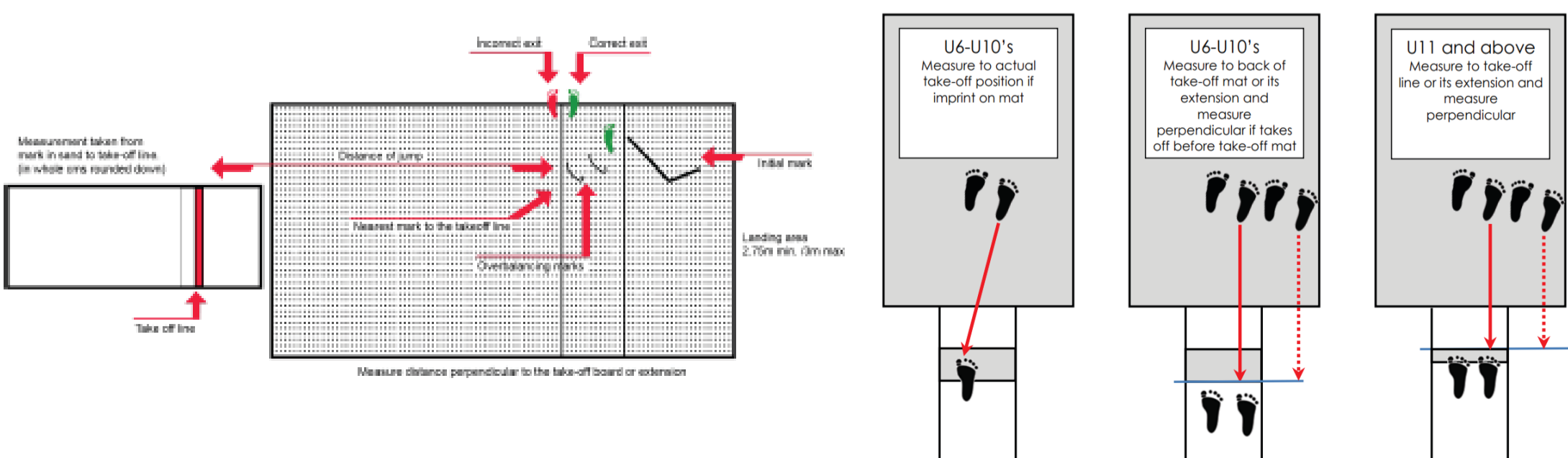


# THE QUICK GUIDE TO LONG JUMP

## Volunteer Roles and Responsibilities

1. Chief Marshal: Organise athletes and record measurements
2. Measure attempts
3. Rake pit

- 1 Take role and arrange athletes in the order they are to jump. Tell the athletes the number of jumps they are to have. Offer each athlete 1 practice jump.
- 2 Use mat and cover with sand for age groups U6 - U10. All other age groups use painted line. See below for further details.
- 3 Place spike & '0' end of tape at closest in-print to the take off area. Take measurement at the take off area indicated for each age group (see below)
- 4 Rake sand after each jump.
- 5 Ensure athletes exit the sand pit through the back of the pit.



