

HANDS UP IF YOU'RE READY FOR THE NEW SEASON



The Club committee welcomes you to our brand new season of Athletics. This season will look and operate very differently from previous years. Much of the information contained in this newsletter will outline how we are going to run the club in a safe environment. The biggest change is running a new program where **age groups start at different times.**

During 2020 COVID has already seen the cancellation of the State Championships, our Presentation Day, and both the LANSW Cross Country & Roadwalking Championships. Your assistance in following our new practices outlined below will help us complete a full season.

Registrations opened on 15th August under the watchful eye of our Registrar Andrea Belunek. Many thanks to Andrea and Kate Gifford for the hours they've put into preparing over 580 registration envelopes.

At this stage we have reached capacity in many of the younger age groups. A cap of 40 athletes per group was implemented to ensure we remain under the community sport COVID limit of 500 participants.

Please read through this newsletter as it will answer many of your questions about the club and what to expect in the first few weeks.

REGISTRATION NUMBERS & SHIRTS

All uncollected registration numbers have now been mailed out. Uniforms can be purchased [online](#) and collected on Saturday mornings. Any remaining club training shirts can also be collected then. Wear your t-shirts out and about, to training and under your competition singlet. **T-shirts are NOT for competing and should never have numbers attached**

JUNIOR DAY - SAT 19 SEPT

The two most important parts of sport are to make friends and to learn something new. To fulfill those aims we will once again hold a **junior orientation day for our u6, u7 and u8 age groups only on Saturday 19th September.** Here our youngest athletes, and parents, will learn the basic skills of their events with the help of our committee and coaches. This will assist them with their start to the season. **On this morning every athlete must have one supervising adult present.**

Please **arrive by 8:45am** to familiarise yourself with the surroundings as we **will get underway promptly at 9am and finish around 10:30am.** We recommend you [buy online](#) any uniform items, with collection available from 8:15am. Wear your club uniform, bring a hat, waterbottle and lots of energy and enthusiasm.

SEASON START - SAT 26 SEPT

7:20am	Set Up Duty u9s
7:45-8:00am	Uniform Pick Up
8:00am	Orientation
8:15am	Events start for u6, u7, u8s & u9s
10:00am	Events start for u10s - u17s

This will be a bumper morning of activity with athletes and parents moving about the oval. With a completely new format being used for the very first time please be patient as we all learn what to do. The first three weeks may take a little longer to get through as our athletes learn the skills required to do all their events.

Our team of junior coaches will once again run skills sessions for the u6-u8s during Shot Put, Discus & Long Jump events. This assists technique and keeps our athletes on the go and having fun

THE ESSENTIALS!



AGE MANAGERS

Many thanks to those parents who have already volunteered as Age Managers, starters and data enterers for the upcoming season. Some age groups do not yet have their full quota of Age Managers and we would encourage anyone who is interested in taking on an Age Manager role to contact us via the Club email address: info@balmainlac.org.au

PARENT INVOLVEMENT

This is a good time to emphasise that this season the assistance of volunteer parents and carers is required to enable Saturday competition to continue to operate safely under COVID rules.

Due to our policy of maximising athlete participation there are only 20 parents/carers permitted to be with each age group each week. We appreciate some families will have 2 or more children spread across the two time-slots but unless you have signed up to assist with a specific age group you cannot remain at KGO to spectate.

Volunteering to assist with a specific age group will be done on a weekly basis via an emailed link. This link will also be posted in the News section of the website so that it is equally accessible to everyone

SET UP AND PACK UP

Every Saturday morning each event site needs to be set up and then packed away. There are 4 **Discus** circles, 6 **Shot Put** rinks, a **Javelin** area, 8 **Long Jump** run ups, 4 **High Jump** areas, 3 **Tracks** and the Canteen & BBQ to be prepared for the day's activities.

To assist with the workload parents from each of the u6 to u17 age groups will be allocated set Saturdays during the season to help distribute equipment and **set-up the Oval from 7:20am. Please note that parents can assist with set up and then leave before competition begins.**

Committee members are on hand to allocate an area for you to prepare. This will allow us to commence competition promptly at 8:15am. Email reminders will be sent to the age group on duty a few days prior.

Those older age groups who start their competition at 10am will also have areas to set up before their events can start. For example the mats and tents at High Jump, the Javelin sector and the netting at the temporary Discus cages.

BE YOUR BEST!

We wish each and every athlete the best of luck. The season ahead will offer you many challenges but also many opportunities. We encourage you not only to do your best but to fulfill the Little Athletics motto.....be your best !

As a club we want every athlete to see the setting of a Personal Best (PB) as their main aim.

