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TO: All SMR Executive, Centre Contacts and Delegates
FROM: SMR Chairman
DATE: January 2nd 2009
SUBJECT: State T&F Program changes

All,
As you may already know the VLAA have revised the State T&F program. Please refer to an e-mail sent by the SMR Secretary dated January 1st 2009

These changes WILL impact the SMR program and of course the entries that each Centre has already submitted to the SMR

Attached is an analysis of the changes. Please contact your athletes immediately and inform them of the changes and resubmit your Centres entries at the earliest convenience before the Closing date of January 12th 2009. If there are NO changes to your entries please send an e-mail to the SMR Secretary to confirm that you have received this information and that your entries are correct.

Thank you to Ray Canning of Dandenong for doing this analysis

Michael Wallace

SMR Chairman

Changes to Track & Field Timetable (2009)

All Centres should note that there have been **some** significant changes to the schedule of events for 2008. In particular the **Saturday Track schedule & many Field Events**, note that **Sunday Track is unchanged**. Below is a summary of the changes, note that Sunday Track is unchanged:

Saturday Track:

Walk events have now been redistributed and mixed in with the 800s. Instead of being clumped together between 10:30 & Lunch they are now as follows:

Age Grp	2009	2008
U14B	8:49	10:40
U14G	9:20	10:54
U15B	9:55	11:08
U15G	10:26	11:22
U13G	11:40	11:36
U13B	12:09	12:08
U12B	3:15	12:30
U12G	3:48	12:45

80/90/100 hurdles - Finals scheduled after lunch not prior.

200 Metres - as a consequence of moving the hurdle Finals to the afternoon the U14 & U15 Heats are scheduled before Lunch.

All the above changes may cause the timing of other events to be changed.

To avoid clashes in Track Events, athletes need to carefully read the schedule, and need to look not only at the times for heats, but also the time for the finals.

Track Events: time comparisons are contained on the next page

Field Events: see third page

TRACK TIMETABLE 2009 (SATURDAY CHANGES)

