

**NORTHERN REGIONAL OPEN DAY OFFICIALS GUIDE
GOLDEN GROVE LITTLE ATHLETICS CENTRE
SUNDAY 5TH FEBRUARY 2012.**

TIME	CIRCULAR TRACK	INSIDE TRACK # 1	INSIDE TRACK # 2	EVENT	CLUB
9:30	U/10-11 G&B 1100m Walk	U/6-7 G&B 50m	U/7-9 G&B 60m Hurdles	CIRCULAR TRACK	SELAC "GATES"
9:45	U/12-17 G&B 1500m Walk			INSIDE TRACK # 1	TTGLAC "GATES"
10:00	U/11-17 G&B 1500m			INSIDE TRACK # 2 (Hurdles)	Golden Grove "GATES"
10:15		U/12-17 G&B 100m			
10:20				LONG JUMP PITS # 1	GAWLER
10:30			U/10-11 G&B 60m Hurdles	LONG JUMP PITS # 2	GAWLER
10:40	U/8 G&B 700m			LONG JUMP PITS # 3	MUNNO PARA
10:50	U/6 G&B 300m			TRIPLE JUMP PIT # 4	BAROSSA
11:00	U/7 G&B 500m	U/8-9 G&B 70m			
11:10	U/9-17 G&B 800m		U/12 G&B 60m Hurdles	HIGH JUMP BAG # 1	TTG
11:30		U/6-7 G&B 70m		HIGH JUMP BAG # 2	TTG
11:40			U/13 G&B-U/14 G 80m Hurdles	HIGH JUMP BAG # 3	LYNDOCH
11:45	U/6-9 G&B 200m			HIGH JUMP BAG # 4	INGLE FARM
12:00					
12:10			U/14 B & U/15-17 G 90m Hurdles	SHOT PUT RING # 1	SALISBURY
12:30		U/6-8 G&B 100m		SHOT PUT RING # 2	SALISBURY
12:35	U/10-11 G&B 200m			SHOT PUT RING # 3	SALISBURY
12:40			U/15-17 Boys 100m Hurdles		
1:00	U/12-17 G&B 200m	U/9-11 G&B 100m		DISCUS RING # 1	ELIZABETH
1:30	U/9-11 G&B 400m			DISCUS RING # 2	ELIZABETH
2:00	U/12-17 G&B 400m			DISCUS RING "CAGE"	SELAC
2:30	U/11-17 G&B 1500m				
2:45	U/9-17 G&B 800m			JAVELIN	Golden Grove
3:00					
3:15				TINY TOTS	Golden Grove

NOTES:

CLUBS WILL NEED TO SUPPLY AT LEAST 1 SHADE TENT FOR EACH OF THE EVENTS THAT THEY ARE RUNNING.

(THERE IS VERY LITTLE SHADE AT GGLAC)

CLUBS COULD ALSO BRING CLIPBOARDS, PENS AND A TABLE TO HELP THEM RUN EACH EVENT.

