

PROGRAM 2

NOTE: Distance and sprints will be running at the same time so please keep the track clear at all times.

BOYS & GIRLS ROTATION										
ROTATION	U 6	U7 GIRLS	U7 BOYS	U8 GIRLS	U8 BOYS	U 9	U 10	U 11	U 12	U 13 -17
EXTENDED WARM UP TIME		ORDER OF RACES								
		4th	3rd	2nd	1st		2nd	4th	3rd	1st
ROTATION 1	LJ (G) (M)	200m	200m	200m	200m	LJ 1(M)	800m	800m	800m	800m
ROTATION 2	ON TRACK	SP (G)	DIS 1&2	HJ	HJ	200m	LJ 1(M)	SP 1&2	TJ	HJ (Flop MAX 5 Jumps)
ROTATION 3	70m	70m	70m	(Scissor)	(Scissor)	RECOVERY	200m	200m	200m	
ROTATION 4				70m	70m	800m				200m
ROTATION 5	—									

PLEASE follow program in order. Please don't move to a different event out of order if it is free unless you ask / speak to a committee member.

***Trial Athletes do not get recorded**

LEGEND:

(L) (R) - Left or Right lane of LJ Pit

(G) - Grassed Long Jump Pits & Grassed Shot Put area

(M) - Mat - Measure from imprint on sand the mat - LJ runway

(S) - Scissor Kick Mat (HJ)

(T) - Training

1&2 - Ring or pit

B&G - Boys and girls age groups to join for the event

All recording sheets to stay in the folders and left in the age group basket at the end of the meet.

Dear Parents and Carers

During the month of February, researchers from the George Institute and the University of New South Wales will be present at Jack Eddy Oval to conduct research related to child car safety.

During this period, you may be approached to participate in this study.

Participation is entirely voluntary. The data that will be collected is anonymous and no individual names will be passed on to the centre or any other organisation.

Researchers will be available for advice and for referral to a free restraint fitting check. Participants who complete the study will also go into the draw to win 1 of 5 \$200 e-vouchers*.

This study has been approved by the Human Research Ethics Committee of UNSW and the President of Echuca Moama Athletics a has agreed to assist at this site.

HREC NUMBER:

HC220785

For further information or any questions regarding this study, you may contact Amelia Thomas on:

0490 155 899

Or by email at:

CARSAFETY@GEORGEINSTITUTE.ORG.AU

*Prizes will be drawn on 1st July 2024