

VSSA Athletics 2024

Day 1 Organisation

(Langford Athletics)

Tuesday November 5 2024

9.20 am - Long Distance Running

Year 3: 200m Events 29 – 32 (1 Heat using timing gates)

Years 4 – 6: 400m Events 33 – 44 (1 Heat using timing gates)

Starter: Aspiri

Marshall: Piara Waters

Phys Ed teachers to record place / ribbons

10.20am - Jumps and Throws

Rotation	Jumps Pit (6)	Jumps Pit (7)	Jumps Pit (3)	Jumps Pit (5)	S-Put (11)	S-Put (12)	Turbo Jav (15)	Turbo Jav (16)
1	Year 5 Girls T.J.	Year 5 Boys T.J.	Year 3 Boys L.J.	Year 3 Girls L.J.	Year 6 Boys	Year 6 Girls	Year 4 Boys	Year 4 Girls
2			Year 5 Boys L.J.	Year 5 Girls L.J.	Year 3 Boys	Year 3 Girls	Year 6 Boys	Year 6 Girls
3	Year 6 Boys T.J.	Year 6 Girls T.J.	Year 4 Boys L.J.	Year 4 Girls L.J.	Year 5 Boys	Year 5 Girls	Year 3 Boys	Year 3 Girls
4	Year 6 Boys L.J.	Year 6 Girls L.J.			Year 4 Boys	Year 4 Girls	Year 5 Boys	Year 5 Girls

* These events will take place at the first available jumps pit (i.e. Pit 1, 2, 3 or 4).

- Throwing events involve children throwing a t-ball/turbo javelin. Warm up throw (if time permits) followed by 3 attempts. Thrower may run up to the line and throw but must not stop on or go over the line, even on a follow through. Overarm throw to be used. Numbered cones used to mark throws; tape measure will be used (if necessary) to decide placings.
- Add rules re: Javelin- No slings.
- Jumping events, warm up jump (if time permits) followed by 3 attempts. Jumper must take off from mat, jump is measured from the front of the take-off foot to the heel of the back foot in sand pit. If any other body part makes an impression closer to the front of pit then measurement is taken from this point.