

**Beyond Bank**  
AUSTRALIA

# Personal Best Day

**Sunday 19<sup>th</sup> January 2014**



Welcome to the *Beyond Bank* Personal Best Day 2014. About 1000 athletes from around South Australia will participate today. To ensure you get the most out of the day, please read on.

### Events

Most standard events are conducted for all age groups over the course of the day. Athletes can compete in the events of their choice up to the following maximums:

**Under 6-10—5 events**

**Under 11-17—6 events**

Within these maximums, athletes can do **at most 3 track events and/or 3 field events.**

### Program

The program runs throughout the day from 9:00 AM to 3:30 PM. Field events are conducted for all age groups right throughout this time. Most field events are very busy between 9:00 and 11:00—to avoid the queues you may want to consider doing the field events later in the day.

The track events are scheduled in blocks throughout the day. Athletes may participate in those events scheduled for their age group any time during the block. Athletes are grouped into heats on a first-come first-served basis—they are not grouped by age groups. Again, you may prefer to wait until part way through the block to join the queue, rather than lining up when the session is due to start.

### Tiny Tots

A session for Tiny Tots is conducted in the warm-up area at the back of Santos Stadium at 10:00. All Tiny Tots must be accompanied by a parent.

### Hot Weather Program

If the forecast temperature for PB Day is 37°C or greater (as issued by the Bureau of Meteorology at 4:00 Friday) then the PB Day will be conducted to the Hot Weather Program. The Hot Weather Program is divided into two sessions from 8:00 AM to 11:00 AM and then 5:30 PM to 8:30 PM. Refer to the program for which events are available in each session.

Note that there is no Tiny Tots session offered on the Hot Weather Program.

### Parent Assistance

Like all Little Athletics meets, Personal Best Day relies on parent volunteers to operate. Your centre will have been allocated an event to look after during the day—check with your Centre coordinator for when your help is required.

### Results

Results from Personal Best Day are recorded centrally and issued to Centres following the event. Your Centre will issue a certificate with athletes results at your next Centre meeting. Result tickets are not issued on the day.

To assist with the recording of results please ensure your children are wearing their correct registration numbers.

### Uniform

All athletes competing are expected to be in correct centre uniform. Shoes must be worn in all events. U11 and above athletes may wear spikes in running events conducted in lanes, the long jump, triple jump, high jump and javelin events.

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		6G	6B	7G	7B	8G	8B	9G	9B	10G	10B	11G	11B	12G	12B	13G	13B	14G	14B	15G	15B	16G	16B	17G	17B				
Track 2	50m	1:30 - 2:00																									50m		
	70m	12:30 - 1:30																									70m		
	100m	2:00-2:45 & 3:15 - 3:30								2:45 - 3:30																	100m		
	60mH	9:00-10:00					10:10 - 10:40				10:45																		60mH
	80mH													11:10												80mH			
	90mH															11:35			11:35		11:35			90mH					
	100mH																12:00				12:00				12:00		100mH		
Track 1	200m	12:00-1:00 & 1:45-2:00								1:00-2:00																	200m		
	300m	9:30																								300m			
	400m								2:30-3:00					3:00-3:30										400m					
	500m	9:40																									500m		
	700m	9:50																								700m			
	800m								10:05-11:00 & 3:30 - 3:45																	800m			
	1500m													9:00-9:25 & 3:45 - 4:00													1500m		
	200mH																2:15-2:30						200mH						
	1100mW									11:00																		1100mW	
	1500mW												11:30														1500mW		
		6G	6B	7G	7B	8G	8B	9G	9B	10G	10B	11G	11B	12G	12B	13G	13B	14G	14B	15G	15B	16G	16B	17G	17B				
Field	Long	LJ6			LJ5			LJ4			LJ3			LJ2			LJ1									Long			
	Triple												TJ1			TJ2									Triple				
	High								HJ4		HJ3		HJ2			HJ1									High				
	Shot Put	SP4				SP3				SP2				SP1										Shot Put					
	Discus	D4				D3				D2				D1										Discus					
	Javelin													Javelin													Javelin		
		6G	6B	7G	7B	8G	8B	9G	9B	10G	10B	11G	11B	12G	12B	13G	13B	14G	14B	15G	15B	16G	16B	17G	17B				

Field events run all day from 9:00 to 4:00.

Athletes in Under 6 to Under 10 may compete in up to 5 events, consisting of 3 track and 2 field or 2 track and 3 field events.

Athletes in Under 11 to Under 17 may compete in up to 6 events, consisting of 3 track and 3 field events

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This hot weather program will apply if the temperature forecast at 4:10 pm on Friday 17th January is for 37C or higher.

### Morning Session 8:00 - 11:00

		6G	6B	7G	7B	8G	8B	9G	9B	10G	10B	11G	11B	12G	12B	13G	13B	14G	14B	15G	15B	16G	16B	17G	17B	
Track 2	60mH	8:00 - 9:00				9:10 - 9:40				9:50																60mH
	80mH															10:15										80mH
	90mH															10:40		10:40		10:40						90mH
	100mH															10:50		10:50		10:50						100mH
Trk 1	200m	9:00 - 9:45 & 10:30 - 11:00								9:45 - 11:00																200m
	800m									8:00 - 9:00																800m

### Evening Session 5:30 - 8:30

		6G	6B	7G	7B	8G	8B	9G	9B	10G	10B	11G	11B	12G	12B	13G	13B	14G	14B	15G	15B	16G	16B	17G	17B			
Trk 2	50m	6:30 - 7:00																								50m		
	70m	5:30 - 6:30																								70m		
	100m	7:00 - 8:30								7:30 - 8:30																100m		
Track 1	300m	7:00																								300m		
	400m									6:00 - 7:00																400m		
	500m	7:10																								500m		
	700m					7:20																		700m				
	1500m											7:30 - 7:45														1500m		
	200mH															5:30 - 5:45								200mH				
	1100mW									7:45																		1100mW
	1500mW															8:10								1500mW				

### Field Events - Both Sessions

		6G	6B	7G	7B	8G	8B	9G	9B	10G	10B	11G	11B	12G	12B	13G	13B	14G	14B	15G	15B	16G	16B	17G	17B
Field	Long	LJ6		LJ5		LJ4		LJ3		LJ2		LJ1												Long	
	Triple											TJ1		TJ2										Triple	
	High					HJ4		HJ3		HJ2		HJ1										High			
	Shot Put	SP4*				SP3*				SP2				SP1								Shot Put			
	Discus	D4*				D3*				D2				D1								Discus			
	Javelin												Javelin*												Javelin

\* These events conclude at 8:00

Athletes in Under 6 to Under 10 may compete in up to 5 events, consisting of 3 track and 2 field or 2 track and 3 field events.

Athletes in Under 11 to Under 17 may compete in up to 6 events, consisting of 3 track and 3 field events