

Nillumbik & Darebin

Division Athletics

Meadowglen Athletics Stadium

Thursday 7th September 2023

Time	Events
Field 9.45	B & G 9/10 Yrs High Jump
	B & G 12/13 Yrs Long Jump
	B & G 11 Yrs Triple Jump
	B & G 11 Yrs Shot Put
	B & G 9/10 Yrs Discus
10.10	Boys & Girls 9/10 Yrs 800M
Marshal on the grass area when called	
10.20	Boys & Girls 11 Yrs 800M
Marshal on the grass area when called	
10.30	Boys & Girls 12/13 Yrs 800M
Both Divisions to run in the same race but not against each other	
10.40 Approx Starting Times	B & G 12/13 Yrs High Jump
	B & G 11 Yrs Long Jump
	B & G 9/10 Yrs Triple Jump
	B & G 12/13 Yrs Shot Put
	B & G 11 Yrs Discus
11.30	B & G 11 Yrs High Jump
	B & G 9/10 Yrs Long Jump
	B & G 12/13 Yrs Triple Jump
	B & G 9/10 Yrs Shot Put
	B & G 12/13 Yrs Discus
Track ** Nillumbik to run first followed by Darebin **	
11.00	Boys 9/10 Yrs 80M Hurdles Height 60cm
	Girls 9/10 Yrs 80M Hurdles Height 60cm
	Boys 11 Yrs 80M Hurdles Height 60cm
	Girls 11 Yrs 80M Hurdles Height 60cm
Different Height	Boys 12/13 80M Hurdles <u>Height 68cm</u>
	Girls 12/13 80M Hurdles <u>Height 68cm</u>
<ul style="list-style-type: none"> Field Events to marshal at the event when called. Boys HJ at Top end of field. Girls HJ at Car park end of field. Boys Shot Put at Top end of field near start of 100m. Girls Shot Put at Car park end of field, near finish line. Boys Discus at Cage near 200 m start. Girls Discus at Cage, car park end near Light Tower No2. Triple Jump Girls at pit near Light tower No 2. Triple Jump Boys at pit near Light Tower No 3. Boys Long Jump Pit in front of Grandstand. Girls Long Jump Pit in front of Clubhouse. 	

Time	Events
11.40	Boys 9/10 Yrs 100M Final Marshal at Start
Div Order Nillumbik to run first followed by Darebin	Girls 9/10 Yrs 100M Final when called
	Boys 11 Yrs 100M Final
	Girls 11 Yrs 100M Final
	Boys 12/13 100M Final
	Girls 12/13 100M Final
12.15	Boys 9/10 Yrs 1500m Marshal on the grass
Only 6 races. Colour bibs to be worn to distinguish different Divisions.	Girls 9/10 Yrs 1500m area when called
	Boys 11 Yrs 1500m
	Girls 11 Yrs 1500m
	Boys 12/13 Yrs 1500m
	Girls 12/13 Yrs 1500m
1.00	Boys 9/10 Yrs 200m Marshal on the grass
Nillumbik to run first followed by Darebin	Girls 9/10 Yrs 200m area when called
	Boys 11 Yrs 200m
	Girls 11 Yrs 200m
	Boys 12/13 Yrs 200m
	Girls 12/13 Yrs 200m
Please note ** Relay Batons Supplied **	
1.30	Boys 9/10 Yrs 4 x 100M Relays
Nillumbik 6 Relays then followed by Darebin 6 Relays	Girls 9/10 Yrs 4 x 100M Relays
	Boys 11 Yrs 4 x 100M Relays
	Girls 11 Yrs 4 x 100M Relays
	Boys 12/13 Yrs 4 x 100M Relays
	Girls 12/13 Yrs 4 x 100M Relays
<ul style="list-style-type: none"> 80 M Hurdles 60cm Height 9/10 & 11 Yrs 68cm Height 12/13 Yrs Discus Weight 9/10yrs – 500g Discus Weight 11 & 12 yrs – 750g Shot Put Weight 9/10 & 11 yrs – 2kg Shot Put Weight 12/13 yrs – 3kg High Jump Starting Heights 9/10yrs- 90cm 11yrs -95cm 12/13yrs -1.0m Nillumbik Division to compete first followed by Darebin Division. Check your field order / lane position. Check what District & Division your School is. 	

FIELD EVENTS



	9.45	10.40 approx.	11.30 approx.
HIGH	BOYS 9/10	BOYS 12/13	BOYS 11
	GIRLS 9/10	GIRLS 12/13	GIRLS 11
LONG	BOYS 12/13	BOYS 11	BOYS 9/10
	GIRLS 12/13	GIRLS 11	GIRLS 9/10
TRIPLE	BOYS 11	BOYS 9/10	BOYS 12/13
	GIRLS 11	GIRLS 9/10	GIRLS 12/13
SHOT	BOYS 11	BOYS 12/13	BOYS 9/10
	GIRLS 11	GIRLS 12/13	GIRLS 9/10
DISCUS	BOYS 9/10	BOYS 11	BOYS 12/13
	GIRLS 9/10	GIRLS 11	GIRLS 12/13