

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 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

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

SHOT PUT YEAR 5	TIME	EVENT	AGE GROUP
3.00pm	IIIVIL		
LONG JUMP (SPLIT) 1. VEAR 5 LONG JUMP (SPLIT) 3.45pm LONG JUMP (SPLIT) SHOT PUT HIGH JUMP YEAR 6 YEAR 6 YEAR 6 YEAR 7 YEAR 6 YEAR 6 YEAR 6 YEAR 7 SHOT PUT 1 DISCUS 13YRS 14 & 15YRS HIGH JUMP 1 13YRS LONG JUMP 16YRS & OPEN JAVELIN SHOT PUT 1 DISCUS 12YRS 5:20 pm SHOT PUT 2 TRIPLE JUMP 16YRS & OPEN HIGH JUMP 1 12YRS LONG JUMP 15YRS JAVELIN SHOT PUT 1 LONG JUMP 15YRS JAVELIN SHOT PUT 1 LONG JUMP 15YRS SHOT PUT 1 LONG JUMP 15YRS SHOT PUT 1 DISCUS 14 & 15YRS 6:10 pm HIGH JUMP 2 HIGH JUMP 1 LONG JUMP 12 13YRS LONG JUMP 12 13YRS SHOT PUT 1 DISCUS SHOT PUT 1 DISCUS SHOT PUT 1 DISCUS 14 & 15YRS 14YRS 15YRS 14YRS 15YRS 16YRS & OPEN SHOT PUT 1 DISCUS 16YRS & OPEN 16YRS	2.00		
LONG JUMP (SPLIT) YEAR 6 3.45pm	3.00pm		
SHOT PUT YEAR 6 YEAR 5		LONG JUMP (SPLIT)	YEAR 5
SHOT PUT YEAR 6 YEAR 5			
HIGH JUMP YEAR 5		• •	
SHOT PUT 1 DISCUS 13YRS 13YRS 14:30 pm TRIPLE JUMP HIGH JUMP 1 13YRS LONG JUMP JAVELIN 16YRS & OPEN JAVELIN 114 & 15YRS SHOT PUT 1 DISCUS 12YRS 5:20 pm SHOT PUT 2 TRIPLE JUMP HIGH JUMP 1 12YRS LONG JUMP JAVELIN 12YRS JAVELIN 13YRS SHOT PUT 2 14YRS TRIPLE JUMP HIGH JUMP 1 15YRS JAVELIN 13YRS SHOT PUT 1 12YRS JAVELIN 13YRS SHOT PUT 1 12YRS JAVELIN 13YRS 6:10 pm HIGH JUMP 2 HIGH JUMP 2 HIGH JUMP 1 14YRS LONG JUMP 12 & 13YRS JAVELIN 16YRS & OPEN T:00 pm SHOT PUT 1 13YRS JAVELIN 16YRS & OPEN T:00 pm HIGH JUMP 2 16YRS & OPEN T:00 pm HIGH JUMP 1 12 & 13YRS JAVELIN 16YRS & OPEN TRIPLE JUMP HIGH JUMP 1 LONG JUMP 12 & 13YRS HIGH JUMP 1 OPEN LONG JUMP 14YRS	3.45pm		
### DISCUS ### TRIPLE JUMP ### 14 & 15YRS ### HIGH JUMP 1 ### 13YRS ### LONG JUMP ### JAYELIN ### SHOT PUT 1 ### DISCUS ### SHOT PUT 2 ### TRIPLE JUMP ### HIGH JUMP 1 ### 15YRS ### 5:20 pm ### SHOT PUT 1 ### DISCUS ### 12YRS ### 16YRS & OPEN ### HIGH JUMP 1 ### 12YRS ### JAYELIN ### SHOT PUT 1 ### DISCUS ### 13YRS ### SHOT PUT 1 ### DISCUS ### 14 & 15YRS ### JAYELIN ### SHOT PUT 1 ### DISCUS ### 14 & 15YRS ### HIGH JUMP 2 ### HIGH JUMP 2 ### JAYELIN ### 13YRS ### JAYELIN ### 13YRS ### 15YRS ##		HIGH JUMP	YEAR 5
### DISCUS ### TRIPLE JUMP ### 14 & 15YRS ### HIGH JUMP 1 ### 13YRS ### LONG JUMP ### JAYELIN ### SHOT PUT 1 ### DISCUS ### SHOT PUT 2 ### TRIPLE JUMP ### HIGH JUMP 1 ### 15YRS ### 5:20 pm ### SHOT PUT 1 ### DISCUS ### 12YRS ### 16YRS & OPEN ### HIGH JUMP 1 ### 12YRS ### JAYELIN ### SHOT PUT 1 ### DISCUS ### 13YRS ### SHOT PUT 1 ### DISCUS ### 14 & 