



AIC TRACK AND FIELD 2023

Pre-Season Meet 1 | Thursday 24 August @ SAF

RESPONSIBILITIES OF HOST SCHOOLS

- Officials: please refer to duties table below
- Recording: provision of AIC recording sheets, folders, pens, programmes
- Schools to provide afternoon tea for their own staff

RESPONSIBILITIES OF COMPETING SCHOOLS

- Field events: bring all throwing implements & measuring equipment for the event, encourage athletes, allow 3 attempts only for all field events
- For those schools running events with a double of age groups, please make the students aware to use their correctly weighted implement.
- Numbered markers 1- 40
Please arrive early and collect recording sheets from announcing area and return the result sheet at the conclusion of each event, start event on time, allow students to leave and resume after competing in track events
- **THERE SHALL BE A MAXIMUM OF 3 COMPETITORS PER SCHOOL ALLOWED TO COMPETE PER EVENT/5 COMPETITORS FOR PRIMARY**
- There has been two age groups put together for some events, this is enables all age groups to compete in ALL disciplines at every pre season meet

GENERAL GUIDELINES FOR ALL SCHOOLS

- There is no grading of races
- An empty lane can be filled by other schools
- First aid will be in attendance at all meets
- The school running the javelin events should provide a safety officer
- Starting Heights for High Jump: 1.15m (Year 5); 1.20m (Year 6); 1.25m (12yrs); 1.30m (13yrs); 1.40m (14yrs); 1.45m (15yrs); 1.50m (16yrs); 1.50m (Open).
- There has been two age groups put together for some events, this is enables all age groups to compete in ALL disciplines at every pre season meet

THURSDAY 24 AUGUST
HOSTS: ST PATRICK'S and ST PETERS
SPC TO RUN TRACK | SPLC TO RUN FIELD

LANE DRAW

Lane	School	Lane	School
1	Vacant	6	SEC
2	SPLC	7	PADUA
3	VILLA	8	SLC
4	IONA	9	ATC
5	SPC	10	MARIST

DUTIES

Time	MARIST SP 1	ATC DISC	SPLC SP 2	IONA HJ 2	SEC TJ	PADUA HJ 1	SLC LJ	VILLA JAV
3.00pm	Year 5					Year 6	Year 5	
3.45pm	Year 6					Year 5	Year 6	
4.30pm	16yrs & O	13yrs			14 & 15yrs	13yrs	16yrs & O	14 & 15yrs
5.20pm	15yrs	12yrs	14yrs		16yrs & O	12yrs	15yrs	13yrs
6.10pm	12yrs	14 & 15yrs		15yrs		14yrs	12 & 13yrs	16yrs & O
7.00pm	13yrs	16yrs & O		16yrs	12 & 13yrs	Open	14yrs	12yrs

SCHEDULE OF TRACK EVENTS THURSDAY 24 AUGUST SAF

TIME	EVENT
3.00pm	Hurdles Years 5 & 6
3.20pm	200m Years 5 & 6
4.00pm	800m Years 5 & 6
4.30pm	100m Years 5 & 6
4.45pm	3000m Open (<i>set up hurdles Lanes 3-10</i>)
5.00pm	Hurdles 12 Years - Open
5.30pm	800m
6.00pm	100m
6.50pm	400m
7.10pm	1500m (2 age groups per race)

SCHEDULE OF FIELD EVENTS THURSDAY 24 AUGUST SAF

TIME	EVENT	AGE GROUP
3.00pm	SHOT PUT HIGH JUMP LONG JUMP	YEAR 5 YEAR 6 YEAR 5
3.45pm	LONG JUMP SHOT PUT HIGH JUMP	YEAR 6 YEAR 6 YEAR 5
4:30 pm	SHOT PUT 1 DISCUS TRIPLE JUMP HIGH JUMP 1 LONG JUMP JAVELIN	16 YRS & OPEN 13YRS 14 & 15YRS 13YRS 16YRS & OPEN 14 & 15YRS
5:20 pm	SHOT PUT 1 DISCUS SHOT PUT 2 TRIPLE JUMP HIGH JUMP 1 LONG JUMP JAVELIN	15YRS 12YRS 14YRS 16YRS & OPEN 12YRS 15YRS 13YRS
6:10 pm	SHOT PUT 1 DISCUS HIGH JUMP 2 HIGH JUMP 1 LONG JUMP JAVELIN	12YRS 14 & 15YRS 15YRS 14YRS 12 & 13YRS 16YRS & OPEN
7:00 pm	SHOT PUT 1 DISCUS HIGH JUMP 2 TRIPLE JUMP HIGH JUMP 1 LONG JUMP JAVELIN	13YRS 16YRS & OPEN 16YRS 12 & 13YRS OPEN 14YRS 12YRS