



Ron Keat Day

PROGRAMME

SATURDAY 4TH NOVEMBER 9:15AM

9AM CLUB MARCH / CHANT | FREE EVENT | AGES 1-14 YEARS | EACH BLOCK APPROX 45 MINUTES

	9:15	MUSTER IN AGE GROUPS 9:45	BLOCK 1 10:00	BLOCK 2 10:45	BLOCK 3 12:00	BREAK 12:00 Tug o War	BLOCK 4 12:30	BLOCK 5 1:15	BLOCK 6 2:00	BLOCK 7 2:45
1500 m	10 yr+					7-14yr				
800 m								10-14 yr		
400 m			10-14 yr		300m 7-9 yr					
200 m				6-14 yr						
100 m							6-14 yr			
60m Grass			40m 2-5 yr	60m 2-5 yr	Mini Hurdles/ Parents Race 2-5 yr				Track 6-9 yr	
High Jump			10 yr		12 yr			11 yr		13/14 yr
Long Jump			8 yr	13/14 yr	9 yr		12 yr	7 yr	10 yr	11 yr
Discus			9 yr	10 yr	7 yr		11 yr	8 yr	13/14/15+	12 yr
Shotput			7 yr	11 yr	8 yr		13/14 yr	9 yr 6 (Circle 3)	12 yr	10 yr

RON KEAT RULES

SHOT PUT, DISCUS, LONG JUMP

2 attempts for each competitor with top 5 athletes allowed a third attempt.

HIGH JUMP

2 attempts for each competitor with athletes getting a third attempt at each subsequent height once athlete has achieved the heights in the bottom table

Bar will go up in 5cm's

All heights are in meters

Starting heights for event

9G	9B	10G	10B	11G	11B	12G	12B	13G	13B	14G+	14B+
1.00	1.05	1.10	1.10	1.15	1.15	1.20	1.20	1.20	1.25	1.25	1.30

Allowed 3 jumps at each height once the bar is over

9G	9B	10G	10B	11G	11B	12G	12B	13G	13B	14G+	14B+
1.05	1.05	1.20	1.20	1.25	1.25	1.30	1.30	1.30	1.35	1.35	1.40



Athletes please make sure to wear your club singlets and age patch number
Get your team together and think of a Club chant that represents your club