

PERSONAL BEST DAY 2008

Programme Of Events

AGES	Hurdles	70m	100m	200m	400m	800m	1500m	Walks	200mH	Discus	Shot Put	Long Jump	High Jump	Triple Jump	Javelin	AGES
6G		12.50 to	2.20	11.15						DIS 3	SP 4	LJ 1	HJ 5			6G
6B			To	To						9 am	9 am	9 am	9 to4			6B
7G	9.00			3.00	12.10					To	To	To	HJ 4			7G
7B				U6 -	U6 -					4 pm	4 pm	4 pm	9 am			7B
8G	to			U10	U10								To			8G
8B											DIS 4	9am	LJ 2	4 pm		8B
9G							9.30		10.15		9 am	To	9am	HJ 3		9G
9B	10.30					To		To		To	5 pm	To	9 am		9B	
10G	10.40		3.00	12.10	1.15	10.10		11.00		4 pm	SP 2	4 pm	To	TJ 5		10G
10B	to	2.15	To	To							9 am		4 pm	9 am		10B
11G			3.40	1.00			9.00			DIS 2	To	LJ 3	HJ 2	To		11G
11B	11.10		U11 -	U11-			To			9 am	4 pm	9am	9am	4 pm		11B
12G	11.20		U17	U17			9.25	See note below		To		To	To			12G
12B	11.35									4 pm		4 pm	4 pm		JAV 9 am To 4 pm	12B
13G	11.45				to						SP 1	LJ 4	HJ 1			13G
13B	to									DIS 1		9 am	9 am			13B
14G	12.00									9 am	9 am	To	To	TJ 6		14G
14B	12.10					2.50	3.10	2.15		To	To	4 pm	4 pm	9 am		14B
15G	12.10		3.40	3.30		To	To	To	1:00	4 pm	4 pm			To		15G
15B	12.20		to	to		3:10	3.30	2.45	to					4 pm		15B
16/17G	12.10		4.00	4.00	2.10				1:10							16/17G
16/17B	12.20		All	All												16/17B

PLEASE NOTE:

TINY TOTS:

A Tiny Tots session will be conducted from 10.00 am on the warm-up track at the back of Santos Stadium. All Tiny Tots must be accompanied by a parent.

TRACK EVENTS:

Will be conducted for athletes in the time period specified for all age groups.

WALK EVENTS:

700m Walks at 10.15 am and 2.15 pm, 1100m Walks at 10.30 am and 2.25 pm, 1500m Walks at 10.45 am and 2.35 pm.

FIELD EVENTS:

Field Events will be conducted throughout the day from 9.00 am to 4.00 pm at all Discus, Shot Put, Long Jump, Triple Jump, High Jump and Javelin areas. Officials will be present all day at these areas. Athletes may not commence a field event after 3:30 pm.

e.g.. U/6 & U/7 Athletes can participate at DIS4, SP6, LJ1, HJ5 (U/6 B&G) HJ4 (U/7 B&G) any time between 9.00 am – 4.00 pm.

U/11 to U/12 Athletes can participate at DIS2, SP4, LJ3, HJ2, TJ5, JAV any time between 9.00 a.m. – 4.00 p.m.

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Hot Weather Program

This Hot Weather Program will apply if the forecast temperature is 36°C or higher. Refer General Rules 1.14.

AGES	Hurdles	70m	100m	200m	400m	800m	1500m	Walks	200mH	Discus	Shot Put	Long Jump	High Jump	Triple Jump	Javelin	AGES
6G		18:00 To 19:00	19:00	9:00						DIS 3	SP 4	LJ 1	HJ 5			6G
6B			To	To						8-11	8-11	8-11				6B
7G	8.00			19:50	9:45					And	And	AND	HJ 4			7G
7B				U6 -	U6 -					6-8	6-8	6-9				7B
8G	to		To	U10	U10											8G
8B										DIS 4	8-11	LJ 2				8B
9G									700W	8-11	And	8-11	HJ 3			9G
9B	9.00								20:20	And	6-8	AND				9B
10G	9.10			19:50	9:45					6-8	SP 2	6-9		TJ5		10G
10B	To		19:00	To	To				1100W							10B
11G			20:40	10:30				20:30	DIS 2	8-11	LJ 3	HJ 2	8-11		11G	
11B	9:40		U11 -	U11-					8-11	And	8-11		And		11B	
12G	9:50		U17	U17	19:00	8:00			And	6-9	AND		6-9	JAV	12G	
12B	10.05				To	To			7-9		6-9			8 am	12B	
13G	10.15				19:50	9:00				SP 1	LJ 4	HJ 1	TJ6	To	13G	
13B	To						19:50		DIS 1	8-11	8-11	8-11	8-11	11 am	13B	
14G	10.30						To		8-11	8-11	8-11	8-11	8-11	And	14G	
14B	10:40						20:20		And	And	AND	And	And	And	14B	
15G	10:40		20:40	10:30					18:00	7-9	6-9	6-9	6-9		15G	
15B	10:50		To	To					To					6pm	15B	
16/17G	10:40		21:00	11:00					18:15					To	16/17G	
16/17B	10:50		All	All										8pm	16/17B	

PLEASE NOTE:

TINY TOTS:

Tiny Tots will not be conducted on the Hot Weather program.

TRACK EVENTS:

Will be conducted for athletes in the time period specified for all age groups.

WALK EVENTS:

700m Walk at 8:20 pm, 1100m Walk at 8:30 pm, 1500m Walk at 8:45 pm.

FIELD EVENTS:

Field Events will be conducted throughout the day as scheduled above. Athletes may not commence a field event less than 20 minutes before the end of the session.