# THE QUICK GUIDE TO SHOT PUT

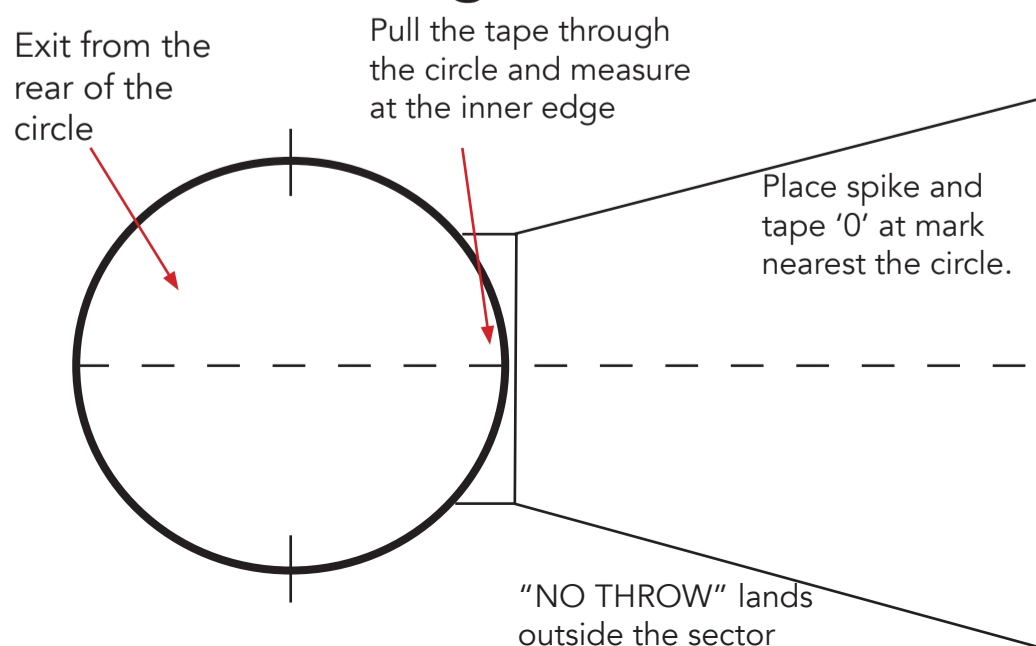
## Volunteer Roles and Responsibilities

1. Chief Marshal: Organise athletes and record measurements
2. Place spike, retrieve shot
3. Measure attempts

1. Take role and arrange athletes in order. Assign correct shot weight for age group. Offer each athlete 1 practice go.
2. Ensure athletes: 1. Stand side on. 2. Press shot against jaw. 3. Keep a high elbow. 4. Point towards target with other hand. 5. Push not throw.
3. Ensure the elbow does not drop and the shot comes away from the athletes jaw before they push. *See Volunteers Guide below for all fouls.*
4. Athletes must not step out of the circle during attempt. Exit from the back half of the circle once the shot has landed.
5. Place the spike at the first point the shot hits the ground, the '0' zero end of the tape is placed at the spike. Pull the tape through the centre of the circle, measure from where the tape crosses the front inner edge

## IMPLEMENT WEIGHTS

U6 - U7	1kg
U8	2kg
U9 - U12	2kg
U13G - U17G	3kg
U13B - U14B	3kg
U15B - U16B	4kg
U17B	5kg



