

**Bayswater District Athletics Program 2018- Program subject to change on day if required.**

<b>9:45am</b>				<b>10:20am</b>	9/10yr Girls	High Jump
					9/10yr Boys	High Jump
	9/10yr Boys	4 x 100m 'A' Relay Heat 1&2				
				<b>10:30am</b>	11yr Girls	Long Jump
					11yr Boys	Triple Jump
					12/13yr Girls	Triple Jump
		<b>Teams Straight through to the Final if no Relay heats listed</b>			12/13yr Boys	Long Jump
	9/10yr Boys	4 x 100m 'B' Relay Final			12/13yr Girls	Discus
	9/10yr Girls	4 x 100m 'B' Relay Final			12/13yr Boys	Shot Put
	11yr Boys	4 x 100m 'B' Relay Final			11yr Girls	Shot Put
	11yr Girls	4 x 100m 'B' Relay Final			11yr Boys	Discus
	12/13yr Boys	4 x 100m 'B' Relay Final				
	12/13yr Girls	4 x 100m 'B' Relay Final		<b>10:50am</b>	12/13yr Girls	High Jump
					12/13yr Boys	High Jump
<b>11:00am</b>	9/10yr Boys	1500m				
	9/10yr Girls	1500m		<b>11:10am</b>	9/10yr Girls	Long Jump
	11yr Boys	1500m			9/10yr Boys	Triple Jump
	11yr Girls	1500m			11yr Girls	Triple Jump
	12/13yr Boys	1500m			11yr Boys	Long Jump
	12/13yr Girls	1500m			11yr Girls	Discus
					11yr Boys	Shot Put
<b>11:45am</b>	9/10yr Boys	80m Hurdles			9/10yr Girls	Shot Put
	9/10yr Girls	80m Hurdles			9/10yr Boys	Discus
	11yr Boys	80m Hurdles				
	11yr Girls	80m Hurdles		<b>11:40am</b>	11yr Girls	High Jump
	12/13yr Boys	80m Hurdles			11yr Boys	High Jump
	12/13yr Girls	80m Hurdles				
		<b>(No Heats straight to Finals)</b>		<b>11:50am</b>	12/13yr Girls	Long Jump
<b>12:10pm</b>	9/10yr Boys	200m			12/13yr Boys	Triple Jump
	9/10yr Girls	200m			9/10yr Girls	Triple Jump
	11yr Boys	200m			9/10yr Boys	Long Jump
	11yr Girls	200m			9/10yr Girls	Discus
	12/13yr Boys	200m			9/10yr Boys	Shot Put
	12/13yr Girls	200m			12/13yr Girls	Shot Put
	FINAL				12/13yr Boys	Discus
<b>12:40pm</b>	9/10yr Boys	100m A, B, C		<b>12:30</b>	<b>FIELD EVENTS FINISH</b>	
	9/10yr Girls	100m A, B, C				
	11yr Boys	100m A, B, C				
	11yr Girls	100m A, B, C				
	12/13yr Boys	100m A, B, C				
	12/13yr Girls	100m A, B, C				
<b>1:15pm</b>	9/10yr Boys	800m				
	9/10yr Girls	800m				
	11yr Boys	800m				
	11yr Girls	800m				
	12/13yr Boys	800m				
	12/13yr Girls	800m				
<b>1:45pm</b>	9/10yr Boys	4 x 100m 'A' Relay Final				
	9/10yr Girls	4 x 100m 'A' Relay Final				
	11yr Boys	4 x 100m 'A' Relay Final				
	11yr Girls	4 x 100m 'A' Relay Final				
	12/13yr Boys	4 x 100m 'A' Relay Final		<b>2:30pm</b>	<b>TRACK EVENTS FINISH &amp; PRESENTATION</b>	
	12/13yr Girls	4 x 100m 'A' Relay Final		<b>2:45pm</b>	<b>LEAVE TRACK</b>	

## TRACK NOTES

- 'A' & 'B' 4 x 100m Relay Heats- Top 3 in each heat progress to the final.
- 200m- Ran as heats with finals directly after all heats are finished. Top 3 in each heat progress to the final
- 1500m- Races in age groups with a staggered start.
  - E.g 9/10yr Girls Start..... 9/10 Boys Start once Girls reach their last lap.
- 800m- Races in age groups with a staggered start.
  - E.g 9/10yr Girls Start..... 9/10 Boys Start once last place Girl reaches the 200m mark at the end of the back straight on the first lap.
- Hurdles to start being placed on planes 5-10 during after the relay heats have finished. Final hurdles placed during marshalling of the hurdles. All hurdles set at 60cm for all age groups.

## FIELD NOTES

- **Discus=**
  - 9/10yrs Boys and Girls = 500g
  - 11 & 12/13yrs Boys and Girls = 750g
- **Shot Put=**
  - 9/10 & 11 yrs Boys and Girls = 2kg
  - 12/13yrs Boys and Girls = 3kg
- **Long Jump=** 3 attempts per competitor
- **Triple Jump=** 3 attempts per competitor
  - Competitors nominate colour cone to jump from. Each colour is 1m apart.
  - Competitors can nominate to change colour before they start their run up.
  - Jump is measured from the nominated coloured cone.
  - Distances of cones from final mark (or sandpit)

YELLOW	ORANGE	RED	GREEN	BLUE	WHITE
2m	3m	4m	5m	6m	7m

- **High Jump=** 1 competitor per school
  - **(PROCEEDURE MAY CHANGE)**
  - 1 warm up jump at 5 cm less than the starting height for 11-12/13yrs. 9/10yrs to practice at starting height.
  - Move bar by 10cm from the starting height to the 2<sup>nd</sup> jump height after this point move 5cm at a time.
    - 2<sup>nd</sup> Jump height for each age group.
      - 1.00m- 9/10yrs
      - 1.05m- 11yrs
      - 1.10m- 12/13yrs
    - 2 attempts from the 2<sup>nd</sup> height onwards.
  - 3 attempts for final 4 to decide placegetter
  - Starting height
    - 9/10yrs = 90cm
    - 11yr = 95cm
    - 12/13yr = 100cm