Let's see if together we can beat the incredible number of **9,440 PBs** set last season.

COVID SAFETY

The greatest amount of preparation for this season has been around fitting our usual crowd of 1,400 people on KGO under the current 500 participant limit for community sport. As a club we are also required to follow specific cleaning and check-in protocols set down by LANSW and the NSW Department Of Health.

The next few pages outline how our Saturday competition and weekday training is going to be run.

We anticipate several visits by the Police and Dept of Health during the season to check on our compliance. It is with your help that we will be able to continue to operate throughout the season.

CHECKING IN

Every person that stands on King George Oval and our surrounding competition areas is included in the 500 participant limit. That includes athletes, volunteers, officials, coaches and any parent/carer attending.

This season to maximise the number of athletes able to participate, each age group is limited to 20 volunteers to assist during competition.

NO SPECTATORS ARE ALLOWED.

This will be strictly enforced to ensure we comply with community sport COVID restrictions.

When arriving to assist set up, or remain as a volunteer assistant you will need to check-in via our QR code. Six check-in stations will be located on and around the ground to reduce group sizes and queuing.

To avoid any doubt, if you are there with one child you check in both of you, if you are there with 3 children you check in all 4 of you, if you are dropping off you have to check in all children then leave.

The easiest way to check in is to download the applicable app using the QR code to the right, then you are ready for checking in for the entire season.

Prior to Saturday morning competition a weekly email will be sent to each age group with a link to nominate yourself to be one of the 20 volunteers for the morning. The links will also be posted on the club website. This system will give everyone an equal chance to nominate to help each week.

Pre-Season Measures put in place included:-

- a cap of 40 athletes in any age group
- no Tots program until further notice
- splitting Saturday competition into 2 time-slots
- offering the mail out of registration packs
- creating an online shop through the club website
- completing a Covid Safety Plan
- completing the LANSW Back-on-Track checklist
- appointing Covid safety Officers
- establishment of a timed event program
- implementing equipment cleaning protocols



TRAFFIC & PARKING

Car parking spaces are difficult to find during regular Saturdays at KGO. This season it is going to be very challenging due to the construction of Westconnex, the refurbishment of the Rozelle Electrical Substation and the increasing use of the car park to store boats and trailers. The small number of car spots is the first problem.

The map below shows that there is currently only one access road to KGO in the form of the very narrow Callan Street. We suggest that to minimise traffic congestion Callan Street should be used by our members as an entry road only and that you leave the KGO area via Moodie Street to access Darling St.

The club is trying to negotiate access to the parking area behind the Kirkbride Building within Callan Park for our members use of Saturday mornings. This site is only a 4 minute walk to KGO. Accessing that car park will dramatically help issues around the KGO car park. We hope to have a traffic management plan sorted out with the relevant authorities soon. Until then we encourage you to ride your bike or park and walk from a distance.



Travelling options

- Car to KGO car park
- Park & walk
- Bicycle
- Walk
- Kirkbride car park (TBC)



The Kirkbride car park is only a 4min walk to KGO



How we're going to keep COVID-safe without sounding too much like the fun police

1. Follow the Dept of Health guidelines

- do not attend if, in the preceding 14 days, you or anyone in your family has become unwell or had flu-like symptoms or has been in contact with a confirmed or suspected case of COVID-19.
- do not attend if you have traveled interstate in the preceding 14 days.
- do not attend if you have visited a NSW Health identified COVID-19 case hotspot in the preceding 14 days.
- do not attend if you are at a high risk from a health perspective.
- as much as practicable at events maintain at least 1.5m physical distance between adults.
- only one adult per family to volunteer in any one age group.

2. Check In ALL Attendees

- we will be visited by authorities and the first thing they will inspect is our register of attendance to ensure we are under 500 participants. You put us at risk of being shut down or fined if you fail to check in using the QR codes placed around KGO.

3. Volunteer Or Leave

- Please volunteer via the sign up link to be one of the 20 parents/carers assisting for each age group
- NO SPECTATORS ALLOWED. To have as many athletes competing as possible we can only have 20 adults per age group. You put us at risk of being shut down or fined if you fail to leave KGO as you will be counted as one of the permitted 500.

4. Wash & Sanitise

- Please visit one of our hand sanitiser stations when you arrive at KGO
- Wash/sanitise your hands after visiting the toilet & before handling any food or visiting the canteen

5. Sorry, No Sharing

- Please bring and carry your own drink bottles, there will be no group buckets of bottles
- No food can be shared or given to others
- Birthday cakes & celebration items stay at home

6. Keep to your BUBBLE !!!

- each age group's athletes and adults need to remain as one group throughout the morning and not mingle with any other age group.