2009					2008					2009					2008				
8:30	U10	Boys	800 Metres	Heats	8:30					2:00	U13	Boys	200 Metres	Heats	2:24				
8:39	U10	Girls	800 Metres	Heats	8:40					2:06	U13	Girls	200 Metres	Heats	2:30				
8:49	U14	Boys	1500 M Walk	Final	10:40					2:12	U12	Boys	200 Metres	Heats	2:36				
9:01	U 9	Girls	800 Metres	Heats	8:50					2:18	U12	Girls	200 Metres	Heats	2:42				
9:10	U 9	Boys	800 Metres	Heats	9:00					2:25	U11	Boys	200 Metres	Heats	2:48				
9:20	U14	Girls	1500 M Walk	Final	10:54					2:32	U11	Girls	200 Metres	Heats	2:54				
9:32	U12	Boys	800 Metres	Heats	9:10					2:38	U10	Boys	200 Metres	Heats	3:00				
9:41	U12	Girls	800 Metres	Heats	9:19					2:45	U10	Girls	200 Metres	Heats	3:06				
9:00	U 9	Girls	80 M Hurdles	Heats	9:00					2:51	U 9	Girls	200 Metres	Heats	3:12				
9:08	U 9	Boys	80 M Hurdles	Heats	9:08					2:58	U 9	Boys	200 Metres	Heats	3:18				
9:20	U10	Girls	80 M Hurdles	Heats	9:20					3:10	U 9	Girls	80 M Hurdles	Final	12:13				
9:28	U10	Boys	80 M Hurdles	Heats	9:28					3:12	U 9	Boys	80 M Hurdles	Final	12:15				
9:36	U11	Girls	80 M Hurdles	Heats	9:36					3:18	U10	Girls	80 M Hurdles	Final	12:17				
9:44	U11	Boys	80 M Hurdles	Heats	9:44					3:20	U10	Boys	80 M Hurdles	Final	12:19				
9:56	U12	Girls	80 M Hurdles	Heats	9:56					3:22	U11	Girls	80 M Hurdles	Final	12:21				
10:04	U12	Boys	80 M Hurdles	Heats	10:04					3:24	U11	Boys	80 M Hurdles	Final	12:23				
10:16	U13	Girls	80 M Hurdles	Heats	10:16					3:30	U12	Girls	80 M Hurdles	Final	12:25				
10:24	U13	Boys	80 M Hurdles	Heats	10:24					3:32	U12	Boys	80 M Hurdles	Final	12:27				
10:32	U14	Girls	80 M Hurdles	Heats	10:32					3:34	U13	Girls	80 M Hurdles	Final	12:29				
10:44	U14	Boys	90 M Hurdles	Heats	10:44					3:36	U13	Boys	80 M Hurdles	Final	12:41				
10:52	U15	Girls	90 M Hurdles	Heats	10:52					3:38	U14	Girls	80 M Hurdles	Final	12:43				
11:04	U15	Boys	100 M Hurdles	Heats	11:04					3:44	U14	Boys	90 M Hurdles	Final	12:48				
9:55	U15	Boys	1500 M Walk	Final	11:08					3:46	U15	Girls	90 M Hurdles	Final	12:50				
10:07	U11	Boys	800 Metres	Heats	9:28					3:52	U15	Boys	100 M Hurdles	Final	12:56				
10:16	U11	Girls	800 Metres	Heats	9:37					3:15	U12	Boys	1500 M Walk	Final	12:30				
10:26	U15	Girls	1500 M Walk	Final	11:22					3:28	U11	Girls	800 Metres	Final	3:28				
10:38	U13	Girls	800 Metres	Heats	9:46					3:33	U11	Boys	800 Metres	Final	3:33				
10:47	U13	Boys	800 Metres	Heats	9:55					3:38	U13	Boys	800 Metres	Final	3:38				
10:57	U14	Boys	800 Metres	Heats	10:04					3:43	U13	Girls	800 Metres	Final	3:43				
11:06	U14	Girls	800 Metres	Heats	10:13					3:48	U12	Girls	1500 M Walk	Final	12:45				
11:25	U15	Boys	800 Metres	Heats	10:22					4:01	U14	Boys	800 Metres	Final	3:48				
11:16	U15	Girls	800 Metres	Heats	10:31					4:06	U14	Girls	800 Metres	Final	3:53				
11:20	U10	Girls	70 Metres	Heats	11:20					4:11	U15	Boys	800 Metres	Final	3:57				
11:26	U10	Boys	70 Metres	Heats	11:26					4:16	U15	Girls	800 Metres	Final	4:01				
11:33	U 9	Girls	70 Metres	Heats	11:33					4:00	U10	Girls	70 Metres	Final	3:24				
11:39	U 9	Boys	70 Metres	Heats	11:39					4:02	U10	Boys	70 Metres	Final	3:27				
11:46	U11	Girls	70 Metres	Heats	11:46					4:05	U 9	Girls	70 Metres	Final	3:30				
11:52	U11	Boys	70 Metres	Heats	11:59					4:07	U 9	Boys	70 Metres	Final	3:33				
11:59	U12	Girls	70 Metres	Heats	11:52					4:10	U11	Girls	70 Metres	Final	3:36				
12:05	U12	Boys	70 Metres	Heats	12:05					4:12	U11	Boys	70 Metres	Final	3:39				
11:40	U13	Girls	1500 M Walk	Final	11:36					4:15	U12	Girls	70 Metres	Final	3:42				
11:53	U10	Boys	800 Metres	Final	11:50					4:17	U12	Boys	70 Metres	Final	3:45				
11:57	U10	Girls	800 Metres	Final	11:54					4:25	U13	Boys	200 Metres	Final	4:11				
12:01	U 9	Girls	800 Metres	Final	11:58					4:27	U13	Girls	200 Metres	Final	4:13				
12:05	U 9	Boys	800 Metres	Final	12:04					4:29	U14	Boys	200 Metres	Final	4:15				
12:09	U13	Boys	1500 M Walk	Final	12:08					4:31	U14	Girls	200 Metres	Final	4:17				
12:22	U12	Girls	800 Metres	Final	12:22					4:33	U15	Boys	200 Metres	Final	4:19				
12:26	U12	Boys	800 Metres	Final	12:26					4:35	U15	Girls	200 Metres	Final	4:21				
12:35	U14	Boys	200 Metres	Heats	2:00					4:37	U 9	Boys	200 Metres	Final	4:23				
12:41	U14	Girls	200 Metres	Heats	2:06					4:39	U 9	Girls	200 Metres	Final	4:25				
12:47	U15	Boys	200 Metres	Heats	2:12					4:41	U10	Boys	200 Metres	Final	4:27				
12:53	U15	Girls	200 Metres	Heats	2:18					4:43	U10	Girls	200 Metres	Final	4:29				
										4:45	U11	Boys	200 Metres	Final	4:31				
										4:47	U11	Girls	200 Metres	Final	4:33				
										4:49	U12	Boys	200 Metres	Final	4:35				
										4:51	U12	Girls	200 Metres	Final	4:37				

