



## AIC TRACK AND FIELD 2023

### Pre-Season Meet 4 | Wednesday 13 September @ 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**
- There has been two age groups put together for some events, this 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 enables all age groups to compete in ALL disciplines at every pre season meet

## **WEDNESDAY 13 SEPTEMBER SAF**

**HOSTS: SEC, SLC and ATC**

**SLC and ATC TO RUN TRACK | SEC TO RUN FIELD**

### **LANE DRAW**

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

### **DUTIES**

Time	IONA SP 1	SPC DISC	SEC HJ 2	PAD TJ	MARIST HJ 1	VILLA LJ	SPLC JAV
3.00pm	Year 5			Year 5	Year 6	Year 5	
3.45pm	Year 6			Year 6	Year 5	Year 6	
4.30pm	16yrs & O	13yrs		14 & 15yrs	13yrs	16yrs & O	14 & 15yrs
5.20pm	14 & 15yrs	12yrs		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 13 SEPTEMBER SAF**

TIME	EVENT
3.00pm	200m Years 5 & 6
3.20pm	800m Years 5 & 6
3.45pm	100m Years 5 & 6
4.00pm	Hurdles Years 5 & 6
4.20pm	Hurdles 12 Years – Open
4.50pm	800m
5.20pm	100m
6.00pm	400m
6.20pm	200m
6.45pm	1500m
7.10pm	4 x 100m Relays

**SCHEDULE OF FIELD EVENTS WEDNESDAY 13 SEPTEMBER SAF**

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

Year 5/6 Long Jump Pit 1 (VILLA);, VILLA, SLC, MAR, ATC

Year 5/6 Long Jump Pit 2 (PAD): PAD, SPLC, IONA, SPC