15YRS ### JAYELIN ### SHOT PUT 1 ### DISCUS ### 14 & 15YRS ### HIGH JUMP 2 ### HIGH JUMP 2 ### JAYELIN ### 13YRS ### JAYELIN ### 13YRS ### 15YRS ##			
4:30 pm TRIPLE JUMP HIGH JUMP 1 13YRS LONG JUMP JAVELIN SHOT PUT 1 DISCUS 5:20 pm SHOT PUT 2 TRIPLE JUMP HIGH JUMP 1 15YRS TRIPLE JUMP HIGH JUMP 1 15YRS SHOT PUT 2 TRIPLE JUMP HIGH JUMP 1 15YRS JAVELIN SHOT PUT 1 12YRS LONG JUMP JOSCUS 14 & 15YRS 13YRS SHOT PUT 1 12YRS 13YRS 6:10 pm HIGH JUMP 2 HIGH JUMP 2 HIGH JUMP 1 14YRS LONG JUMP JAVELIN SHOT PUT 1 13YRS FINANCE SHOT PUT 1 13YRS 16YRS & OPEN TRIPLE JUMP 12 4 13YRS HIGH JUMP 1 LONG JUMP 12 4 13YRS OPEN TRIPLE JUMP HIGH JUMP 1 LONG JUMP 14YRS		SHOT PUT 1	16 YRS & OPEN
HIGH JUMP 1 LONG JUMP JAVELIN SHOT PUT 1 DISCUS 12YRS 5:20 pm SHOT PUT 2 TRIPLE JUMP HIGH JUMP 1 12YRS LONG JUMP JAVELIN SHOT PUT 1 12YRS LONG JUMP 15YRS JAVELIN SHOT PUT 1 12YRS LONG JUMP 15YRS JAVELIN SHOT PUT 1 12YRS LONG JUMP 1 12YRS G:10 pm HIGH JUMP 2 HIGH JUMP 1 12YRS HIGH JUMP 1 12YRS HIGH JUMP 1 12YRS HIGH JUMP 1 14YRS SHOT PUT 1 13YRS G:10 pm HIGH JUMP 1 12 & 13YRS JAVELIN TINPLE JUMP 12 & 13YRS 16YRS & OPEN T:00 pm HIGH JUMP 2 16YRS & OPEN T:00 pm HIGH JUMP 1 12 & 13YRS HIGH JUMP 1 14YRS		DISCUS	13YRS
LONG JUMP JAVELIN 16YRS & OPEN 14 & 15YRS SHOT PUT 1 DISCUS 12YRS 12YRS 12YRS 12YRS 12YRS 16YRS & OPEN 14YRS 16YRS & OPEN 14YRS 16YRS & OPEN 16YRS 16Y	4:30 pm	TRIPLE JUMP	14 & 15YRS
SHOT PUT 1		HIGH JUMP 1	13YRS
SHOT PUT 1 DISCUS 12YRS 5:20 pm SHOT PUT 2 TRIPLE JUMP HIGH JUMP 1 16YRS & OPEN HIGH JUMP 1 15YRS JAVELIN 13YRS SHOT PUT 1 DISCUS 14 & 15YRS DISCUS 14 & 15YRS HIGH JUMP 2 15YRS HIGH JUMP 1 14YRS LONG JUMP 12 & 13YRS JAVELIN 13YRS SHOT PUT 1 12YRS 14 & 15YRS HIGH JUMP 1 14YRS LONG JUMP 12 & 13YRS JAVELIN 16YRS & OPEN 7:00 pm HIGH JUMP 2 16YRS TRIPLE JUMP 12 & 13YRS HIGH JUMP 1 10 OPEN LONG JUMP 14YRS		LONG JUMP	16YRS & OPEN
DISCUS 12YRS 14YRS 14YRS 16YRS & OPEN HIGH JUMP 15YRS LONG JUMP 15YRS 13YRS 14 & 15YRS 16 & 15YRS & OPEN 15 & 15YRS & OPEN 15 & 15YRS & OPEN 16 &		JAVELIN	14 & 15YRS
DISCUS 12YRS 14YRS 14YRS 16YRS & OPEN HIGH JUMP 15YRS LONG JUMP 15YRS 13YRS 14 & 15YRS 16 & 15YRS & OPEN 15 & 15YRS & OPEN 15 & 15YRS & OPEN 16 &			
5:20 pm SHOT PUT 2 TRIPLE JUMP HIGH JUMP 1 12YRS LONG JUMP 15YRS JAVELIN SHOT PUT 1 12YRS DISCUS 14 & 15YRS 15YRS 14YRS 6:10 pm HIGH JUMP 2 HIGH JUMP 1 12YRS LONG JUMP 12 & 13YRS SHOT PUT 1 14YRS LONG JUMP 12 & 13YRS JAVELIN SHOT PUT 1 13YRS 16YRS & OPEN 7:00 pm HIGH JUMP 2 16YRS TRIPLE JUMP 12 & 13YRS 16YRS OPEN TRIPLE JUMP 12 & 13YRS OPEN 16YRS TRIPLE JUMP 12 & 13YRS OPEN 16YRS TRIPLE JUMP 12 & 13YRS OPEN 16YRS TRIPLE JUMP 12 & 13YRS OPEN 16YRS TRIPLE JUMP 12 & 13YRS OPEN 16YRS TRIPLE JUMP 12 & 13YRS OPEN 16YRS		SHOT PUT 1	15YRS
