



Age Group U/	State Relays Sat 10 Dec 11	6 Jan 12 Week 13	13 Jan 12 Week 14	20 Jan 12 Week 15	27 Jan 12 Week 16	Regional Champs 3/4/5 Feb	10 Feb 12 Week 17	17 Feb 12 Week 18	24 Feb 12 Week 19	2 Mar 12 Week 20	9 Mar 12 Week 21	16 Mar 12 Week 22	STATE CHAMPS 23 - 25 Mar	Personal Best for Season
50m														
70m														
100m														
200m														
400m														
800m														
1500m														
Walks 700 1100 1500														
Hurdles 60-80-90														
Hurdles 200														
Long Jump														
Triple Jump														
High Jump														
Discus														
Shot Put														
Javelin - Vortex														

- To obtain minimum attendance points, you must complete 60% of competition events from sign-on to end of season, if you signed on mid-season, you must complete 60% of competition events from the date you sign-on.
- Please note that Improvement Points can only be obtained during Competition Weeks 1-22, not during special events such as Regional Relays, Regional Championships, etc.
- PARENTS:** To receive PARENT HELP REFUND you must complete a minimum of **10 WEEKS** parent help for the season, **3 WEEKS of which must be done after the Xmas break.**  
Remember, the only way we know you have assisted is if you **SIGN THE ASSISTANCE FORM** in the age group folders, at the canteen or with the time keepers and other officials.