

AGE MANAGER/ASSISTANT AGE MANAGER TIPS

(Updated 26/10/2016)



Contact Details

Exchange details so that you can coordinate with one another or arrange coverage from others if necessary - **your group will not run/jump/throw unless a parent from the group takes responsibility for it.** Some parents are rostered on for other duties like starting and timekeeping which are also essential to the running of the competition.

Running/Recording Events

You can familiarize yourself with event requirements by:

- Reviewing the booklet in the basket
- Going to throws training on Tuesday at 4:00
- Going to running/jumping training on Wednesday at 4:00
- Youtube!

Events should be run in the order on the run sheet (top to bottom). If you are really backed up at one event and another is wide open – use your discretion to switch.

If you have over 16 kids in your age group you will be provided with two duplicate sheets for each field event – divide your group in two and try to take over both pits when possible to move your group through faster.

An example of how to record each event is noted at the top of the results sheet – please make sure you are recording to the proper decimal point and recording the right times for the right child. Also, please carryover the best height achieved in high jump and best distance in long and triple jump to the final column. Please sign where indicated so if we have any issues we can circle back with you. **Results impact the points children receive and awards at the end of the year so please take care to ensure proper recording.**

At the throws, make sure the children are always entering and existing from the back of the pit - no exceptions!

At the long jump, make sure you are measuring from the tip of where the toes land on the sand mat to the back of the landing foot (or hand if the athlete falls backward!)

At the high jump, check previous results and set an initial height that everybody can clear. Then go up in .05 increments until 4 competitors remain, then go up in .02 increments.

At the sprints/hurdles – look at previous results (printed on the left-hand side of the sheets) to somewhat grade runners into heats. This pushes all athletes to perform their best and hopefully achieve PBs every week. **A chart to check hurdle placement (red blue or black) and height (number of clicks) is in the straight starter's bag.**

Ensure that all events are completed – if for some reason you need to leave early, arrange for a parent helper to take over.

ResultsHQ

The club records all times/distances and enters it into ResultsHQ so that athletics can view their times and track PBs (personal bests).

Zone Championships – Deadline to Enter is November 11

Encourage those athletes in U8 and above who are excelling to participate at the Zone Championships – this is their chance to compete against athletes from other clubs and progress through the Region and even State Championships. **Registration forms are available online and must be completed and emailed to michele.simos@yahoo.com by November 11 (though earlier is much appreciated!)**

Maximize Down Time

Depending on the night, you will often have downtime between events. Use this time to demonstrate to the children how to do events and/or give them tips (e.g. always reach for the sky when doing long jump) and have them practice off to the side.

Ask for help! Committee members wear blue shirts.