- please meet at your age group's flag each Saturday
- keep separated if waiting at an event by going to the designated warm up area
- leave KGO as soon as your events have finished for the morning, or as LANSW have put it:

"get in, compete, get out"

7. Equipment at Field Events

- each field event area will have its own sanitising & cleaning station where you will collect all the equipment you will need to conduct your event.
- at least two people from each age group will need to use the gloves, sprays and wipes provided to clean all equipment prior to their event starting
- Shot, Discus, Javelins, field markers, tape measures, rakes, brooms, etc will all have to be wiped down between age groups for us to remain COVID compliant

8. Respect For All

- this whole situation is one none of us have experienced before and the committee have worked very hard to put these plans in place to enable us to get our season underway
- until we start we won't know how well things will run so please be patient in the first few weeks
- changes will be made as we fine-tune procedures and discover what has gone well and what requires a different approach
- as officials, volunteers, parents & carers, we're all involved in this to provide as safe and enjoyable an environment as possible for kids aged 5 to 16
- we thank you in advance for your assistance in following our new procedures. Without your help we won't be able to get through this season

NOTES FOR VOLUNTEERS ASSISTING WITH AGE GROUPS

The cooperation of every family is required to enable Saturday morning competition to operate as effectively as possible. Be it marshaling athletes, measuring & recording, raking or retrieving, every little bit helps. We ask EVERY parent to read the Event Information Sheets on our Club website. They give clear and brief instructions on how to run events, particularly the measuring of field events. Parents have to assist with set up, pack up, and the running of the events for their age group. To assist you will need to be one of the 20 volunteers signed up to each age group on Saturdays.

Each age group will have two or three Age Managers. All of our Age Managers are parent volunteers who need your weekly help and support, including following the club procedures outlined here:

1. Parents to **check in** their child using the QR code system and check themselves in too if they are 1 of the 20 volunteers assisting them that day
2. There will be a club **warm up** prior to competition each Saturday. Parents can sign in with age managers at this time.
3. Events **MUST run in the order set** out in the Event Program. The program is subject to change as we negotiate the revamped COVID program.
4. **U6, U7 & U8 long jump use all the available run ups**
5. U6-U10 long jump take off from a 1m x 0.5m **sand rectangle**. A parent may need to set this up
6. Groups **MUST** ensure sprint events are held at the **correct track**. Track numbers are listed on the program. See the ground map included in this newsletter.
7. In the event of any **dispute or a query**, please locate one of our committee members.

"When in doubt, don't be shy to ask your Age Manager or any member of the Committee"

8. If a child breaks a Club Record, Age Managers must notify a committee member immediately to ratify it.

A record can only stand if :-

Track events on the Circular track at least 2 timers have timed first place and both times are under, or equal to, the existing record.

Stopwatches are NOT to be deleted until a committee member has verified the time.

Back Ups are not required for track events held on a track with timing gates
Field events – competition is halted and a committee member must be called immediately to verify, measure and sign off the jump or throw. Don't rake or remove any markers until this is done. For all throws, if an athlete is close to a record distance, Age Managers should ensure a Committee Referee is on hand to sight a potential record breaking throw. New records must be achieved & verified according to the guidelines under 'Centre Records' on the BLAC website



STAYING SAFE

With many athletes, parents and siblings in such a small area at KGO on Saturdays, please follow all safety guidelines to help keep everyone safe.

WHEREVER POSSIBLE KEEP TO THE OUTSIDE OF THE 400M OVAL TRACK.

The area inside the 400m track houses 2 sprinting tracks, 4 high-jump areas, and the javelin throwing area. It is very busy and does not leave enough room to function as a thoroughfare.

Please only enter the area within the 400m track if you are competing or assisting with an event.

If you are moving from one end of the Oval to the other please do so OUTSIDE the 400m track.

If you are heading to the start line of any of the sprint tracks, please cross the 400m track at designated crossing points only.... ensuring that no athletes are approaching on the main track.

PLEASE KEEP DOGS AT HOME, AND ALL STROLLERS AND BALL GAMES TO THE OUTSIDE OF THE 400M TRACK

PLEASE MARSHALL 400M & 800M RACES OUTSIDE THE TRACK ON THE GRASS BANK NEAR THE FINISH LINE

66

IF AN ADULT SHOUTS 'TRACK' IT MEANS SOMEONE HAS WANDERED ONTO THE TRACK AND IS PROBABLY IN THE PATH OF AN ON-COMING ATHLETE!



WHEN YOU HEAR SOMEONE CALL "TRACK"

Athletes – if an athlete behind you in a middle distance race (800m, 1500m, 3000m or 1500m racewalk) calls **'track'** it means they are about to lap you. Please move to the 2nd lane to clear lane 1 for the faster athlete to pass.

