

be active.

# Personal Best Day

**Sunday 22<sup>nd</sup> January 2012**



Welcome to the *be active* Personal Best Day 2012. About 1000 athletes from around South Australia will participate today. To ensure you get the most out of the day, please read on.

### Events

Most standard events are conducted for all age groups over the course of the day. Athletes can compete in the events of their choice up to the following maximums:

**Under 6-10—5 events**

**Under 11-17—6 events**

Within these maximums, athletes can do **at most 3 track events and/or 3 field events.**

### Program

The program runs throughout the day from 9:00 AM to 3:30 PM. Field events are conducted for all age groups right throughout this time. Most field events are very busy between 9:00 and 11:00—to avoid the queues you may want to consider doing the field events later in the day.

The track events are scheduled in blocks throughout the day. Athletes may participate in those events scheduled for their age group any time during the block. Athletes are grouped into heats on a first-come first-served basis—they are not grouped by age groups. Again, you may prefer to wait until part way through the block to join the queue, rather than lining up when the session is due to start.

### Tiny Tots

A session for Tiny Tots is conducted in the warm-up area at the back of Santos Stadium at 10:00. All Tiny Tots must be accompanied by a parent.

### Hot Weather Program

If the forecast temperature for PB Day is 36°C or greater (as issued by the Bureau of Meteorology at 12:00 Saturday) then the PB Day will be conducted to the Hot Weather Program. The Hot Weather Program is divided into two sessions from 8:00 AM to 11:00 AM and then 6:00 PM to 9:00 PM. Refer to the program for which events are available in each session.

Note that there is no Tiny Tots session offered on the Hot Weather Program.

### Parent Assistance

Like all Little Athletics meets, Personal Best Day relies on parent volunteers to operate. Your centre will have been allocated an event to look after during the day—check with your Centre coordinator for when your help is required.

### Results

Results from Personal Best Day are recorded centrally and issued to Centres following the event. Your Centre will issue a certificate with athletes results at your next Centre meeting. Result tickets are not issued on the day.

To assist with the recording of results please ensure your children are wearing their correct registration numbers.

### Uniform

All athletes competing are expected to be in correct centre uniform. Shoes must be worn in all events. U12 and above athletes may wear spikes in running events conducted in lanes, the long jump, triple jump, high jump and javelin events.

## Be Active Personal Best Day 2012

		6G	6B	7G	7B	8G	8B	9G	9B	10G	10B	11G	11B	12G	12B	13G	13B	14G	14B	15G	15B	16G	16B	17G	17B							
Track 2	50m	3:30 - 4:00																								50m						
	70m	12:30 - 2:00																								70m						
	100m	2:00-2:45 & 3:15 - 3:30								2:45 - 3:30																100m						
	60mH					9:00-10:00				10:10 - 10:40				10:45																		60mH
	80mH													11:10												80mH						
	90mH															11:35		11:35		11:35						90mH						
	100mH																	12:00				12:00				12:00		100mH				
Track 1	200m	11:45-1:00 & 1:30-2:00								1:00-2:00																200m						
	300m	9:30																						300m								
	400m					2:30-3:00								3:00-3:30								400m										
	500m	9:40																						500m								
	700m			9:50																						700m						
	800m					10:00-10:45 & 3:30 - 3:45																800m										
	1500m					9:00-9:25 & 3:45 - 4:00																1500m										
	200mH															2:15-2:30								200mH								
	1100mW									10:45																				1100mW		
	1500mW													11:15												1500mW						
		6G	6B	7G	7B	8G	8B	9G	9B	10G	10B	11G	11B	12G	12B	13G	13B	14G	14B	15G	15B	16G	16B	17G	17B							
Field	Long	LJ1				LJ2				LJ3				LJ4				LJ5								Long						
	Triple												TJ6 11:00 - 2:00				TJ6 9:00 - 11:00 & 2:00 - 3:00								Triple							
	High	HJ5*		HJ4				HJ3				HJ2				HJ1								High								
	Shot Put	SP4				SP3				SP2				SP1								Shot Put										
	Discus	D4				D3								D2				D1								Discus						
	Javelin												Javelin														Javelin					
		6G	6B	7G	7B	8G	8B	9G	9B	10G	10B	11G	11B	12G	12B	13G	13B	14G	14B	15G	15B	16G	16B	17G	17B							

\*HJ5 Closes at 12:00

Athletes in Under 6 to Under 10 may compete in up to 5 events, consisting of 3 track and 2 field or 2 track and 3 field events.  
 Athletes in Under 11 to Under 17 may compete in up to 6 events, consisting of 3 track and 3 field events

## Be Active Personal Best Day 2012

This hot weather program will apply if the temperature forecast at 11:30 AM on Saturday 21st January is for 36C or higher.

### Morning Session 8:00 - 11:00

		6G	6B	7G	7B	8G	8B	9G	9B	10G	10B	11G	11B	12G	12B	13G	13B	14G	14B	15G	15B	16G	16B	17G	17B						
Track 2	60mH					8:00 - 9:00				9:10 - 9:40				9:50														60mH			
	80mH											10:15														80mH					
	90mH															10:40				10:40				10:40				90mH			
	100mH																			10:50				10:50				10:50			
Trk 1	200m	9:00 - 9:45 & 10:30 - 11:00								9:45 - 11:00																200m					
	800m									8:00 - 9:00																800m					

### Evening Session 6:00 - 9:00

		6G	6B	7G	7B	8G	8B	9G	9B	10G	10B	11G	11B	12G	12B	13G	13B	14G	14B	15G	15B	16G	16B	17G	17B	
Trk 2	50m	7:00 - 7:30																								50m
	70m	6:00 - 7:00																								70m
	100m	7:30 - 9:00								8:00 - 9:00																100m
Track 1	400m									6:30 - 7:45																400m
	1500m									7:45 - 8:15																1500m
	200mH											6:00 - 6:15										200mH				
	1100mW											8:15														1100mW
	1500mW											8:30														1500mW

### Field Events - Both Sessions

		6G	6B	7G	7B	8G	8B	9G	9B	10G	10B	11G	11B	12G	12B	13G	13B	14G	14B	15G	15B	16G	16B	17G	17B	
Field	Long	LJ1				LJ2				LJ3				LJ4				LJ5								Long
	Triple											TJ6 (AM Only)				TJ6 (PM Only)								Triple		
	High	HJ5**		HJ4				HJ3				HJ2				HJ1								High		
	Shot Put	SP4*				SP3*				SP2				SP1								Shot Put				
	Discus	D4*				D3*				D2				D1								Discus				
	Javelin													Javelin*												Javelin
		6G	6B	7G	7B	8G	8B	9G	9B	10G	10B	11G	11B	12G	12B	13G	13B	14G	14B	15G	15B	16G	16B	17G	17B	

\* These events conclude at 8:00      \*\* High Jump 5 is only available in the morning session (8:00 - 11:00)

Athletes in Under 6 to Under 10 may compete in up to 5 events, consisting of 3 track and 2 field or 2 track and 3 field events.

Athletes in Under 11 to Under 17 may compete in up to 6 events, consisting of 3 track and 3 field events