TRIPLE JUMP HIGH JUMP 1 12YRS LONG JUMP 15YRS JAVELIN SHOT PUT 1 12YRS DISCUS 14 & 15YRS HIGH JUMP 2 15YRS HIGH JUMP 1 14YRS LONG JUMP 12 & 13YRS JAVELIN SHOT PUT 1 14YRS LONG JUMP 12 & 13YRS JAVELIN SHOT PUT 1 13YRS DISCUS 16YRS & OPEN 7:00 pm HIGH JUMP 2 16YRS TRIPLE JUMP 12 & 13YRS OPEN 16YRS OPEN 16YRS TRIPLE JUMP 12 & 13YRS OPEN 16YRS OPEN 16YRS OPEN 16YRS OPEN 16YRS TRIPLE JUMP 12 & 13YRS OPEN 16YRS OPEN 16YRS		DISCUS	12YRS
TRIPLE JUMP HIGH JUMP 1 12YRS LONG JUMP 15YRS JAVELIN SHOT PUT 1 12YRS DISCUS 14 & 15YRS HIGH JUMP 2 15YRS HIGH JUMP 1 14YRS LONG JUMP 12 & 13YRS JAVELIN SHOT PUT 1 14YRS LONG JUMP 12 & 13YRS JAVELIN SHOT PUT 1 13YRS DISCUS 16YRS & OPEN 7:00 pm HIGH JUMP 2 16YRS TRIPLE JUMP 12 & 13YRS OPEN 16YRS OPEN 16YRS TRIPLE JUMP 12 & 13YRS OPEN 16YRS OPEN 16YRS OPEN 16YRS OPEN 16YRS TRIPLE JUMP 12 & 13YRS OPEN 16YRS OPEN 16YRS	5:20 pm	SHOT PUT 2	14YRS
LONG JUMP JAVELIN SHOT PUT 1 DISCUS HIGH JUMP 2 HIGH JUMP 1 LONG JUMP 12 & 13YRS JAVELIN SHOT PUT 1 12YRS 14 & 15YRS 14YRS 14YRS 14YRS 16YRS & OPEN SHOT PUT 1 13YRS DISCUS 16YRS & OPEN 7:00 pm HIGH JUMP 2 16YRS TRIPLE JUMP 12 & 13YRS 16YRS OPEN 16YRS OPEN 16YRS	,	TRIPLE JUMP	16YRS & OPEN
LONG JUMP JAVELIN SHOT PUT 1 DISCUS HIGH JUMP 2 HIGH JUMP 1 LONG JUMP 12 & 13YRS JAVELIN SHOT PUT 1 12YRS 14 & 15YRS 14YRS 14YRS 14YRS 16YRS & OPEN SHOT PUT 1 13YRS DISCUS 16YRS & OPEN 7:00 pm HIGH JUMP 2 16YRS TRIPLE JUMP 12 & 13YRS 16YRS OPEN 16YRS OPEN 16YRS			
SHOT PUT 1			
SHOT PUT 1 DISCUS HIGH JUMP 2 HIGH JUMP 1 LONG JUMP JAVELIN SHOT PUT 1 13YRS JAVELIN SHOT PUT 1 13YRS DISCUS 16YRS & OPEN 7:00 pm HIGH JUMP 2 TRIPLE JUMP LONG JUMP 12 & 13YRS 16YRS & OPEN 12 & 13YRS 16YRS OPEN 12 & 13YRS 16YRS 16YRS OPEN 12 & 13YRS 16YRS 16YRS			
DISCUS 6:10 pm HIGH JUMP 2 HIGH JUMP 1 LONG JUMP 12 & 13YRS JAVELIN SHOT PUT 1 DISCUS 7:00 pm HIGH JUMP 2 TRIPLE JUMP HIGH JUMP 1 LONG JUMP 12 & 13YRS 16YRS & OPEN 16YRS 16YRS OPEN 16YRS			
DISCUS 6:10 pm HIGH JUMP 2 HIGH JUMP 1 LONG JUMP 12 & 13YRS JAVELIN SHOT PUT 1 DISCUS 7:00 pm HIGH JUMP 2 TRIPLE JUMP HIGH JUMP 1 LONG JUMP 12 & 13YRS 16YRS & OPEN 16YRS 16YRS OPEN 16YRS		SHOT PUT 1	12YRS
6:10 pm			
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TRIPLE JUMP 12 & 13YRS HIGH JUMP 1 OPEN LONG JUMP 14YRS	7:00 nm		
HIGH JUMP 1 OPEN LONG JUMP 14YRS	, 100 pill		
LONG JUMP 14YRS			
JAVELIN 1211(J			
		JUA FEIIA	1211/3

Year 5/6 Long Jump Pit 1 (VILLA):, VILLA, SLC, MAR, ATC Year 5/6 Long Jump Pit 2 (PAD): PAD, SPLC, IONA, SPC