4.00.0
Long J	4.22	2.30	2.85	3.25	3.50	3.95
HIGH	1.28	0.75	0.85	0.95	1.05	1.20
Shot	8.52	3.00	3.80	4.90	6.10	22.50
Discus	24.76	8.00	11.50	14.20	18.00	7.50

UNDER 9 GIRLS						
		Coloured Patch Standards				
Events	Record	Yellow	Green	Red	Blue	Gold
70m	10.83	15.20	13.50	12.50	11.20	10.40
100m	15.27	22.00	19.80	18.50	16.40	15.20
200m	32.91	50.00	43.00	39.20	34.70	31.40
400m	1.20.64	1.57.0	1.40.0	1.32.0	1.22.0	1.15.2
800m	2.49.20	4.18.0	3.55.0	3.35.0	3.05.0	2.50.0
60m H	11.26	16.50	14.20	13.70	12.00	11.00
WALK	3.48.7	6.30.0	5.40.0	5.00.0	4.20.0	4.00.0
Long J	4.11	2.10	2.55	2.95	3.30	3.60
HIGH	1.20	.0.70	0.80	0.90	1.05	1.15
Shot	8.53	2.40	3.50	4.50	5.20	7.30
Discus	26.20	5.80	8.60	10.10	16.00	20.00

UNDER 10 BOYS						
		Coloured Patch Standards				
Events	Record	Yellow	Green	Red	Blue	Gold
70m	10.40	14.00	12.20	11.50	10.80	10.20
100m	14.04	19.50	18.00	16.50	15.30	14.40
200m	30.89	45.00	39.50	35.70	32.00	30.00
400m	1.10.44	1.42.0	1.30.0	1.21.0	1.15.0	1.08.0
800m	2.33.32	4.00.0	3.40.0	3.26.0	2.52.0	2.38.0
60m H	10.65	16.00	14.20	13.30	11.80	10.70
WALK	7.03.73	8.30.0	7.40.0	7.00.0	6.35.0	6.15.0
Long J	4.55	2.30	3.00	3.45	3.95	4.20
HIGH	1.33	0.85	0.95	1.10	1.20	1.25
Shot	9.71	3.40	4.40	6.00	7.30	8.60
Discus	31.73	9.00	13.60	16.00	22.50	28.00

UNDER 10 GIRLS						
		Coloured Patch Standards				
Events	Record	Yellow	Green	Red	Blue	Gold
70m	10.68	14.60	13.20	12.00	11.00	10.50
100m	14.72	21.00	19.00	17.20	15.80	14.80
200m	30.60	46.00	41.00	37.00	32.60	30.50
400m	1.12.18	1.55.00	1.35.00	1.27.00	1.18.0	1.10.0
800m	2.44.87	4.05.00	3.50.0	3.30.0	3.00.0	2.40.0
60m H	10.69	16.50	14.50	13.50	12.50	11.00
WALK	7.09.78	8.30.0	7.40.0	7.00.0	6.35.0	6.15.0
Long J	4.28	2.40	2.90	3.20	3.65	4.10
HIGH	1.29	0.80	0.90	1.00	1.10	1.20
Shot	9.74	2.90	4.30	5.40	6.50	8.40
Discus	28.11	6.00	9.00	14.00	18.00	24.00

UNDER 11 BOYS						
		Coloured Patch Standards				
Events	Record	Yellow	Green	Red	Blue	Gold
100m	13.82	18.50	17.00	16.00	14.70	13.80
200m	29.74	42.00	37.80	34.50	31.00	28.50
400m	1.08.50	1.38.00	1.28.00	1.19.0	1.13.00	1.05.00
800m	2.27.64	3.45.0	3.30.0	3.10.0	2.42.0	2.26.0
1500m	4.59.28	7.50.0	7.05.0	6.38.00	5.40.0	5.08.0
60m H	9.77	15.5	13.70	12.8	11.50	10.20
WALK	5.59.62	8.25.0	7.35.0	6.55.0	6.30.0	6.10.0
Long J	4.74	2.70	3.10	3.55	4.10	4.50
HIGH	1.44	0.90	1.05	1.15	1.25	1.40
TRIPLE	10.25	5.85	6.50	7.40	8.60	9.50
Shot	11.26	3.80	5.00	6.50	8.50	10.50
Discus		9.25	13.25	17.00	22.75	29.00
Javelin	20.44	7.00	9.50	13.50	18.00	24.00