Athletes and Spectators – if an adult shouts **'track'** it means someone has wandered onto the track and is probably in the path of an on-coming athlete! Please check it's not you...and move off the track as fast as you can.

KEEP FLAGGED AREAS CLEAR

Much of the area within the 400m track is bordered with flags to signal that they should not be used as pathways or crossing points. Please ensure your children are aware of this and model safe behaviour by crossing only at designated points

ROPES SIGNAL POTENTIAL DANGER!

Throwing areas are roped off to keep spectators a safe distance from the throws. Please be mindful of the fact that even at the younger end of the spectrum, our athletes throw the discus & javelin 30m+ & older athletes are throwing almost 50m.

KEEP TO YOUR ASSIGNED THROWING AREA

We have assigned throwing areas on the basis of age and thus likely distance. Age groups need to keep to their assigned areas. This will mean the bigger kids are able to use the Discus cage & main Shot Put areas, which will protect everyone from the risk of them throwing into other competition areas.

KEEP SMALL PEOPLE CLOSE AT ALL TIMES

Most of our on-track athlete-spectator crashes and near misses happen when young siblings wander into the path of oncoming athletes. With our older and larger athletes travelling at high speed we want to avoid injury to both parties.

We ask parents to please keep toddlers within sight and away from flags, finish line poles, ropes, etc at all times.

Most importantly we use some expensive electronic starting and timing equipment that looks very attractive to younger kids. Please avoid touching. Thanks



THINGS TO KNOW ABOUT KGO



BBQ AND CANTEEN

The Club runs a Canteen and BBQ every Saturday. It plays a vital role in our yearly fundraising and also offers an early lunch solution too!

We have already asked each family to volunteer to help with the BBQ/Canteen for one 90 minute shift during the season. Names were taken via our "sign up" app.

You will be sent a reminder email a few days before your nominated Saturday. If you need to change your day or time do so by logging back into the App

Bring your phone / plastic as it is **CARD only**
New PVC screens and the provision of masks & gloves will keep all our volunteers safe

SMOKING

State and Local Government legislation has banned any smoking at sports events, including **ALL** outdoor sports on Council grounds.

The designated smoking area at KGO is behind the car park.

THE BALMAIN UNIFORM

The Club uniform consists of a Black & Gold singlet or Crop Top with black shorts. This uniform is worn at all levels of competition and must have the appropriate registration number sewn or pinned on the front, age patch at the top left hand corner and Coles patch at the top right corner.

If your age patch has "Jetstar" printed on it please see our uniform team to get a new one

Shoes are compulsory in every event for all ages.

Spikes are permitted in the age groups of U11 and above in events run entirely in lanes and during Long Jump, Triple Jump and High Jump. Athletes below the U11 age group **CAN NOT** wear spikes for any event.

Uniforms can be purchased online as well as from the Information Desk at KGO during Saturday morning competition.

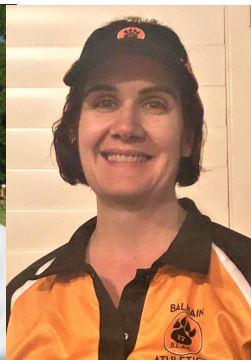
WHO'S WHO IN THE ZOO?!

Balmain LAC is run entirely by volunteers, which is why parental involvement is critical to the running of Saturday morning competition. We are led by a dedicated Committee of 15, all of whom are parents of BLAC athletes, and who share between them the various front and back of house roles needed to successfully manage the Club. If you have any questions, suggestions or concerns, please feel free to speak to any Committee member who are easy to spot in their bright **orange** tops!

1. David Murphy. President, Centre Manager, Club coach
2. Tim Batho. Vice President, Technical & Officials Advisor
3. Paul Dolan, IT & Online and Kate Gifford, Assistant Registrar.
4. Peter Boyle. Treasurer & Age Manager
5. Andrea Belunek Registrar & Age Manager
6. Andrew Kohlrusch. Champs officer & Club Coach
7. Richard Chen. Champs Officer, Team Selector & Club Coach
8. Peter Rand. Secretary & Championships Officer
9. Kim Gane. Championships Officer, Balmain Athletics delegate
10. Alan Hill. Canteen & BBQ Co-ordinator
11. Paul Schmidt. IT Manager

WELCOME NEW COMMITTEE MEMBERS

12. Mathew Kentish-Jones
13. Brent Gasper
14. Marco Hasan



TUESDAY & THURSDAY TRAINING

Club training is offered on Tuesdays to all athletes in the U8 to U17s from 4:30-6pm. These sessions all start with our regular warm-up lap involving dynamic exercises and stretches before moving onto drills that will assist ALL level of runners. Each age group then undertakes 30min of training in two different disciplines that will mirror the events they will undertake that coming Saturday.

