

Lower Hutt Amateur Athletic Club Medal Day

Monday 23 January 2023, start time of 10.00am

@ Hutt Recreation Ground

\$10 (cash) entry per athlete - participate in as many events in your age group you wish

BBQ / Baking / Coffee Cart - cash purchases only

	Round 1	Round 2	Round 3	Round 4	Round 5	Round 6	Round 7
5/6 girls	60m	break	100m	Throwing	break	LJ2	2 heats only
5/6 boys	60m	break	100m	Throwing	break	LJ2	
7 Girls	60m	LJ1	100m	S1	break	break	
7 Boys	60m	LJ2	100m	S2	break	break	
8 Girls	break	S1	100m	LJ1	break	200m	
8 Boys	break	S2	100m	LJ2	break	200m	
9 Girls	break	Discus	100m	200m	LJ2	S1	800m 1
9 Boys	break	Discus	100m	200m	LJ2	S2	800m 1
10 Girls	LJ1	100m	S1	200m	Discus	HJ	800m 1
10 Boys	LJ2	100m	S2	200m	Discus	HJ	800m 1
11 Girls	HJ	100m	LJ1	200m	S1	Discus	800m 1
11 Boys	HJ	100m	LJ2	200m	S2	Discus	800m 1
12 Girls	S1	100m	Disc	200m	HJ	LJ1	800m 2
12 Boys	S2	100m	Disc	200m	HJ	LJ1	800m 2
13-15 Girls	S1	100m	HJ	Disc	LJ1	200m	800m 2
13-15 Boys	S2	100m	HJ	Disc	LJ1	200m	800m 2

What you need to know:

1. Registrations on the day from 9.30am - open to affiliated and non affiliated members
2. Rounds - approx 30 mins - can run late on the day
3. Long Jump grade 12 and up will compete at LJ pit 1 (north end) only - due the location of the board
4. Discus / High Jump (HJ) - only one discus area and high jump will be operating - number of throws / jumps maybe reduced if high number of athletes are competing. No discus for grade 7 & 8
5. Medals - 1st three placegetters in every track heat and field event
6. Cancellations - Notified via Athletics Wellington email and facebook groups
7. Engraver on site