

NSLAC Week One Event Program

WEEK 1	DUTY	6	7	8	9	10	11	12	13	14-17
6:45	Set Up U8 + U13									
7:30	Set Up U8 + U13									
7:45	BBQ U7 + U12	Long Jump 2	Discus 3	100m	High Jump 2	70m	High Jump 1	Long Jump 1	200H/300H	200H/300H
8:00	BBQ U7 + U12		100m						Shot Put 1	
2	BBQ U7 + U12		100m	200m		Discus 2			100m	
3	BBQ U7 + U12	50m	70m	Shot Put 2	200m	Long Jump 2	100m	100m	Discus 1	400m
4	BBQ U7 + U12	100m	50m	700m	Shot Put 3		Shot Put 1	400m	Long Jump 1	100m
5	BBQ U7 + U12	Discus 3	Shot Put 2	Long Jump 2	800m	100m	Discus 1	400m		High Jump 1
6	Pack Up U10 + U6	300m	500m		70m	400m			400m	

NSLAC must be clear of the Rotary athletics field (including pack-up) by 12:00 noon

Facilities:

Long Jump 1 = synthetic runups (TJ at both ends)
 Long Jump 2 = grass run ups
 High Jump 1 = mats on the bend
 High Jump 2 = centrefield mats
 SP1 = near big cage

SP2 = two circles near far end of track
 SP3 = two circles beyond discus cages
 Discus 1 = big cage
 Discus 2 = cage near cliff (15m limit when SP3 in use; otherwise 20m limit)
 Discus 3 = other smaller cage (20m limit)

Program Management Principles:

- 1/ *With exception of the start of competition and the Javelin finish time, progress through the program is NOT about time but in the interests of carnival progression events need to be managed as per the following principles. Rotary must be clear by 12 midday.*
- 2/ Boys and Girls age groups should manage field events together, track events should remain gender specific wherever possible
- 3/ Athletes wishing to compete in early events need to be aware that clashes will not be managed. A choice may need to be made by the athlete and athletes must arrive prior to 7:30 for events programmed to start at that time

Track

- 1/ Hurdles events must always progress in the order as per the program
- 2/ Where 400m and 200m events are on same program (weeks 1, 3, 4, 5) 200m events must be complete before 400m starts
- 3/ Walks events will be run as a single event for all distances
- 4/ If an athlete NSLAC athlete does both walks and 800m (U10 and above) only the walk result will be retained

Field

- 1/ Where a field event is in the 8am start session Age Managers are encouraged to commence these events early (esp. with large age groups)
- 2/ Discus cage 2 is limited to athletes who throw 15m or less for safety if Shot Put 3 is in use
- 3/ Discus cages 2 and 3 are limited to athletes who throw 20m or less under any circumstance
- 4/ No athlete arriving after 7:30am is allowed to participate in Javelin (this rule must be enforced by the age managers)
- 5/ For safety reasons, Javelin must be complete by 8:00am - no exceptions - limiting trials to 2 if needed
- 6/ When individual age group numbers exceed 30 athletes field event trials should be limited to two trials per athlete
- 7/ Age managers should endeavour to ensure that no athlete enters high jump competition more than 15cm (3 heights) before their PB
- 8/ If a field event facility is free an age group may make use of that additional facility for a programmed event. However, that age group MUST give way to any age group programmed to that facility