

# ADAMSTOWN NEW LAMBTON ATHLETICS CLUB PROGRAM

All Records must be signed by an ANLAC committee member to be accredited

## WET WEATHER PROGRAM

U/6B	U/6G	U/7B	U/7G	U/8B	U/8G	U/9B	U/9G	U/10B	U/10G	U/11B	U/11G	U/12B	U/12G	13-14B	13-14G	15-17B	15-17G	Senior M	Senior W
SP-2	SP-3	DISC1	DISC2	LJ-3	SP-1	70	70	70	70	LJ-1	LJ-2	JAV	JAV	200	200	200	200	200	200
200	200	50	50	50	50	SP-3	LJ-2	DISC1	DISC2	200	200	TJ-1	200	SP-2	SP-2	SP-1	SP-1	SP-1	SP-1
50	50	200	200	DISC1	DISC2	LJ-3	SP-3	200	200	SP-2	SP-1	200	TJ-1	TJ-2	TJ-2	JAV	JAV	JAV	JAV
LJ-3	LJ-3	SP-1	SP-1	200	200	200	200	LJ-2	LJ-2	DISC1	DISC1	SP-2	SP-3	DISC2	DISC2	LJ-1	LJ-1	LJ-1	LJ-1

The Wet Weather Program is used in case of poor weather in order to minimise the risk to athletes and damage to the equipment and grounds.

The usual program will resume on the next available competition week (ie the program due to run eg Week 3, will be resumed next time and not skipped)

In the event of visible lightning, events will cease for at least 30 mins in accordance with Little Athletics NSW safety guidelines

## CLUB MULTI-EVENT

U/6B	U/6G	U/7B	U/7G	U/8B	U/8G	U/9B	U/9G	U/10B	U/10G	U/11B	U/11G	U/12B	U/12G	13-14B	13-14G	15-17B	15-17G	Senior M	Senior W
LJ-3	300	500	500	DISC1	100	HJ-3	100	LJ-2	SP-2	HJ-2	SP-1	100	DISC2	JAV	JAV	LJ-1	LJ-1	LJ-1	LJ-1
300	SP-1	LJ-3	DISC1	700	DISC2	100	800	SP-3	100	800	100	SP-2	LJ-2	LJ-1	LJ-1	JAV	JAV	JAV	JAV
SP-2	100	DISC-2	LJ-3	100	LJ-2	800	HJ-3	100	800	SP-1	HJ-2	LJ-1	100	100	100	100	100	100	100
100	LJ-3	100	100	LJ-1	700	SP-1	SP-2	800	LJ-2	100	800	800	800	800	800	800	800	800	800

HJ-3 is on the smaller scissor mat

Field Events in RED text please Pack up the gear and return to Storage

Green shaded events are run on the Outside Track

The Club Multi-Event is usually run at the end of the season.

This form of event entails points being allocated to athletes based on their results, rather than their placing. IE the faster your run, the further you throw, the longer or higher you jump the more points you receive. The system provides motivation for each athlete to compete to the best of their ability rather than concentrate on winning or placing.

The point scoring tables are published on the Little Athletics NSW web site. Generally Multi-Event competitions are run over the course of a full day with many resources on hand. Due to a limitation on both time and resources our Club Multi-Event does not follow a full standard Multi-Event program. Instead four events have been selected for each age group that provide the opportunity for a sprint, distance, throw and jump event for each athlete. Where LAANSW scoring tables are not available for events run on the night for any particular age group the appropriate tables from the next highest available age group are used.

On this night normal point scores for Best In Age performance (Events Champion) will not apply, nor will Improvement Points (Personal Bests). This means that these point scores for the season effectively end after completion of activities on the last week of the normal program. Club records set on this night will be recognised.