UNDER 11 GIRLS						
		Coloured Patch Standards				
Events	Record	Yellow	Green	Red	Blue	Gold
100m	14.40	20.50	18.50	17.00	15.60	14.20
200m	28.31	45.00	40.50	36.00	32.20	29.60
400m	1.09.42	1.54.00	1.33.0	1.24.0	1.14.0	1.08.0
800m	2.30.00	4.04.0	3.48.0	3.28.0	2.58.0	2.38.0
1500m	5.01.05	8.30.0	7.50.0	7.10.0	5.58.00	5.22.0
60m H	9.82	16.20	14.20	12.90	11.70	10.30
WALK	6.57.59	8.25.0	7.35.0	6.55.0	6.30.0	6.10.0
Long J	4.58	2.70	3.00	3.45	3.90	4.30
HIGH	1.37	0.90	1.00	1.10	1.20	1.35
TRIPLE	9.76	5.40	6.10	6.80	8.20	8.90
Shot	10.60	3.20	4.60	5.50	7.50	9.30
Discus		7.25	9.75	14.50	20.10	26.25
Javelin	17.51	5.00	7.00	10.50	15.00	18.50

UNDER 12 BOYS						
		Coloured Patch Standards				
Events	Record	Yellow	Green	Red	Blue	Gold
100m	13.02	18.00	16.50	15.30	13.80	13.30
200m	26.85	40.00	35.00	33.60	30.20	28.20
400m	1.03.67	1.33.00	1.25.0	1.16.0	1.10.0	1.02.5
800m	2.22.87	3.40.0	3.25.0	3.12.0	2.40.0	2.30.0
1500m	4.53.04	7.30.0	6.50.0	6.35.0	5.30.0	5.08.0
60m H	9.76	15.00	13.90	12.80	11.20	10.20
WALK	8.20.58	11.20.0	10.20.0	9.40.0	9.00.0	8.40.0
Long J	5.22	3.00	3.45	3.90	4.30	4.85
HIGH	1.55	0.95	1.10	1.20	1.35	1.45
TRIPLE	10.53	6.00	7.00	7.75	9.10	9.90
Shot		4.15	5.75	6.60	8.45	10.50
Discus	33.92	9.50	14.00	18.00	24.00	30.00
Javelin	28.96	8.00	11.00	15.00	20.50	28.00

UNDER 12 GIRLS						
		Coloured Patch Standards				
Events	Record	Yellow	Green	Red	Blue	Gold
100m	13.6	20.00	17.4	16.00	14.90	13.80
200m	29.52	41.00	36.20	33.80	30.70	28.60
400m	1.08.96	1.38.0	1.28.0	1.20.0	1.13.0	1.06.0
800m	2.28.53	3.55.0	3.35.0	3.25.0	2.47.0	2.35.0
1500m	5.06.49	8.20.0	7.10.0	6.40.0	6.00.0	5.18.0
60m H	10.47	16.00	14.4	13.0	11.60	10.5
WALK	9.24.02	11.20.0	10.20.0	9.40.0	9.10.0	8.40.0
Long J	4.97	2.80	3.30	3.70	4.10	4.50
HIGH	1.50	0.95	1.05	1.15	1.25	1.40
TRIPLE	10.54	6.00	6.70	7.30	8.60	9.50
Shot	11.38	3.50	5.40	5.90	8.50	10.00
Discus	33.00	8.00	10.00	15.00	20.70	27.00
Javelin	27.53	7.00	8.80	12.60	17.00	21.50

UNDER 13 BOYS						
		Coloured Patch Standards				
Events	Record	Yellow	Green	Red	Blue	Gold
100m	12.22	17.50	16.00	14.50	13.60	12.8
200m	24.51	37.00	34.00	32.00	28.80	25.9
400m	54.53	1.30.0	1.22.0	1.12.0	1.04.0	59.80
800m	2.16.54	3.30.0	3.15.0	3.05.0	2.40.0	2.22.5
1500m	4.32.68	7.10.00	6.40.0	6.10.0	5.30.0	5.06.0
3000m	9.53.07	16.00.0	14.00.0	13.00.0	12.00.0	10.50.0
80m H	13.73	21.00	18.50	16.8	15.00	13.50
200m H	28.72	40.00	37.50	35.00	33.00	29.6
WALK	8.09.27	11.10.0	10.10.0	9.30.0	8.50.0	8.30.0
Long J	5.55	3.10	3.55	4.00	4.50	5.10
HIGH	1.55	1.05	1.15	1.25	1.40	1.50
TRIPLE	11.49	6.30	7.50	8.20	9.80	10.20
Shot Put	14.36	4.30	5.50	7.20	9.90	11.20
Discus		11.00	15.00	21.25	28.00	35.00
Javelin	34.65	9.00	12.00	16.50	23.00	30.00

