

APS LEAD-UP ATHLETICS MEETING FOR BOYS

Saturday 7 September 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	Stagger start (2 / lane)
		U17	Stagger 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 - U13	
11:40am	4 x 100 metres Relays	Open	
		U17	
		U16	
		U15	
		U14	
		U13	

FIELD EVENTS

8.45am	High Jump	U13 - U14 (1.10m Start Height)
9.00am	Shot Put 5kg/6kg	U17 - Open
	Triple Jump (east)	U15 - U16
	Long Jump (west)	U17 - Open
9.40am	Shot Put 4kg	U16
	Triple Jump (east)	U17 - Open
	Long Jump (west)	U13 - U14
	High Jump	U15 - U16
10.00am	Discus Throw	U13 - U15
10.15am	Shot Put 3kg	U13 - U14
	Long Jump (west)	U16
10.30am	High Jump	U17 & Open
10.50am	Shot Put 4kg	U15
	Triple Jump (east)	U13 - U14
	Long Jump (west)	U15
	Discus Throw	U16 - Open

Timing gates provided for Front Straight 100m, 200m, 400m, Hurdles and Relays
*****Schools are responsible for timing their own competitors in 800m, 1500m & 3000m*****

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