

Mackay Athletics Club INC

2010 INTERCLUB MEET

Saturday 31 July 2010 from 11am
Mackay State High School.
Parking off Penn or English Street.



GENERAL INFORMATION AND CONDITIONS

Athletes registered with Mackay Athletics Club, Slade Point Athletics Club, Sarina & Districts Amateur Athletics Club and Whitsunday Athletics Club are invited to attend our annual Interclub Meet on Saturday 31 July 2010 starting at 12pm (Registrations from 11am to 12pm).

Athletes age start from 4 year up and must compete in their own age group. Age is as at 31 December 2010. All athletes compete for placing medallions; 1st, 2nd, 3rd; Male & Female. Those that do not receive a placing during the day will receive a participation ribbon. Medallions will be presented after each event.

Lane allocation by random draw, no finals, timed heats will be used for placing's; 3 jumps or 3 throws only in all age groups.

We will have a canteen available with a BBQ & Cold Drinks available.

Parents and carers of all clubs; your assistance in event duties where required is appreciated.

On arrival at the grounds, all athletes must register at the club shed (before 12pm)

A total fee of \$2.00 per athlete is payable on the day before activities start.

For further information please call James Grech on 0431 973 129 or mail@mackayathletics.com.au

EVENT PROGRAM

| TIME | 4 & 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | SENIOR |
|---------|--------------------------------------------------------------------------------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|------------------------------|------------------------------|------------------------------|
| 11.00am | Athlete Registration from 11am to 12pm | | | | | | | | |
| 12.00pm | Warm up and Marshalling from 12pm | | | | | | | | |
| 12.40pm | 60m Dash Track A | 60m Dash Track A | Shot Put Shot 1 | Shot Put Shot 2 | 100m Dash Track A | 100m Dash Track A | 100m Dash Track | 100m Dash Track A | 100m Dash Track A |
| 1.20pm | Long Jump Pit 1 | Long Jump Pit 2 | 100m Dash Track A | 100m Dash Track A | Discus Discus 1 | Long Jump Pit 4 | Shot Put Shot 1 | Shot Put Shot 2 | Shot Put Shot 2 |
| 2.00pm | Discus Discus 1 | Discus Discus 2 | Long Jump Pit 1 | Long Jump Pit 2 | Shot Put Shot 1 | 800m Walk Track B | 1500m Walk Track C | 1500m Walk Track C | 1500m Walk Track C |
| 2.40pm | 100m Dash Track A | 100m Dash Track A | 200m Dash Track D | 200m Dash Track D | 200m Dash Track D | Shot Put Shot 1 | Long Jump Pit 1 | Long Jump Pit 2 | Long Jump Pit 4 |
| 3.20pm | Shot Put Shot 1 | Shot Put Shot 2 | Discus Discus 1 | Discus Discus 2 | Long Jump Pit 1 | 800m Run Track B | 800m Run Track B | 800m Run Track B | 800m Run Track B |
| 4.00pm | Finish of events – Athletes presented with result certificates and participation ribbons. | | | | | | | | |

CLUB MAP

