

## COLOURED PATCH NIGHT – NIGHT BEFORE STATE 15th MARCH 2019

NO POINTS AWARDED – Coloured Patch standards may be achieved and records can be broken where an official is present

| EVENTS                 | 6.10PM  | 6.35PM   | 7.00PM  | 7.25.PM   | 7.50PM   |
|------------------------|---|--|---|---|--|
| HURDLES TRACK          | 100m Hurdles + 90m Hurdles                              | 80m Hurdles  | U12 60m Hurdles   | U10 + U11 60m Hurdles                                     | U8 + U9 60m Hurdles  |
| STRAIGHT TRACK         | U6 + U7 50m<br>U6 +U7 70m                               | 70m U8 – U10   | 100m All Ages   | 100m All Ages   | 100m All Ages  |
| INNER TRACK            | 400m All Ages   | 400m All Ages  | U6 + U7 200m  | 200m All Ages   | 200m All Ages  |
| OUTER TRACK            | 800m Run U9 – U17                                       | 700m Run (U8)  | 700m + 1100m Walk                                       | 800m U9 – U17   | 1500m Run + Walk   |
| LONG JUMP              | Pit 1<br>U11 – U17<br>Triple Jump                       | Pit 1<br>U11 – U17<br>Long Jump                                  | Pit 1<br>U11 – U17 Long Jump                            | Pit 1<br>U8 – U10<br>Long Jump                            | Pit 1<br>U11 – U17 Triple Jump   |
| Pits                   | Pit 2<br>U8 – U10<br>Long Jump                          | Pit 2<br>U6<br>Long Jump   | Pit 2<br>U8 – U10<br>Long Jump                          | Pit 2<br>U7<br>Long Jump                                  | Pit 2<br>U8 + U10<br>Long Jump   |
| HIGH JUMP Scissor Mats | For Athletes with a PB over 0.90m<br>Start Height 85cm  |  | For Athletes with a PB Over 1.10m<br>Start Height 1.05m |   |  |
| HIGH JUMP Main Mats    | For Athletes with a PB Over 1.15m<br>Start Height 1.10m |  | For Athletes with a PB Over 1.30<br>Start Height 1.25m  |   | PB Over 1.45<br>Start 1.40   |
| SHOT PUT               | Circle 1 = 1.5kg (U8)<br><br>Circle 2 = 2kg (U9 – U12)  | Circle 1 = (1kg) U7<br><br>Circle 2 = 3kg, 4kg + 5kg (U13 – U17) | Circle 1 = 1.5kg (U8)<br><br>Circle 2 = 2kg (U9 - U12)  | Circle 1 =U6<br><br>Circle 2 = 3kg, 4kg + 5kg (U13 – U17) | Circle 1 = 2kg (U9 – U12)<br><br>Circle 2 = 3kg, 4kg + 5kg (U13 – U17) |
| DISCUS                 | 1kg + 1.5kg Discus (13B + U14 – U17)                    | 750g Discus (U11 – U12 + U13G)                                   | 500g Discus (U8 – U10)                                  |   |  |
| JAVELIN                |   |  |   | U11 + U12 Javelin   | U13 – U17 Javelin  |

Dear Parents and Athletes

This week at athletics we are doing things a little differently. As this weekend many of our Athletes will be competing at the State Championships, it will mean that most committee members and officials will also be absent this Friday night. Traditionally we would not run an athletics program the night before State, however this season having had so much bad luck with the weather, we have decided our athletes deserve another night of competition.

Points will not be awarded this week, however timing gates and field measuring will be in action. Athletes can achieve records where officials are present and Athletes can achieve results towards their coloured patches as well as enjoy a great night of competition.

## How it will work

U6 + U7 Athletes will have a set program and all Under 6 and U7 Athletes will go around with their age managers and parents.

U8- U17 Athletes will not have a set program, but will get to choose their events of choice from the flexible program that offers options.. Athletes in these age groups will go around with their parents or a parent of a child doing the same event.

Parents are encouraged to accompany their youngest child or where there are two or more young children bring a second parent, family member or friend along to help. Athletes in the U10 and older are able to enter events without a parent present if that parent is helping a younger child.

All parents accompanying their little Athletes will be required to assist at all event areas their child/children compete in. There will only be a limited number of officials on the night, many of whom are past members, so please lend them a hand to help the night run smoothly.

Shown above is the flexible program for the night, Athletes should look at this program during the week with their parents and decide which events they would like to choose to do, to save time choosing on Friday night.

**An Example** is shown in the table below of how it works using four U10 Athletes all with different personal choices on the night.

Athlete 'A' likes sprints and jumps

Athlete 'B' likes distance running and throws

Athlete 'C' only likes track events

Athlete 'D' only likes Field events

| Athlete | 6.10pm Event 1 | 6.35pm Event 2                         | 7.00pm Event 3 | 7.25pm Event 4 | 7.50pm Event 5 |
|---------|----------------|--|----------------|----------------|----------------|
| A       | High Jump      | High Jump or 70m if finished High Jump | 100m           | 60m Hurdles    | Long Jump      |
| B       | 800m           | 400m                                   | Discus         | Long Jump      | Shot Put       |
| C       | 400m           | 70m                                    | Walk           | 60 Hurdles     | 100m           |
| D       | High Jump      | High Jump                              | Discus         | Long Jump      | Shot Put       |

## Things to remember

No child in the U9 and below age groups should be without a parent with them throughout the night, if you are juggling several athletes in the younger age groups, choose the same program or all go around with the U6 or U7 age group.

Athletes may only compete in one event per time slot.

For Track events eg the 100m an athlete can compete twice in that event if time permits. Athletes will be marshalled in age groups with boys and girls and mixed ages competing together if necessary.

For Field events, the field official will decide subject to numbers at the event whether 2 / 3 or 4 attempts will be permitted.

Age group areas will be set up in the area between the Start of the Hurdles track and the 200m bend of the oval, as a home base for the age groups. If an athlete finishes an event early, they should wait in their age group area until the next time session commences. If there are several athletes waiting in the age group area, parents why not initiate a game!

There will be a noise to signify when athletes should move quickly to their next event area.

A Program and copy of the Oval Map will be available on a notice Board in the age group area to assist people on the night.

All age groups will be required to set up the oval from 5.30pm and U8 – U17 Age groups will also be required to help pack up. Please check the newsletter this week for the set up and pack up duties.

Any questions ask Nicky Jenneke via reply email by 10am Thursday morning.