# THE QUICK GUIDE TO

# DISCUS

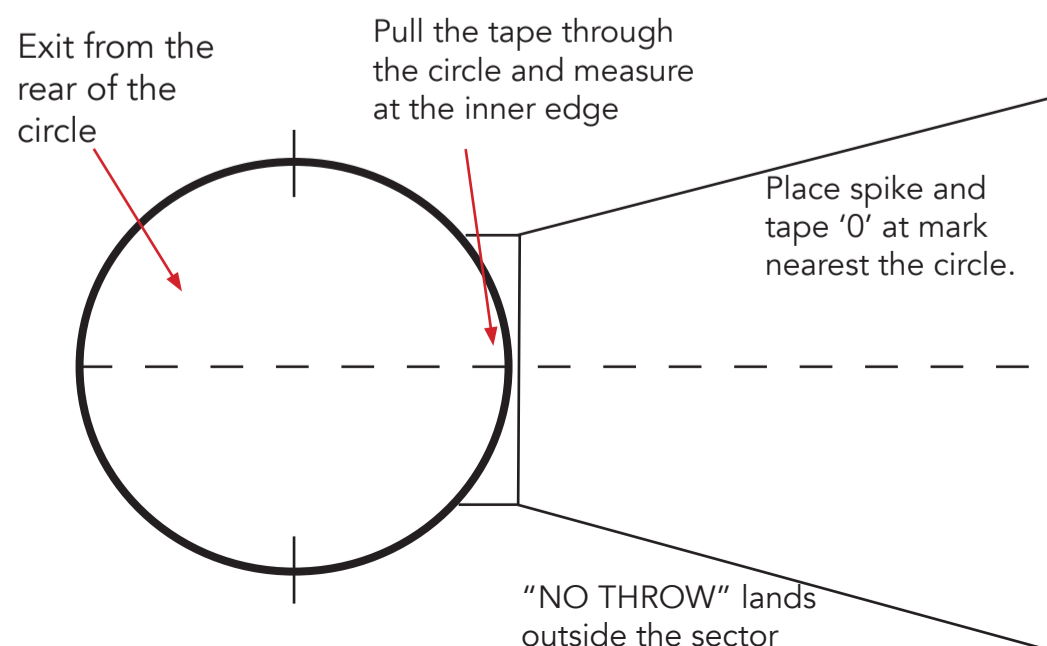
## Volunteer Roles and Responsibilities

1. **Chief Marshal:** Organise athletes and record measurements
2. Place spike, retrieve discus
3. Measure attempts

- 1 Take role and arrange athletes in the order they are to throw. Assign correct discus weight for age group. Offer each athlete 1 practice throw.
- 2 Only the athlete throwing must be in the cage during a throw. All volunteers and waiting athletes to wait outside the cage.
- 3 Start from a standing start. All body parts must be inside the circle during throw and the discus must land inside the sector marking lines.
- 4 Athletes must exit from the back half of the circle once the discus has landed.
- 5 Place the spike at the first point the discus hits the ground, the '0' zero end of the tape is placed at the spike. Pull the tape through the centre of the circle, measure from where the tape crosses the front inner edge

## IMPLEMENT WEIGHTS

U6 - U8 7	350g
U9 - U11	500g
U12 - U13	750g
U14 - U16, U17 Girls	1kg
U17 Boys	1.5kg



# THE QUICK GUIDE TO

# HURDLES

## Volunteer Roles and Responsibilities

1. Chief Marshal: Set hurdle height and position
2. Assist chief hurdle marshal

- 1 Set Hurdles up in each lane at set height and distance apart for each age group.
- 2 Ensure Hurdle is set up so it falls in the same direction athletes are running.
- 3 Help stack hurdles on Trailer at the end of the event.

Distance	Age Group	Flights	Height of Hurdles	Distance To 1st Hurdle
<b>Max Dist</b> 60m	U6	Max 6	Max 20cm	Any
	U7	Max 6	Max 30cm	Any
	U8	Max 6	Max 45cm	Any
<b>60m</b> (White)	U9	6	45cm	12m
	U10,	6	60cm	12m
<b>80m</b> (Red)	U11	9	60cm	12m
	U12	9	68cm	12m
	U13, U14 <b>G</b>	9	76cm	12m
<b>90m</b> (Blue)	U14 <b>B</b> , U15 <b>G</b> , U16 <b>G</b>	9	76cm	13m
<b>100m</b> (Yellow)	U15 <b>B</b> , U16 <b>B</b> , U17 <b>G</b>	10	76cm	13m
<b>110m</b> (Purple)	U17 <b>B</b>	10	76cm	13.72m
<b>200m</b> (Blue)	U13	5	68cm	20m
	U14	5	76cm	20m
<b>300m</b> (Blue)	U15, U16, U17	7	76cm	50m



# THE QUICK GUIDE TO

# JAVELIN

## Volunteer Roles and Responsibilities

1. Chief Marshal: Organise athletes and record measurements
  2. Place spike
  3. Retrieve javelin (spotter)
  4. Measure attempts

- 1 Take the role and arrange athletes in the order they are to throw. Assign correct implement weight for age group. Offer each athlete 1 practice throw.
- 2 Athletes must wait under the shade area and well away from the throwing line.
- 3 The Turbo Javelin/Javelin must be held at the grip to throw. The tip of the Turbo Javelin/Javelin must strike the ground first. (The Javelin does not need to stick into the ground.)
- 4 Once the Turbo Javelin/Javelin hits the ground, athletes must exit the runway behind the throwing arc.
- 5 Place the spike at the first point the Turbo Javelin/Javelin hits the ground, the '0' zero end of the tape is placed at the spike.  
Pull the tape through the center of the circle, measure from where the tape crosses the front inner edge.

