

APS LEAD-UP ATHLETICS MEETING FOR BOYS
Saturday 24 August 2024, 8.20am – 12.00 noon at Box Hill Athletic
Track, Elgar Road, Box Hill (Hagenauer Reserve)

TRACK EVENTS

8:20am 3000 metres Open
8:30am 100 metres
 Open Front straight
 U17 Front straight
 U16 Front straight
 U15 Front straight
 U14 Back straight
 U13 Back straight

9:30am Hurdles U13 to Open
 800 metres Open Curve start (2 per lane)
 U17 Curve start (2 / lane)
 U16 Stagger start (2 / lane)
 U15 Stagger start (2 / lane)
 U14 Stagger start (2 / lane)
 U13 Stagger start (2 / lane)

10.10am 200 metres Open
 U17
 U16
 U15
 U14
 U13

10.30am 1500 metres Open -U17
 U16-U15
 U14-U13

11.00am 400 metres Open -13

11:40am 4 x 100 metres Relays Open - U14

FIELD EVENTS

8:45am High Jump U13 - U14

9:00am Shot Put 5k/6k (east) U17-Open
 Triple Jump (east) U15
 Long Jump (west) U17-Open

9.40am High Jump U15 -U16
 Shot Put 4k U16
 Triple Jump (east) U17-Open
 Long Jump (west) U13-U14

10.00am – 11.30am Discus Throws ALL AGE GROUPS

10.15am Shot Put 3k U13 -U14

10.30am High Jump U17-Open

10.30am Shot Put 4k U15
 Triple Jump (east) U13-U14
 Long Jump (west) U16

10.50am High Jump U15

11:10am Long Jump U15
 Triple Jump U16

Timing gates provided for Front Straight 100m, 200m, 400m and Relays.

OFFICIALS	Announcer, Marshals & Starters	XC
RELAY CHANGEOVERS	1. MGS 2. SKC 3. SC	
HURDLES	MGS, SKC, SC, XC to assist	
FIELD EVENT OFFICIALS	High Jump	U15/U16/U17/Open U13/U14
	Shot Put	SC
	Triple Jump	MGS
	Long Jump	XC
	Discus Throw	SKC
FIRST AID	XC	
COMPETING SCHOOLS	SC, MGS, SKC, XC	

