



Open Day

23rd December 2017

Parents Code of Conduct

- *Encourage children to participate if they are interested. However, if a child is not willing, do not force him or her.
- * Focus upon the child's efforts rather than the overall outcome of the event. This assists the children in setting realistic goals treated to his/ her own ability by reducing the emphasis on winning.
- *Teach children that an honest effort is as important as victory, so that the result of each event is accepted without undue disappointment.
- *Encourage children to always participate according to the rules.
- *Never ridicule or yell at a child for making a mistake or losing an event.
- *Remember children are involved in Little Athletics for **their** enjoyment, not yours.
- *If you disagree with an official, raise the issue through the appropriate channels rather than questioning the official's judgement and honesty in public. Remember, most officials give their time and effort for your child's involvement.
- *Support all efforts to remove all verbal and physical abuse at Little Athletics activities.
- * Recognise the value and importance of being a volunteer official and/or coach. They give their time and resources to provide recreational activities for the children and deserve your support.
- *Demonstrate appropriate social behaviour, by not harassing athletes, parents, coaches or officials, smoking on the arena or being intoxicated.
- * Avoid use of bad language.

Little Athletes Code of Conduct

- *Play by the rules.
- *Never argue with an official. If you disagree, ask your Team or Age Manager to deal with the matter.
- *Control your temper. Verbal abuse of officials, coaches, parents and or other athletes, deliberately distracting or provoking an opponent is not acceptable or permitted in our sport.
- *Work equally hard for yourself and/or your Centre/Club's performance will benefit.
- * Be a good sport.
- * Treat all athletes as you would like to be treated. Do not interfere with, bully or take unfair advantage of another athlete.
- *Co-operate with officials, club mates and other participants. Without them there would be no competition.
- *Avoid use of bad language.

General Information

- *Cone/Conical spikes(max 7mm) may be worn in accordance with LAVC rule 143 section footwear and shoes as revised October 2017.
- * Starting blocks may be used in laned track events up to 400m by U12 – U16 Age groups. Only blocks supplied by Doncaster LAC may be used. Blocks must be used if Spikes are worn by U 12 - U 16 athletes. All U11 and below athletes must do a Standing Start including those U11 athletes wearing Spikes.
- * Should an athlete believe their events will clash they should notify the Chief Official of both events. Track events take precedence over field events. If the athlete then has to leave the field event, the athlete shall go back to the track event and then resume at the field event as soon as the track event is finalised.
- * Centre or Club Uniform with current Coles patch must be worn.

Progression from Heats to Finals

- * For all Track events up to and including 400m. First and second placegetters of heats (up to three heats) and the next fastest times will progress to finals. Where four heats are required, the first placegetter in each heat and the next fastest times will progress to the final. Lanes will be allocated in order of progression to the final. If insufficient athletes marshal for the event heats such that only one heat is required, the event will be run as a final at the scheduled heat time. Finals fields will be posted on the toilet block following the completion of heats.
- * Where equal times are recorded, then placings in heats shall take precedence.

Protests

1. No protests will be entered into.
2. The decision of the Competition Director or Open Day Manager is final.

Marshalling

1. Athletes are required to marshal as soon as their event is called over the public address system **10 minutes** before the advertised Start Time at the event.