## IMPLEMENT WEIGHTS

U9 - U10 – Turbo Jav	300g
U11B - U12B & U11G - U14G	400g
U15G – U17G	500g
U13B - U14B	600g
U15B- U17B	700g

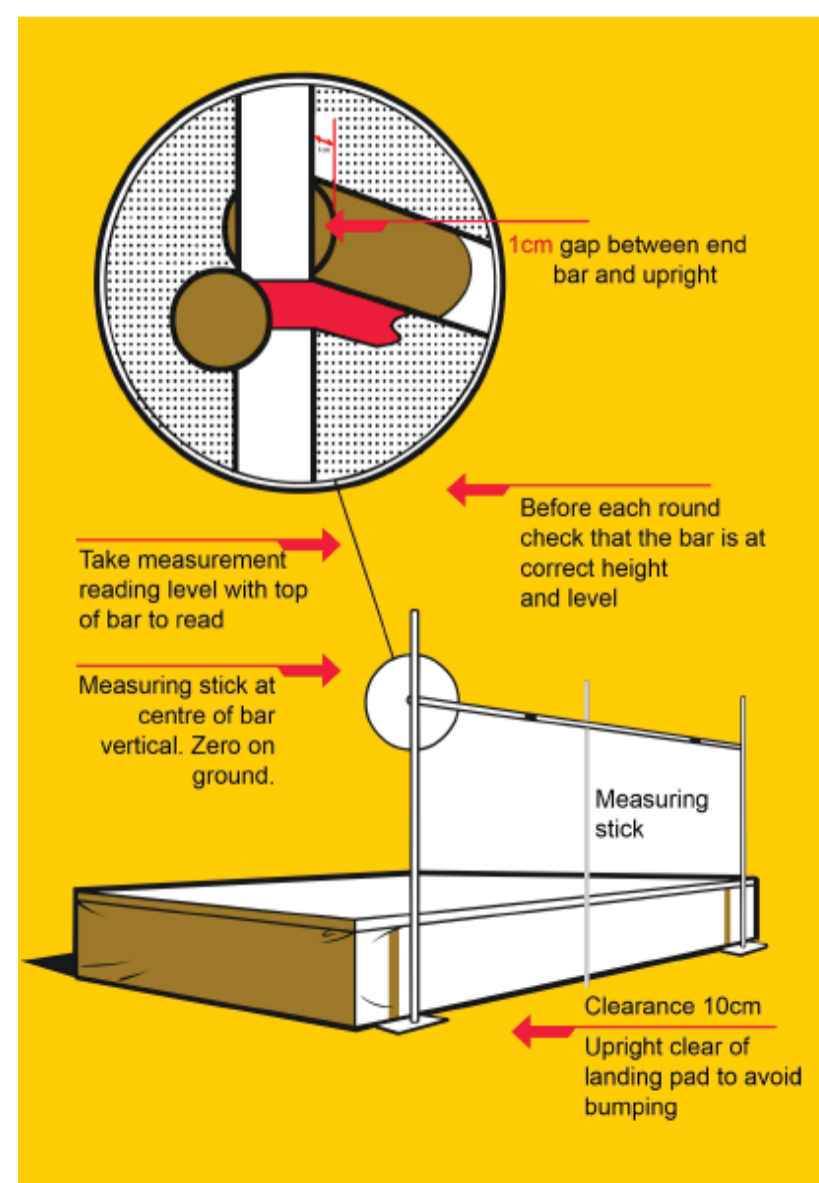
**Please read all safety points in the Volunteer's Guide below!**

