



BEACHSIDE ATHLETICS CARNIVAL 2016

Tuesday, 30th August 2016.

10.00am. – 1.45pm.

Duncan MacKinnon Athletics Centre

TRACK EVENTS	FIELD EVENTS
10.00am	10.00am
4x100m Relays 12/13yo boys & girls 11yo boys & girls 9/10yo boys & girls	No Field Events Will Be Conducted Whilst Relays Are Underway
10.45am	10.45
800m 12/13yo boys & girls 11yo boys & girls 9/10yo boys & girls	High Jump 12/13 years boys & girls Triple Jump 9/10 years boys & girls Long Jump 11 years boys & girls Shot Put 12/13 years boys & girls Discus 9/10 years boys & girls
11.15am	11.15am
80m Hurdles 12/13yo boys & girls 11yo boys & girls 9/10yo boys & girls	High Jump 11 years boys 11 years girls Triple Jump 12/13 years boys 12/13 years girls Long Jump 9/10 years boys 9/10 years girls AWD boys & girls Shot Put 9/10 years boys 9/10 years girls Discus 11 years boys & girls

IMPORTANT INFORMATION

- **Two** heats of 7 competitors for Hurdles, 100m, 200m & relays
- **One** heat for 800m and 1500m
- **All** track events will be timed and the fastest 3 competitors (regardless of their heat) will be awarded ribbons.
- **Maximum** events per competitor - 2 individual and 1 relay
- The fastest **two** competitors in the track events (regardless of heat) will proceed to Regional Championships.
- The first **two** competitors in field events will proceed to Regional Championships.
- The fastest **two** teams in the relays will proceed to Regional Championships.
- **No dead-heats** or ties 1st-3rd Count back or re-run apply.
- **Spikes** cannot be worn in 800m or 1500m
- **SSV regulation** - 9/10 year old are not permitted to wear spikes

ONLY competitors & Officials are permitted on the infield area.

All staff share responsibility for keeping the infield area clear of spectators.

For safety reasons, events may be paused / delayed if spectators are on the infield area.

Failure to cooperate with a SSV or AV official request may result in disqualification.

11.45am	11.45am
100m 12/13yo boys & girls 11yo boys & girls 9/10yo boys & girls AWD boys & girls	No New Field Events Will Commence Whilst 100m Are Underway
12.25pm	12.25pm
200m 12/13 years boys 12/13 years girls 11 years boys 11 years girls 9/10 years boys 9/10 years girls AWD boys & girls	High Jump 9/10 years boys 9/10 years girls Triple Jump 11 years boys 11 years girls Long Jump 12/13 years boys 12/13 years girls
12.45pm	
1500m 12/13 years boys 12/13 years girls 11 years boys 11 years girls 9/10 years boys 9/10 years girls	Shot Put 11 years boys 11 years girls AWD boys & girls Discus 12/13 years boys 12/13 years girls

LANE ALLOCATION

Lane 1	Southport
Lane 2	Armadale
Lane 3	Balaclava
Lane 4	Dendy
Lane 5	South Yarra
Lane 6	Holt
Lane 7	Bentleigh
Lane 8	AWD or Invitee

Thank you to all the parents, staff and students who have made today possible. Congratulations to all athletes on their efforts!

Clash of events

Track events take priority over field events.

Athletes must firstly report to their field events & register with officials.

Athletes complete track event, then return immediately to complete field event.

Field events will continue, results will be held-over for a maximum of 20 minutes

High Jump: When returning to HJ, the bar will not be lowered, athletes resume jumping at current competition height

SOUTHERN METROPOLITAN REGIONAL ATHLETICS

THURSDAY 13th OCTOBER 9.00am – 3.00pm

Casey Fields Regional Athletics Centre

160 Berwick Cranbourne Road, Cranbourne 3977

Melway Reference: 134 E7