Additional training is offered to athletes only in the U12-U17 age groups on Thursdays from 4:45-6pm. We will have coaches available for Sprints, Middle Distance, Racewalking, Hurdles as well as in the Throws. These sessions will offer more technical coaching to our older athletes who choose to undertake just one event group during the training session.

**Training commences
Tues 6th October**

**Check the website
www.balmainlac.org.au
for details of which
Thursday coaches &
events are available**



WE LOVE TO HEAR FROM YOU!

Suggestions from parents that may further improve the running of Saturday mornings are very welcome. Please email info@balmainlac.org.au

We love to celebrate our athletes' success both in and beyond Club. If your child has achieved something that you would like to share with the BLAC community, please send details, and pictures, to news@balmainlac.org.au

WEEKLY RESULTS ON-LINE

Athlete's results are entered on the BLAC website every Saturday. The 'results' tab is the place where you can keep track of your PBs and watch your progress throughout the season.

Why not download and follow us on **Team App** for convenient access to our socials, news, results and important links all in the one place.

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**FOLLOW US ON
FACEBOOK, TWITTER,
INSTAGRAM OR TEAM
APP TO KEEP IN TOUCH
WITH CLUB NEWS.**

@BALMAINLAC



PARKING AT KGO

Car parking spaces can go very fast on Saturday mornings so consider walking or bicycle options as well as parking in Callan Park. Please do consider our neighbours and don't park illegally or across driveways. Council rangers patrol local streets and families have received tickets. Don't be the next one.



LEARNING THE LINGO

- Age Manager** A parent volunteer who co-ordinates parent helpers
- A Multi** The printing stopwatch used to time longer races
- Backup** An assistant timekeeper with a 2nd stopwatch
- Blocks** Starting blocks used by older athletes
- Cage** The net or fence that protects us from a discus
- Circle** The area you throw a Shot or Discus from
- Committee** An unpaid volunteer who helps run the club
- D.Q.** Disqualification. One for the racewalkers, as is....
- Lifting** Losing contact with the ground in racewalking
- Flop** Fosbury Flop high jump technique for U11s+
- Gates** The electronic timing poles. Please do not touch !!!
- Lane 1** The innermost lane on the main circular track
- PB** Personal Best - your best ever result in an event
- Scissors** High jump technique for u9s & u10s
- Sector** The lines that your throw must land between
- Stagger** Different starting spots when running on the bend
- The Gun** What you listen for to start a race
- "Track"** "Please would you mind moving out of the way?"
- Waffles** Sprinting shoes worn by junior athletes
- Zone** Competition for u7-u17s against seven other "city" clubs



*" You don't have to be great to get started...
but you do have to get started to be great "*



REPRESENTATIVE DATES FOR 2020-21

Athletics NSW State Relays, SOPAC	cancelled
LANSW State Relays, SOPAC	cancelled
Inner City Zone Championships, ES Marks	cancelled
ANSW Club Championships, SOPAC	7th November
Regional Qualifying Event, Sylvania	TBC
State Multi Event Championships	TBC
LANSW State Track & Field Championships, SOPAC	TBC
LANSW State Roadwalking Champs, Penrith Lakes	TBC
LANSW State Cross Country Champs,	TBC

CAN'T FIND WHAT YOU ARE LOOKING FOR?

We try to keep all our athletes and families as informed as possible throughout the season. Nearly all the information that you will need can be found on the dedicated pages, or News section, of our website. Please make that your first point of call so that our club volunteers aren't inundated by questions that are easily answered on the website