# THE QUICK GUIDE TO HIGH JUMP

## Volunteer Roles and Responsibilities

1. Chief Marshal: Organise athletes and record measurements
2. Resetting the bar
3. Resetting the bar

- 1 Take role and arrange athletes in the order they are to jump. Tell the athletes the number of jumps they are to have. Offer each athlete 1 practice jump.
- 2 Set up so that the uprights are 10cm out from the landing bag. Ensure that the brackets that support the cross bar are facing the opposite upright.
- 3 Athletes are allowed 3 chances to clear each height.
- 4 Ensure athletes are jumping off one foot, and using the relevant clearance technique. (Scissor jump for U8-10).
- 5 The bar is raised in 5 cm increments and measured each round.

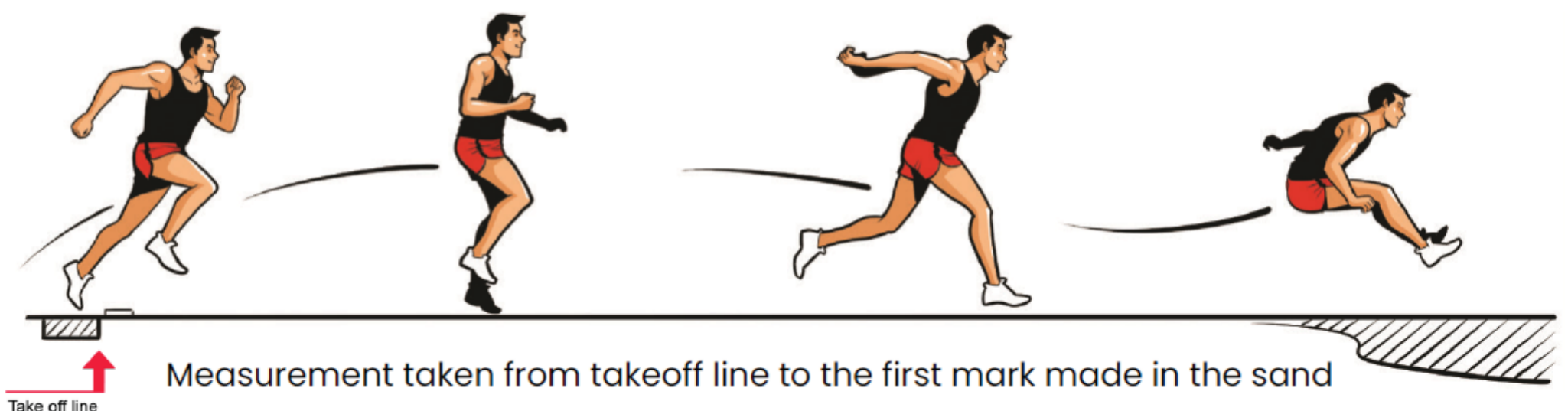


# THE QUICK GUIDE TO TRIPLE JUMP

## Volunteer Roles and Responsibilities

1. Chief Marshal: Organise athletes and record measurements
2. Measure attempts
3. Raking pit

- 1 Take role and arrange athletes in the order they are to jump. Tell the athletes the number of jumps they are to have. Offer each athlete 1 practice jump.
- 2 Place spike & '0' end of tape at the closest in-print in the sand to the take off area.
- 3 For athletes in Under 11s and above, measurement to be taken from the front edge of the take off board (white line).
- 4 Rake sand after each jump.
- 5 Ensure athletes exit the sand pit through the back of the pit.



# THE QUICK GUIDE TO



# STARTING ASSISTANT

## Volunteer Roles and Responsibilities

### 1. Chief Marshal:

1

2

3

4

5



# THE QUICK GUIDE TO



## Volunteer Roles and Responsibilities

### 1. Chief Marshal:

1

2

3

4

5