UNDER 13 GIRLS						
		Coloured Patch Standards				
Events	Record	Yellow	Green	Red	Blue	Gold
100m	13.82	19.00	16.50	15.00	14.60	13.60
200m	28.56	38.00	34.00	32.50	29.60	28.40
400m	1.07.33	1.33.0	1.23.5	1.16.0	1.10.5	1.04.0
800m	2.19.78	3.45.0	3.25.0	3.15.0	2.45.0	2.32.00
1500m	4.53.02	7.40.0	6.55.0	6.35.0	5.50.0	5.15.0
3000m	10.50.61	16.50.0	15.00.0	13.50.0	12.50.0	11.30.0
80m H	14.38	23.00	20.9	18.80	15.30	14.00
200m H	33.28	42.00	39.0	37.00	34.20	31.00
WALK	9.32.17	11.10.0	10.10.0	9.30.0	9.00.0	8.30.0
Long J	4.87	3.00	3.40	3.80	4.30	4.65
HIGH	1.62	1.00	1.10	1.20	1.30	1.42
TRIPLE	10.39	6.30	7.00	7.80	8.80	9.60
Shot Put	11.01	3.80	5.20	6.80	9.00	10.20
Discus	35.35	9.00	12.00	16.50	21.50	29.20
Javelin	29.94	8.20	11.50	15.90	20.00	26.50

UNDER 14 BOYS						
		Coloured Patch Standards				
Events	Record	Yellow	Green	Red	Blue	Gold
100m	12.67	17.00	15.50	13.80	12.90	12.40
200m	25.90	35.5	33.00	29.90	27.50	25.20
400m	58.87	1.28.0	1.20.0	1.10.0	1.03.0	57.80
800m	2.13.53	3.20.0	3.05.0	2.50.0	2.30.0	2.15.0
1500m	4.36.63	6.50.0	6.30.0	6.00.0	5.15.0	4.45.0
3000m	9.54.23	15.00.0	13.50.0	12.50.0	11.10.0	10.30.0
90m H	15.25	22.00	19.50	17.80	15.40	13.80
200m H	38.32	38.50	36.00	33.00	31.00	28.50
WALK	8.28.1	11.00.0	10.00.0	9.20.0	8.40.0	8.20.0
Long J	5.85	3.40	3.95	4.30	4.80	5.20
HIGH	1.70	1.10	1.20	1.35	1.45	1.60
TRIPLE	12.35	7.00	8.00	9.00	9.50	11.00
Shot Put	13.42	4.40	6.00	8.10	10.00	11.50
Discus	44.96	12.00	16.00	24.00	30.00	38.00
Javelin	42.51	10.00	15.00	22.00	28.00	35.00

UNDER 14 GIRLS						
		Coloured Patch Standards				
Events	Record	Yellow	Green	Red	Blue	Gold
100m	13.16	18.00	15.80	14.60	14.10	13.40
200m	27.34	36.00	33.20	31.00	29.40	27.80
400m	1.07.41	1.29.0	1.20.0	1.14.0	1.08.0	1.02.50
800m	2.22.47	3.30.0	3.20.0	3.10.0	2.40.0	2.31.0
1500m	4.55.37	7.10.0	6.40.0	6.25.0	5.40.0	5.08.0
3000m	10.51.0	15.50.0	14.30.0	13.30.0	12.10.0	11.24.0
80m H	13.19	22.00	19.80	17.80	15.20	13.60
200m H	29.29	40.00	37.50	36.00	34.00	30.60
WALK	9.29.55	11.00.0	10.00.0	9.20.0	8.40.0	8.25.0
Long J	5.36	3.20	3.50	3.90	4.40	4.90
HIGH	1.65	1.05	1.15	1.25	1.40	1.50
TRIPLE	10.90	6.70	7.80	8.90	9.40	10.00
Shot Put	11.95	4.10	5.80	7.00	9.50	10.40
Discus	36.35	10.00	13.40	18.80	23.50	28.00
Javelin	30.30	9.50	13.40	17.60	21.00	27.00