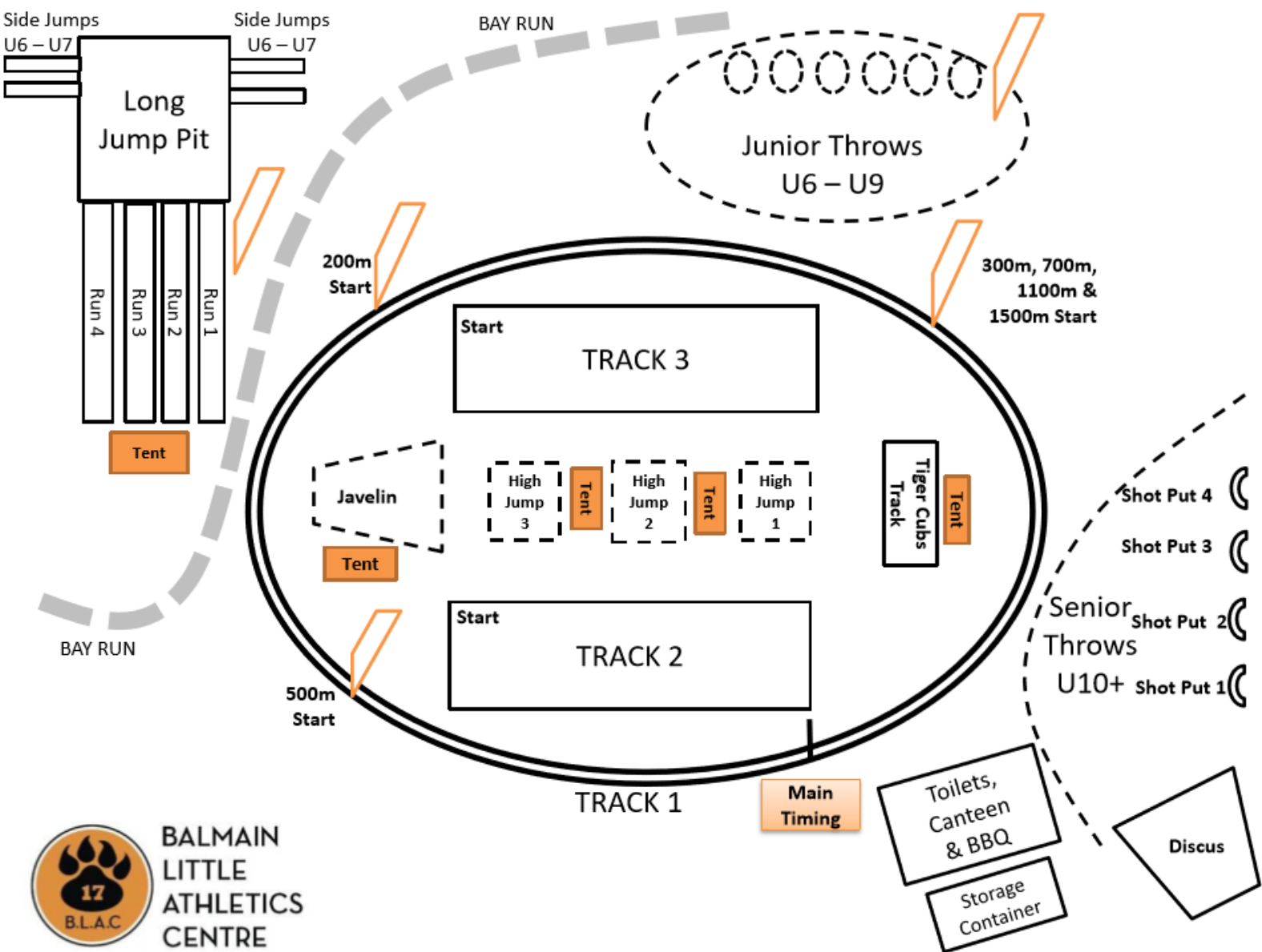
IF EVER WE NEED TO NOTIFY YOU OF A CANCELLATION

IT WILL BE DONE VIA FACEBOOK BY 7:45am OF A

SATURDAY OR 4pm OF A TUESDAY OR THURSDAY



KNOW WHERE TO GO ON KGO



BALMAIN
LITTLE
ATHLETICS
CENTRE

WHERE DOES IT GO?

We use a number of wheelie bins on the ground that fulfill various important jobs



Green & Red bins are for
EQUIPMENT ONLY
Please don't use them
for rubbish

Yellow bins near the
canteen are for **recycling**
We will process the 10c
container deposit for you

Red Lid ?
Please keep KGO
clean and put any
rubbish here

THANK YOU ALL VERY MUCH

The club could not operate without the help of our wonderful sponsors, supporters and of course our parent volunteers. We thank you all for your support this season



McGrath

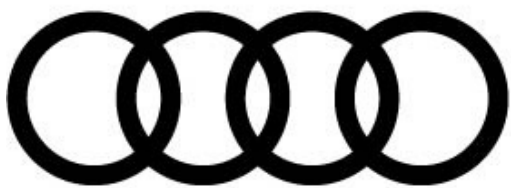
Cindy Kennedy
Residential Sales Agent
0404 000 570

A proud local, Cindy lives and breathes Balmain, Rozelle and Lilyfield, possessing a thorough knowledge of the locality. Drawing on her superb marketing skills, she has an uncanny ability at matching the right property with the right buyer. Cindy doesn't believe in a 'one size fits all' approach but takes the time to develop an individual marketing campaign for each property. Her method works and is demonstrated by her impressive sales results, including an exceptionally high auction clearance rate. Limiting the number of listings she takes on at any one time ensures that every campaign receives her full focus. Cindy is a skilled sales professional, one of McGrath's top sales agents and a partner of the McGrath business. A master at negotiating, she is constantly working to secure the best possible price for her clients. Cindy loves her work and is committed to providing superior service to sellers and buyers alike. As a result, Cindy's clients are more than happy to recommend her. Specialty Suburbs are Balmain, Birchgrove, Lilyfield & Rozelle

The Audi Difference

It's time to enjoy a more progressive driving experience. Innovation, quality, style – you'll find them all at Audi Five Dock. And with a wide range of New and Approved Used Audis available, all you have to do is ask.