Doncaster Open Day Results

23rd December 2017

Event 1 _____ Result _____

Event 2 _____ Result _____

Event 3 _____ Result _____

Event 4 _____ Result _____

The Tom Kelly Athletics Track



**DLAC Open Day
23 December 2017**

No.	Group	Event	Type	Start
FRONT STRAIGHT				
HURDLE HEATS and STRAIGHT FINALS				
1	15B	100H	Final	1:00 PM
2	14B	90H	Final	1:04 PM
3	15G	90H	Final	1:07 PM
4	16G	90H	Final	1:11 PM
5	13B	80H	Final	1:14 PM
6	13G	80H	Final	1:18 PM
7	12B	60H	Heat	1:21 PM
8	12G	60H	Heat	1:28 PM
9	10B	60H	Heat	1:35 PM
10	11B	60H	Final	1:46 PM
11	10G	60H	Heat	1:49 PM
12	11G	60H	Heat	1:56 PM
13	9B	60H	Heat	2:07 PM
14	9G	60H	Heat	2:17 PM
BREAK				
HURDLE FINALS				
15	12B	60H	Final	2:54 PM
16	12G	60H	Final	2:58 PM
17	10B	60H	Final	3:01 PM
18	10G	60H	Final	3:05 PM
19	11G	60H	Final	3:08 PM
20	9B	60H	Final	3:12 PM
21	9G	60H	Final	3:15 PM
BREAK				
70M HEATS				
22	6B	70M	Heat	3:34 PM
23	7B	70M	Heat	3:41 PM
24	8B	70M	Heat	3:48 PM
25	7G	70M	Heat	3:55 PM
26	6G	70M	Heat	4:02 PM
27	8G	70M	Heat	4:09 PM
BREAK				
70M FINALS				
28	6B	70M	Final	4:24 PM
29	7B	70M	Final	4:28 PM
30	8B	70M	Final	4:31 PM
31	6G	70M	Final	4:35 PM
32	7G	70M	Final	4:38 PM
33	8G	70M	Final	4:42 PM
BREAK				
100M HEATS and STRAIGHT FINALS				
34	10B	100M	Heat	5:00 PM
35	11B	100M	Heat	5:09 PM
36	13G	100M	Heat	5:15 PM
37	11G	100M	Heat	5:21 PM
38	13B	100M	Heat	5:30 PM
39	14B	100M	Final	5:36 PM
40	9G	100M	Heat	5:39 PM
41	10G	100M	Heat	5:48 PM
42	9B	100M	Heat	5:54 PM
43	12B	100M	Heat	6:00 PM
44	12G	100M	Heat	6:09 PM
45	14G	100M	Heat	6:18 PM
46	15G/16G	100M	Heat/Final	6:24 PM
47	15B/16B	100M	Final/Final	6:30 PM
48	6B	100M	Final	6:33 PM
49	7B	100M	Final	6:36 PM
50	8B	100M	Final	6:39 PM
51	6G	100M	Final	6:42 PM
52	7G	100M	Final	6:45 PM
53	8G	100M	Final	6:48 PM
BREAK				
400M HEATS and STRAIGHT FINALS				
54	9B	400M	Heat	7:11 PM
55	13B	400M	Heat	7:17 PM
56	11G	400M	Heat	7:23 PM
57	13G	400M	Heat	7:32 PM
58	15G/16G	400M	Heat/Final	7:38 PM
59	9G	400M	Heat	7:44 PM
60	15B	400M	Final	7:50 PM
61	11B	400M	Heat	7:53 PM
BREAK				
100M FINALS				
62	9B	100M	Final	8:09 PM
63	13B	100M	Final	8:12 PM
64	11G	100M	Final	8:15 PM
65	13G	100M	Final	8:18 PM
66	9G	100M	Final	8:21 PM
67	11B	100M	Final	8:24 PM
68	10B	100M	Final	8:27 PM
69	12B	100M	Final	8:30 PM
70	10G	100M	Final	8:33 PM
71	12G	100M	Final	8:36 PM
72	14G	100M	Final	8:39 PM
73	15G	100M	Final	8:42 PM
BREAK				

No.	Group	Event	Type	Start
FRONT STRAIGHT Continued				
400M FINALS				
73	9B	400M	Final	8:52 PM
74	13B	400M	Final	8:55 PM
75	11G	400M	Final	8:58 PM
76	13G	400M	Final	9:01 PM
77	9G	400M	Final	9:04 PM
78	15G	400M	Final	9:07 PM
79	11B	400M	Final	9:10 PM
FIRE WORKS 9:13 PM				
BACK STRAIGHT & CIRCULAR				
100M HEATS				
200	6B	100M	Heat	1:00 PM
201	7B	100M	Heat	1:06 PM
202	8B	100M	Heat	1:15 PM
203	6G	100M	Heat	1:21 PM
204	7G	100M	Heat	1:27 PM
205	8G	100M	Heat	1:33 PM
BREAK				
800M FINALS				
206	16G	800M	Final	1:52 PM
207	14B	800M	Final	1:57 PM
208	12B	800M	Final	2:02 PM
209	10B	800M	Final	2:07 PM
210	10G	800M	Final	2:12 PM
211	14G	800M	Final	2:17 PM
212	12G	800M	Final	2:22 PM
213	16B	800M	Final	2:27 PM
214	9B	800M	Final	2:32 PM
215	9G	800M	Final	2:37 PM
BREAK				
200M HEATS and STRAIGHT FINALS				
216	8B	200M	Heat	2:47 PM
217	7G	200M	Heat	2:58 PM
218	6B	200M	Heat	3:05 PM
219	7B	200M	Heat	3:12 PM
220	6G	200M	Heat	3:22 PM
221	8G	200M	Heat	3:29 PM
222	14G	200M	Heat	3:43 PM
223	13G	200M	Heat	3:50 PM
224	13B	200M	Heat	4:04 PM
225	9G	200M	Heat	4:11 PM
226	10B	200M	Heat	4:22 PM
227	12G	200M	Heat	4:36 PM
228	11B	200M	Final	4:46 PM
229	11G	200M	Heat	4:50 PM
230	14B	200M	Heat	5:00 PM
231	10G	200M	Heat	5:07 PM
232	9B	200M	Heat	5:14 PM
233	12B	200M	Heat	5:28 PM
234	15G/16G	200M	Heat/Final	5:42 PM
235	15B/16B	200M	Final/Final	5:49 PM
BREAK				
1500M FINALS				
236	11B	1500M	Final	3:30 PM
237	11G	1500M	Final	3:38 PM
BREAK				
1500M FINALS				
238	13G	1500M	Final	4:25 PM
239	15G	1500M	Final	4:33 PM
240	15B	1500M	Final	4:41 PM
241	13B	1500M	Final	4:49 PM
BREAK				
200M FINALS				
242	6B	200M	Final	5:58 PM
243	7B	200M	Final	6:01 PM
244	8B	200M	Final	6:05 PM
245	6G	200M	Final	6:08 PM
246	7G	200M	Final	6:12 PM
247	8G	200M	Final	6:15 PM
248	9B	200M	Final	6:19 PM
249	10B	200M	Final	6:22 PM
250	12B	200M	Final	6:26 PM
251	13B	200M	Final	6:29 PM
252	10G	200M	Final	6:33 PM
253	11G	200M	Final	6:36 PM
254	12G	200M	Final	6:40 PM
255	13G	200M	Final	6:43 PM
256	14G	200M	Final	6:47 PM
257	15G	200M	Final	6:50 PM
258	14B	200M	Final	6:54 PM
259	9G	200M	Final	6:57 PM