UNDER 15 BOYS						
		Coloured Patch Standards				
Events	Record	Yellow	Green	Red	Blue	Gold
100m	12.16	16.50	15.10	13.90	12.30	11.90
200m	25.76	34.50	32.00	29.50	24.80	24.00
400m	1.00.47	1.26.0	1.18.0	1.08.0	1.00.0	55.00
800m	2.11.47	3.10.0	2.55.0	2.45.0	2.24.0	2.10.0
1500m	4.33.50	6.30.0	6.00.0	5.30.0	5.10.0	4.30.0
3000m	10.04.0	14.30.0	13.20.0	12.10.0	11.00.0	10.10.0
100m H	14.80	24.00	20.00	18.00	16.50	14.20
300m H	1.05.14	37.00	34.50	32.00	30.50	27.00
WALK		10.40.0	9.40.0	9.00.0	8.20.0	8.00.0
Long J	5.89	3.60	4.25	4.70	5.20	5.90
HIGH	1.75	1.15	1.25	1.40	1.60	1.70
TRIPLE	11.97	7.50	8.60	9.90	10.30	12.00
Shot Put	13.13	4.70	7.00	9.10	11.00	13.00
Discus	48.97	15.00	18.00	26.00	34.00	43.00
Javelin	50.36	13.00	18.50	25.00	32.00	43.00

UNDER 15 GIRLS						
		Coloured Patch Standards				
Events	Record	Yellow	Green	Red	Blue	Gold
100m	12.81	17.00	15.30	14.30	13.80	13.20
200m	26.33	35.50	32.50	30.00	29.10	27.60
400m	1.06.05	1.27.0	1.19.50	1.13.50	1.06.0	1.02.0
800m	2.16.46	3.20.0	3.15.0	3.05.0	2.38.0	2.30.0
1500m	4.38.68	6.45.0	6.35.0	6.20.0	5.38.0	5.05.0
3000m	11.20.32	14.40.0	14.00.0	13.20.0	12.08.0	11.20.0
90m H	13.48	25.00	22.50	19.50	17.00	14.80
300m H	56.21	39.50	36.50	34.50	33.50	30.50
WALK	9.28.65	10.50.0	9.50.0	9.10.0	8.25.0	8.05.0
Long J	5.52	3.30	3.65	4.10	4.50	4.95
HIGH	1.65	1.10	1.20	1.30	1.45	1.55
TRIPLE	10.98	7.00	8.00	9.00	9.70	10.10
Shot Put	13.40	4.40	6.20	7.50	9.80	10.80
Discus	42.89	10.50	14.00	19.70	24.00	29.00
Javelin	33.03	12.00	16.60	19.60	22.00	28.00

AWARDS AND PATCHES

COLOURED PATCHES

Coloured Patch recording Sheets with instructions are available to print off from the Clubs website for the U7 to U15 age groups. Place completed forms in the Coloured Patch tray in the Club room. The Age manager will receive the athletes physical coloured patch which should be presented to the Athlete.

LAs POINTS SYSTEM AND ANNUAL AWARDS

At the Annual all attending LAs athletes are presented with a medal of participation. Age group awards for U7 – U15 athletes are also award in the categories of Most Consistent and Most Improved Athlete, These awards are based on a computer generated points system applied from weekly results,

Most Consistent Points 1st = 10 pts, 2nd = 9 pts, 3rd = 8 pts, 4th = 7 pts, 5th = 6 pts, 6th = 5 pts, 7th = 4 pts, 8th = 3 pts, 9th = 2pts, 10th = 1 point. Most Improved Points are Better than last personal best = 10 Pts, Equal to last personal best = 5 Pts

PERFORMANCE AWARDS

– Issued to Athletes who have achieved outstanding results in any area of athletics, but have not received a most consistent or most improved award.

To be eligible for any of the above awards an athlete should have attended at least 52% of the available weeks in the season, or have a legitimate reason for attending less eg injury..

