

Organisation of the Preliminary Athletic Championships for 2024

12.30 – 1.15pm each day (12.40 – 1.20pm on a Thursday)

- Go to the venue and register with the Prefects/Staff running the event
- **You must be out of school uniform to compete in any prelim track or field event**
- **Track Events:** 3000m, 1500m, 800m, 400m, 200m, 100m. **Please note the 2000m steeplechase and 100m hurdles are no longer being run.**
- **Field Events:** Shot-put, Discus, High Jump, Long-Jump, Triple-Jump, Javelin.
- You can enter as many prelim events as you like but you may only compete in SIX events on the day at Porritt Stadium, of which FOUR may be field or FOUR may be track (including the 3000m already run – **no 3/3 split**)

The following non-champ events will run on the day at Porritt Stadium:

80 m sprint, Shot Put, Long Jump.

Tutor Group relay will also be held – 8 x 50m (2 x Y9, Y10, Y11 and Y12/13)

Day	JUNIOR	INTERMEDIATE	SENIOR
Fri 16 Feb	SHOT (SJ ,HI)	DISCUS (JS,KI,RI)	HIGH JUMP (SC,GO,WR)
	3000m final	3000m final	3000m final
Mon 19 Feb	DISCUS (JS,KI,RI)	HIGH JUMP (SC, GO,WR)	LONG/TRIPLE (KU,TK, SE)
	100m	100m	100m
Tues 20 Feb	HIGH JUMP (SC/ GO,WR)	LONG/TRIPLE (KU,TK, SE)	JAVELIN (MY,NI,FY)
	200m	200m	200m
Weds 21 Feb	LONG/TRIPLE (KU,TK, SE)	JAVELIN (MY,NI,FY)	SHOT (SJ, HI)
	400m	400m	400m
Thurs 22 Feb	JAVELIN (MY,NI,FY)	SHOT (SJ ,HI)	DISCUS (JS,KI,RI)
	800m (top 10 also qualify for 1500m)	800m (top 10 also qualify for 1500m)	800m (top 10 also qualify for 1500m)
Fri 23 Feb	Catch-up track and Field	Catch-up track and Field	Catch-up track and Field

CL TIC of Track Events, assisted by – ML, BZ, MK and 6 x prefects

SC TIC of Field Events, assisted by – PE staff and a prefect

VENUES

- All track events on the front field.
- Shot put – No 3-rugby field (behind Gym 1)
- Discus – No 4-rugby field (near hockey turf)
- Javelin – No 2-rugby field (behind S Block)
- High Jump – Gym 2
- Long/Triple Jump – Peachgrove road front of school

AGE GROUPS

Juniors Under 14 on Jan 1st 2024 (12 or 13)

Intermediate Under 16 on Jan 1st 2024 (14 or 15)

Senior Under 19 on Jan 1st 2024 (16, 17 or 18)

ATHLETICS EQUIPMENT WEIGHTS

AGE GROUP	SHOT	JAVELIN	DISCUS
SENIOR	5kg	700gm	1.5kg
INTERMEDIATE	5kg	700gm	1.25kg
JUNIOR	4kg	600gm	1.0kg