Their Approved Used Cars come with a generous warranty that guarantees years of motoring, plus the reassurance that only the best people are servicing your Audi. They choose only the best used cars; come and experience one for yourself with a test drive at Audi Five Dock.



Audi Five Dock



Bendigo Bank

Balmain / Rozelle Community Bank® Branch



Burwood

COVID-safe 500 Participant Limit Program

PROGRAM 1	U6	U7	U8	U9
70m 8:15am T2 G 8:15am T3 B		LJ 8:15am B Long Runway 8:15am G Short Runway	700m 8:15am B 8:20am G	SP 8:15am
300m 8:25am G 8:30am B		70m 8:45am T2 G 8:45am T3 B	70m 8:35am T3 B 8:40am T2 G	800m 8:45am G 8:48am B
LJ 8:40am G Short Runway 8:40am B Long Runway		500m 9:00am G 9:05am B	SP 8:50am	100m 8:55am G T2 9:00am B T3
Finished 9:15am		Finished 9:15am	100m 9:15am T2 B 9:20am T3 G	LJ 9:00am G 9:05am B
			Finished 9:25am	Finished 9:35am

U10	U11	U12	U13	U14	U15	U17
200m 10:00am	100 10:00am T2 G 10:00am T3 B	SP 10:00am	HJ 10:00am	HJ 10:00am	TJ 10:00am	TJ 10:00am
DISCUS 10:20am	200m 10:15am G 10:20am B	100m 10:30am T2 G 10:30am T3 B	200m 10:50am	200m 10:55am	HJ 10:40am	HJ 10:40am
70m 10:50am T2 G 10:50am T3 B	800m 10:25am G 10:30am B	200m 10:40am G 10:45am B	1500m 11:00am	1500m 11:00am	200m 11:20am	200m 11:25am
800m 11:05am G 11:10am B	DISCUS 10:40am	1500m 10:55am	TJ 11:25am	TJ 11:25am	1500m 11:45am	1500m 11:45am
Finished 11:20am	HJ 11:15am	JAVELIN 11:15am	HURD 12noon	HURD 12noon	HURD 12:10pm	HURD 12:15pm
	Finished 12noon	Finished 12noon	Finished 12:10pm	Finished 12:15pm	Finished 12:15pm	Finished 12:20pm

Program 2	U6	U7	U8	U9
SP 8:15am		70m 8:15am B T2 8:15am G T3	LJ 8:15am B Long Runway 8:15am G Short Runway	HJ 8:15am
70m 8:45am G T2 8:50am B T2		100m 8:25am T2 B 8:25am T3 G	100m 8:45am T3 B 8:50am T3 G	400m 8:45am G 8:50am B
100m 9:00am G T2 9:05am B T2		Discus 8:40am G 8:40am B	400m 9:00am B 9:05am G	SP 9:00am G 9:05am B
Finished 9:10am		Finished 9:10am	70m 9:10am T2 G 9:15am T3 B	70m 9:30am G T2 9:35am B T3
			Finished 9:30am	Finished 9:40am

U10	U11	U12	U13	U14	U15	U17
HJ 10:00am	400 10:00am	LJ 10:00am	Discus 10:00am	Discus 10:00am	100 10:00am T2	100 10:00am T3
100m 10:45am G 10:45am B	SP 10:20am Waterside	200m 10:45am	Javelin 10:45am	Javelin 10:45am	800 10:20am	800 10:20am
LJ 11:00am	100m 10:55am G 10:55am B	400 11:05am	800m 11:30am	800m 11:30am	SP 10:40am	SP 10:40am
400 11:45am	1500 11:10am	Discus 11:25am	100m 11:45am	100m 11:45am	Javelin 11:25am	Javelin 11:25am
Finished 12 noon	TJ 11:30am				RW sub 10min athletes 12noon 10min + athletes 12:10pm	
	Finished 12:15pm				Finished 12:30pm	