T.J. BEALE PERPETUAL TROPHY

The T.J. Beale Perpetual Trophy is the most prestigious club award for our junior division. It is given to a girl and boy in the under 12 age group who best epitomize the philosophy of Little Athletics. The Criteria for this Award consists of attendance of 70%, a positive attitude and a willingness to embrace good sportsmanship. *NB: The committee reserves the right to award the trophy to another age group in any season.*



PROGRAM 1 2018/2019

Warm up starts 5:45pm. Program starts 6:00pm



U6	U7	U8	U9	U10	U11	U12	U13	U14-17
						Javelin - 5:15pm		
Warm up	Warm up	Warm up	Warm up	Warm up	Warm up	Warm up	Warm up	Warm up
50m Straight Track	Long Jump Pit 2	700m Pack	Discus - Boys 500gm Long Jump - Girls	High Jump Scissor mats	Triple Jump Boys Turbo Javelin - Girls Cricket nets	Shot Put 2kg Orange Girls Circle 1 Boys Circle 2	100m Hurdles Track	300m Hurdles (U15 - U17) 200m Hurdles U14
300m Pack	Long Jump Pit 2	70m Straight track	Discus - Boys 500gm Long Jump - Girls	High Jump Scissor mats	Triple Jump Boys Turbo Javelin - Girls Cricket nets	Shot Put 2kg Orange Girls Circle 1 Boys Circle 2	200m Hurdles 68cm	100m Hurdles Track
Long Jump Pit 2	100m Hurdles Track	Discus 500gm	70m Straight track	800m	100m Hurdles Track	200m	Triple Jump Pit 1	Shot Put 3kg White Girls - Circle 1
Long Jump Pit 2	Shot Put 1kg Blue Girls - Circle 3 Boys - Circle 4	Discus 500gm	800m	70m Straight Track	200m	100m Hurdles Track	Triple Jump Pit 1	Shot Put Boys - Circle 1 U14 3kg U15 4kg U17 5kg
100m Straight Track	Shot Put 1kg Blue Girls - Circle 3 Boys - Circle 4	200m	Discus - Girls 500gm Long Jump - Boys	Shot Put 2kg Orange Girls Circle 1 Boys Circle 2	Triple Jump Girls Turbo Javelin - Boys Cricket nets	High Jump	60m Hurdles Track	60m Hurdles Track
Shot Put 500g Pink Girls - Circle 3 Boys - Circle 4	200m	Long Jump Pit 2	Discus - Girls 500gm Long Jump - Boys	Shot Put 2kg Orange Girls Circle 1 Boys Circle 2	Triple Jump Girls Turbo Javelin - Boys Cricket nets	High Jump	1500m	1500m
Shot Put 500g Pink Girls - Circle 3 Boys - Circle 4	50m Straight Track	Long Jump Pit 2	200m	200m	1500m	1500m	Shot Put 3kg White Girls Circle 1 Boys Circle 2	Triple Jump Pit 1
							Shot Put 3kg White	Triple Jump Pit 1
Pack Up	Pack Up	Pack Up	Pack Up	Pack Up	Pack Up	Pack Up	Pack Up	Pack Up
Shot Put Circle 3 & 4	Timing Gates	Long Jump Pit 2	Discus	Timing Gates	Javelin/Timing gates	High Jump	Hurdles/Shot Put 1&2	Long Jump Pit 1