No.	Group	Event	Start	Venue
FIELD				
300	11B	Shot Put	1:00 PM	SP1
301	15B/16B	Discus	1:00 PM	D1
302	9G	Long Jump	1:00 PM	LJ1
303	13G	High Jump	1:00 PM	HJ1
304	13G	Javelin	1:00 PM	JAV
305	14G	Long Jump	1:00 PM	TJ1
306	13B	Long Jump	1:30 PM	TJ1
307	15G	High Jump	1:30 PM	HJ2
308	14G	Javelin	1:43 PM	JAV
309	7G	Shot Put	1:45 PM	SP1
310	13G	Discus	1:45 PM	D1
311	6G	Long Jump	1:51 PM	LJ1
312	15B	High Jump	1:55 PM	HJ2
313	6B	Shot Put	2:02 PM	SP2
314	14B/16B	Javelin	2:10 PM	JAV
315	8G	Shot Put	2:16 PM	SP1
316	13B	High Jump	2:20 PM	HJ1
317	11G	Long Jump	2:20 PM	LJ1
318	11B	Long Jump	2:22 PM	TJ1
319	7B	Shot Put	2:27 PM	SP2
320	15G/16G	Discus	2:30 PM	D1
321	15G/16G	Javelin	2:55 PM	JAV
322	12B	Shot Put	3:05 PM	SP1
323	8B	Shot Put	3:10 PM	SP2
324	12B	Discus	3:10 PM	D1
325	10B	Long Jump	3:15 PM	LJ1
326	16B	Triple Jump	3:16 PM	TJ3
327	14B	Triple Jump	3:21 PM	TJ2
328	12G	Discus	3:21 PM	D2
329	9B	Long Jump	3:25 PM	TJ1
330	9G	Shot Put	3:30 PM	SP1
331	11G	High jump	3:30 PM	HJ1
332	16G	Triple Jump	3:37 PM	TJ3
333	13B	Shot Put	3:54 PM	SP2
334	12B	Triple Jump	4:05 PM	TJ2
335	10G	Long Jump	4:10 PM	LJ1
336	15G/16G	Shot Put	4:13 PM	SP2
337	14B	Shot Put	4:15 PM	SP1
338	7B	Long Jump	4:45 PM	LJ1
339	8B	Long Jump	4:45 PM	TJ1
340	14G	Triple Jump	4:45 PM	TJ2
341	12G	Shot Put	4:50 PM	SP2
342	6G	Shot Put	5:00 PM	SP1
343	10B	Discus	5:20 PM	D2
344	7G	Long Jump	5:20 PM	LJ1
345	11G	Shot Put	5:40 PM	SP1
346	9B	Shot Put	5:45 PM	SP2
347	13B	Discus	5:45 PM	D1
348	13G	Long Jump	5:56 PM	LJ1
349	15G	Long Jump	5:56 PM	LJ3
350	16G	Long Jump	6:00 PM	TJ1
351	10G	Discus	6:05 PM	D2
352	11B	High jump	6:25 PM	HJ1
353	14B	Long Jump	6:30 PM	LJ3
354	13B	Javelin	6:40 PM	JAV
355	15B/16B	Long Jump	6:42 PM	LJ1
356	6B	Long Jump	6:45 PM	TJ1
357	12G	Triple Jump	6:47 PM	TJ2
358	10G	Shot Put	6:50 PM	SP2
359	8G	Long Jump	7:07 PM	LJ1
360	15B/16B	Shot Put	7:10 PM	SP1
361	14G	Shot Put	7:30 PM	SP2
362	10B	Shot Put	7:45 PM	SP1
363	12G	Long Jump	8:00 PM	TJ1
364	13G	Shot Put	8:30 PM	SP1
365	12B	Long Jump	8:45 PM	TJ1

Straight Finals are run at Heat time. Heats that collapse into a Straight Final will be run at Heat time.