Program 3	U6	U7	U8	U9
Discus - Waterside 8:15am		200m 8:15am T1 B 50m 8:15am T3 G	Hurdles 8:15am T2 B	SP 8:15am G
200m 8:50am T1 G 50m 8:50am T3 B		200m 8:30am T1 G 50m 8:30am T3 B	SP 8:30am B	Hurdles 8:45am T2 G
200m 9:05am T1 B 50m 9:05am T3 G		SP - Waterside 8:45am	Discus 9:00am G 9:00am B	200 9:10am G 9:15am B
Finished 9:15am		Finished 9:20am	200m 9:30am T1 G 9:35am T1 B	100m 9:20am T2 G 9:25am T3 B
			Finished 9:40am	700 RW 9:35am Finished 9:45am

U10	U11	U12	U13	U14	U15	U17
Hurdles 10:00am G 10:05am B	200m 10:00am G 10:05am B	TJ 10:00am	SP 10:00am	SP 10:00am	100m 10:00am	100m 10:00am
HJ 10:15am	80m Hurdles 10:15am	100m 10:35am G 10:40am B	100m 10:30am	100m 10:30am	400 10:20am	400 10:25am
100m 11:00am G 11:05am B	LJ 10:30am	80m Hurdles 10:50am G 10:55am B	400m 10:45am	400m 10:45am	Discus 10:45am	Discus 10:45am
SP 11:15am Waterside	Javelin 11:10am	HJ 11:00am	LJ 11:00am	LJ 11:00am	LJ 11:30am	LJ 11:30am
1100 RW 12noon	1100 RW 11:50am T2 G	800 11:45am	200 HURD 11:40am	200 HURD 11:45am	300 HURD 12:15pm	300 HURD 12:20pm
Finished 12:10pm	Finished 12noon	Finished 12noon	Finished 12noon	Finished 12:00noon	Finished 12:20pm	Finished 12:30pm

Please note that this is currently a draft which will undergo some fine tuning in the next two weeks.

It has been included to provide a guide as to how things will run this season due to changes brought on by COVID

Once finalised the full program will be available on the club website



Track 1: MAIN CIRCULAR TRACK

Track 2: CLOSEST TO TREES

Track 3: CLOSEST TO BAY

PROGRAM ONE

Tots	U6	U7	U8	U9	U10	U11	U12	U13-14	U15-17
Run	70m Track 2	Long Jump side run up	700m Pack Start	Shot Put waterside	200m Lanes 2-6	100m Track 3	Shot Put	High Jump	Triple Jump
Jump	300m Pack Start	70m Track 2	70m Track 2	800m	Discus	200m Lanes 2-6	100m Track 3	200m	High Jump
Throw	Long Jump side run up	500m Pack Start	Shot Put waterside	Long Jump	70m Track 3	Discus	200m	1500m	200m
			100m Track 2	100m Track 3	800m	800m	1500m	Triple Jump	1500m
						High Jump	Javelin	Hurdles	Hurdles

PROGRAM TWO

NOTE: u12 Racewalk will start at 8am

Tots	U6	U7	U8	U9	U10	U11	U12	U13-14	U15-17
Run	Shot Put waterside	70m Track 2	100m Track 3	High Jump	Long Jump	400m Lanes 2-6	8:00am u12 Racewalk 8:10am u13-17 Walk (sub 10min athletes) 8:30am u13-17 Walk Heat 2		
Jump	70m Track 2	100m Track 2	400m	70m Track 3	400m	Shot Put	Discus	100m Track 3	800m
Throw	100m Track 2	Discus waterside	Long Jump	400m	High Jump	100m Track 3	200m	800m	Shot Put
			70m Track 2	Shot Put waterside	100m Track 3	1500m	Long Jump	Discus	Javelin
						Triple Jump	400m	Javelin	100m Track 3

PROGRAM THREE

NOTE: u10 Racewalk will start at 8:05am

u13-17 3000m will start at 7:45am, designated weeks only

Tots	U6	U7	U8		U9	U10	U11	U12	U13-14	U15-17
Run	Discus waterside	200m	Boys Hurdles 60m	Girls Shot Put	Discus	1100m Walk 8:05am	1100m Walk	Triple Jump	*3000m* 7:45am check calendar	
Jump	200m	50m Track 3	Shot Put	Hurdles 60m	Hurdles 60m	High Jump	200m	100m Track 3	100m Track 3	100m Track 3
Throw	50m Track 3	Shot Put waterside	Discus		200m	Hurdles 60m	Long Jump	High Jump	400m	400m
			200m		100m Track 3	100m Track 3	Hurdles 80m	Hurdles 80m	Shot Put	Long Jump
					700m Walk	Shot Put	Javelin	800m	Long Jump	Discus
									200m Hurdles	300m Hurdles