PROGRAM 2 2018/2019

Warm up starts 5:45pm. Program starts 6:00pm



U6	U7	U8	U9	U10	U11	U12	U13	U14-17
Warm up	Warm up	Warm up	Warm up	Warm up	Warm up	Warm up	Warm up	Warm up
50m Straight Track (before U14-17)	Long Jump Pit 2	Discus 500gm	Shot Put 2kg Orange Girls Circle 1 Boys Circle 2	1100m Walk	Long Jump Pit 1	60m Hurdles 68cm	High Jump	100m Straight Track
Discus Cricket nets	Long Jump Pit 2	Discus 500gm	Shot Put 2kg Orange Girls Circle 1 Boys Circle 2	60m Hurdles 60cm	Long Jump Pit 1	800m	High Jump	400m
Discus Cricket nets	Mini Hurdles & Relays	100m Straight Track	700m Walk	High Jump Scissor mats	60m Hurdles 60cm	Shot Put 2kg Orange Girls Circle 1 Boys Circle 2	200m	Discus G/B-1kg 17B-1.5kg Boys Cage 3
Mini Hurdles & Relays	50m Straight Track	Long Jump Pit 2	Long Jump Pit 1	High Jump Scissor mats	200m	Shot Put 2kg Orange Girls Circle 1 Boys Circle 2	800m	Discus G/B-1kg 17B-1.5kg Boys Cage 3
70m Straight Track	Shot Put 1kg Blue Girls - Circle 3 Boys - Circle 4	Long Jump Pit 2	Long Jump Pit 1	100m Straight Track	Shot Put 2kg Orange Girls Circle 1 Boys Circle 2	200m	Discus 750gm Girls Cage 2 Boys Cage 3	800m
Long Jump Pit 2	Shot Put 1kg Blue Girls - Circle 3 Boys - Circle 4	70m Straight Track	60m Hurdles 45cm	Discus 500gm Girls - Cage 1	Shot Put 2kg Orange Girls Circle 1 Boys Circle 2	Long Jump Pit 1	Discus 750gm Girls Cage 2 Boys Cage 3	High Jump
Long Jump Pit 2	70m Straight Track	400m	100m HurdlesTrack	Discus 500gm Boys Cage 3	1100m Walk	Long Jump Pit 1	100m Straight Track (after U7)	High Jump
						U12-U17 1500m Walk - Optional	U12-U17 1500m Walk - Optional	U12-U17 1500m Walk - Optional
Pack Up	Pack Up	Pack Up	Pack Up	Pack Up	Pack Up	Pack Up	Pack Up	Pack Up
Long Jump Pit 2	Shot Put Circle 3 & 4	Timing Gates	Hurdles	Discus	Shot Put Circle 1 & 2	Long Jump Pit 1	Timing Gates	High Jump



PROGRAM 3 201/2019

Warm up starts 5:45pm. Program starts 6:00pm



U6	U7	U8	U9	U10	U11	U12	U13	U14-17
								Javelin - 5:15pm
Warm up	Warm up	Warm up	Warm up	Warm up	Warm up	Warm up	Warm up	Warm up
70m Straight Track	Discus 350gm	700m Pack	Shot Put 2kg Orange Girls Circle 1 Boys Circle 2	Long Jump Pit 1	High Jump	400m	80m Hurdles 76cm	80H-14G-76cm 90H-14B/15G-76cm 100H-15/17-76cm
200m (before U14-17)	Discus 350gm	100m Straight Track	Shot Put 2kg Orange Girls Circle 1 Boys Circle 2	Long Jump Pit 1	High Jump	60m Hurdles 68cm	100m Straight Track	200m
Long Jump Pit 2	500m Pack	High Jump Scissor mats (flexi bar)	400m	100m Straight Track	60m Hurdles 60cm	Triple Jump Pit 1	Javelin Girls 400gm Boys 600gm	Shot Put 3kg White Girls - Circle 1
Long Jump Pit 2	70m Straight Track	High Jump Scissor mats (flexi bar)	100m Straight Track	60m Hurdles 60cm	400m	Triple Jump Pit 1	Javelin Girls 400gm Boys 600gm	Shot Put Boys - Circle 1 U14 3kg U15 4kg U17 5kg
100m Straight Track	Long Jump Pit 2	60m Hurdles 45cm	High Jump Scissor mats	Shot Put 2kg Orange Girls Circle 1 Boys Circle 2	Discus 500gm Girls - Cage 1	800m	400m	100m Straight Track
Shot Put 500g Pink	Long Jump Pit 2	Shot Put 1.5kg Yellow Girls - Circle 3 Boys - Circle 4	High Jump Scissor mats	Shot Put 2kg Orange Girls Circle 1 Boys Circle 2	Discus 500gm Boys Cage 3	Discus 750gm Girls Cage 2 Boys Cage 3	Long Jump Pit 1	Long Jump Pit 1
Shot Put 500g Pink	100m Straight Track	Shot Put 1.5kg Yellow Girls - Circle 3 Boys - Circle 4	60m Hurdles 45cm	400m	800m	Discus 750gm Girls Cage 2 Boys Cage 3	Long Jump Pit 1	Long Jump Pit 1
							3000m Optional	3000m Optional
Pack Up	Pack Up	Pack Up	Pack Up	Pack Up	Pack Up	Pack Up	Pack Up	Pack Up
Shot Put	Long Jump Pit 2	Shot Put Circle 3 & 4	Hurdles/High Jump	Shot Put Circle 1 & 2		Discus	Long Jump Pit 1	Timing Gates

Greenway Park No 2

