

Break-up / Presentation Day

SUNDAY 17 April 2011 at 1:00pm

Age Group U/	ANZ Stadium	Strathpine				Strathpine								Personal Best for Season
	Sat 11 Dec 10 State Relays	7 Jan 11 Week 14	14 Jan 11 Week 15 Shield	21 Jan 11 Week 16	28 Jan 11 Week 17	4 Feb 11 5 Feb 11 6 Feb 11 Regionals	11 Feb 11 Week 18	18 Feb 11 Week 19	25 Feb 11 Week 20	4 Mar 11 Week 21	11 Mar 11 Week 22	18 Mar 11 Week 23	25-26-27 March 11 STATES	
50m														
70m														
100m														
200m														
400m														
800m														
1500m														
Walks														
700														
1100														
1500														
Hurdles														
60 80														
90 100														
Hurdles														
200														
Long Jump														
Triple Jump														
High Jump														
Discus														
Shot														
Put														
Javelin														
Vortex														
Turbo Jav														

- 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.