

Season 2022/23 Program G Invitational EMR & LAN: [seeded] 800m + 100m ; PB Round

	6G	6B	7G	7B	8G	8B	9G	9B	10G	10B	11G	11B	12G	12B	13G	13B	14-17G	14-17B						
INITIAL LANE CONFIGURATION: 1+2: 800m ; 3 - 8: 200m ; 9 - 12: 70m																								
nominal							TIME BAND																	
8:30 AM	800 m time bands - only for u.9 +above							A	sub	2:40	H1	16									8 lanes @ 2 per lane = max of 16 per trial			
8:35 AM								B	sub	3:00	H1	16									stagger start using all 8 lanes			
8:40 AM										sub	3:00	H2	16									after break line, using lanes 1-2		
8:45 AM								C	sub	3:20	H1	16									all races mixed age + gender			
8:50 AM										sub	3:20	H2	16											
8:55 AM										sub	3:20	H3	16									NIL CENTRE RECORDS - ONLY PBs		
9:00 AM								D	sub	3:40	H1	16												
9:05 AM										sub	3:40	H2	16									1:41 WR (M)		
9:10 AM										sub	3:40	H3	16											
9:20 AM								E	sub	4:00	H1	16									1:53 WR (W)			
9:30 AM										sub	4:00	H2	16											
9:40 AM								F	sub	5:00	H3	16	192 runners											
9:45 AM	RECONFIGURE LANE ALLOCATION: (upon completion of 800m // allow 15 minutes) : 1 - 5: 200m ; 6 - 12: 100m																							
10:00 AM	100 m : u. 6 + u.7 + u.8							no banding for u.6 + 7 + 8							nominal									
10:10 AM	100 m time bands - only for u.9 +above							nominal							SUB 14						3 heats of 7 = 21		use lanes 6 - 12 (7 lanes)	
10:16 AM															SUB 15						3 heats of 7 = 21		allow 2 min per race + timing etc	
10:22 AM															SUB 16						3 heats of 7 = 21		assume 3 heats per time band	
10:28 AM															SUB 17						3 heats of 7 = 21		all races mixed age + gender	
10:34 AM															SUB 18						3 heats of 7 = 21			
10:40 AM															SUB 19						3 heats of 7 = 21		NIL CENTRE RECORDS - ONLY PBs	
10:46 AM															SUB 20						3 heats of 7 = 21			
10:52 AM															SUB 22						3 heats of 7 = 21			
10:58 AM															PLUS 22						3 heats of 7 = 21		189 runners	

	6G	6B	7G	7B	8G	8B	9G	9B	10G	10B	11G	11B	12G	12B	13G	13B	14-17G	14-17B					
8:00 AM	Javelin for U11-U17 Starting at 8:00am																						
8:45 AM	8:45 All athletes at age group allocated area and sign-in with Age Group Manager // 8:45 = 10min Warm Up // 9:00 be at your first Event ready to start.																						
9:00 AM	On - Track		SP west @ front straight	SP east @ 200m start	H J Scissor small mat	Discus north near 200 start	200m	200m	L J Finish Line	L J Start Line	T J Start Line								T J Finish Line	200m			
9:30 AM	1 kg	1 kg	70m	70m	1 kg	70m	L J Start Line	L J Start Line	L J Start Line	T J Start Line	200m	200m	200m	200m	200m	200m	200m	200m	200m				
9:30 AM	SP Lesson east @ 200m start	SP Lesson east @ 200m start	Discus south near HJ	Discus north near 200 start	SP west @ front straight	H J Scissor small mat	L J Finish Line	L J Start Line	L J Start Line	L J Start Line	L J Start Line	L J Start Line	L J Start Line	L J Start Line	L J Start Line	L J Start Line	L J Start Line	L J Start Line	L J Start Line				
10:00 AM	Toddler Race		TODDLER RACE - within this setup time window																				
10:00 AM	100m	100m	100m	100m	100m	100m	L J Finish Line	L J Start Line	L J Start Line	L J Start Line	L J Start Line	L J Start Line	L J Start Line	L J Start Line	L J Start Line	L J Start Line	L J Start Line	L J Start Line	L J Start Line				
10:30 AM	Long Jump @ TJ Finish Line	Long Jump @ TJ Finish Line	200m	200m	200m	200m	L J Finish Line	L J Start Line	L J Start Line	L J Start Line	L J Start Line	L J Start Line	L J Start Line	L J Start Line	L J Start Line	L J Start Line	L J Start Line	L J Start Line	L J Start Line				
11:00 AM	initial lanes		post-800 lanes	Discus south near HJ	SP west @ Front Straight	H J Scissor small mat	200m	200m	200m	200m	200m	200m	200m	200m	200m	200m	200m	200m	200m				
	800 m Distance Lanes 1-2		200 m Circular Lanes 3-8		Front Straight Lanes 9-12		U9-U11: Open Shot Put - west (near front straight) ** Open Discus - North (near 200m start) **													U12-U17: Open Shot Put - east (near 200m start) ** Open Discus - South (near HJ) **			
No 'open' events for U6 - U8 age groups																							
** Note: Scheduled events have priority																							

reg. 01-02-2023	12	4	9	21	12	11	23	18	26	21	14	19	11	12	8	12	13	17	17
263																	7 2 3 1	6 6 3 2	
event in use:	Front	Circ	Dist	Jav	HJ Large	HJ med-sm	LJ start	LJ finish	TJ start	TJ finish	SP east	SP west	Disc north	Disc south	walk/judges	Hurdle	help		