Rules are necessary. Common sense is mandatory

FIELD TIMETABLE 2009 (CHANGES)

8:30				8:30			
U 9	Boys	Long Jump	Same	U10	Boys	High Jump	Was TS 2
U10	Boys	Discus	Was TS 3	U11	Boys	Javelin	Was TS 5
U11	Boys	Triple Jump	Same	U12	Boys	Long Jump	Was TS 4
U13	Boys	Discus	Was TS 3	U13	Boys	Shot Put	Was TS 4
U14	Boys	High Jump	Was Sun TS 1	U14	Boys	Triple Jump	Was TS 5
U10	Girls	Shot Put	Was TS 3	U15	Boys	High Jump	Was Sat TS 3
U11	Girls	Javelin	Was TS 4	U10	Girls	Long Jump	Same
U12	Girls	High Jump	Was TS 2	U11	Girls	Triple Jump	Same
U13	Girls	Shot Put	Was TS 3	U13	Girls	Discus	Was TS 3
10:00				10:00			
U10	Boys	Long Jump	Was TS 1	U 9	Boys	Discus	Was TS 4
U12	Boys	Javelin	Same	U11	Boys	Long Jump	Was TS 3
U 9	Girls	Triple Jump	Same	U12	Boys	Discus	Was TS 1
U10	Girls	High Jump	Same	U13	Boys	High Jump	Was Sat TS 1
U11	Girls	Shot Put	Same	U 9	Girls	High Jump	Was TS 3
U13	Girls	Triple Jump	Same	U12	Girls	Triple Jump	Was TS 3
U14	Girls	Discus	Was TS 4	U13	Girls	Javelin	Was Sat TS 1
U15	Girls	High Jump	Was Sun TS 3	U14	Girls	Long Jump	Same
U15	Girls	High Jump	Was Sun TS 3	U14	Girls	Long Jump	Same
11:30				11:30			
U 9	Boys	Shot Put	Was TS 5	U10	Boys	Shot Put	Was TS 4
U11	Boys	High Jump	Was TS 4	U12	Boys	High Jump	Was TS 2
U13	Boys	Long Jump	Was TS 1	U14	Boys	Discus	Was TS 4
U14	Boys	Shot Put	Same	U11	Girls	High Jump	Was TS 4
U15	Boys	Javelin	Was Sun TS 3	U12	Girls	Javelin	Was TS 2
U 9	Girls	Discus	Was TS 4	U13	Girls	Long Jump	Was TS 5
U12	Girls	Discus	Was TS 1	U14	Girls	Shot Put	Same
U13	Girls	High Jump	Was Sun TS 1	U15	Girls	Triple Jump	Was Sat TS 4
U14	Girls	Triple Jump	Was TS 5				
2:00				2:00			
U 9	Boys	High Jump	Was TS 3	U 9	Boys	Triple Jump	Was TS 2
U12	Boys	Shot Put	Was TS 5	U13	Boys	Triple Jump	Was TS 2
U14	Boys	Long Jump	Was TS 2	U15	Boys	Discus	Was Sat TS 2
U15	Boys	Triple Jump	Was Sun TS 4	U 9	Girls	Shot Put	Was TS 5
U11	Girls	Long Jump	Was TS 3	U10	Girls	Discus	Was TS 3
U14	Girls	Javelin	Was Sun TS 5	U12	Girls	Shot Put	Was TS 5
U15	Girls	Discus	Was Sun TS 2	U14	Girls	High Jump	Was Sat TS 1
				U15	Girls	Javelin	Was Sat TS 3
3:30				3:30			
U11	Boys	Discus	Same	U10	Boys	Triple Jump	Same
U12	Boys	Triple Jump	Was TS 3	U11	Boys	Shot Put	Was TS 2
U13	Boys	Javelin	Was Sun TS 1	U14	Boys	Javelin	Was Sat TS 5
U15	Boys	Shot Put	Was Sun TS 1	U15	Boys	Long Jump	Was Sat TS 5
U10	Girls	Triple Jump	Same	U 9	Girls	Long Jump	Was TS 1
U12	Girls	Long Jump	Was TS 3	U11	Girls	Discus	Same
U15	Girls	Long Jump	Was Sun TS 2				

TS is Time Slot, with TS 1 being 8:30