



# 2018 Multi-Event

Saturday, 8th December 2018

**Please note early start: 8.00AM**

A Multi-Event day is different in format to a normal competition day in that points are awarded for each athlete's performance in a set series of events. The aim is to achieve the highest number of points overall. If you have ever seen the Heptathlon or Decathlon events at the Olympics or Commonwealth Games, this is a Multi-Event.

**Please read the following to understand how the CLAC Multi-Event day will operate:**

- The aim is for athletes to take part in all the events scheduled for their age group/gender. The events are:

Gender/Age	6	7	8	9	10	11	12	13	14	15/16
<b>Girls</b>	SP	SP	SP	SP	SP	SP	SP	SP	200 80H SP	200 90H SP
<b>Boys</b>	Disc	Disc	Disc	Disc	Disc	Disc	Disc	Disc	100 90H Disc	100 100H Disc
<b>Both</b>	70 300 LJ	70 300 LJ	70 300 LJ	100 800 LJ 60H	100 800 LJ 60H	100 800 LJ 60H	100 800 LJ 80H	100 800 LJ 80H	800 HJ LJ	800 HJ LJ Jav

- The day will start at 8.00am for a warm-up and briefing with the first event starting at 8.15am SHARP. U15-16 athletes need to arrive by 7.45am for warm up as they will start Javelin at 8:00am.**
- U6, U7 & U8** athletes will be escorted to all their events during the morning and should finish by 11.30am.
- For **U9 - U16 athletes**, the **Long Jump, Shot Put and Discus will be "open pits"** once the younger athletes have finished (approx. 9am onwards). U9 - U16 athletes must get themselves to these events in between their other events and complete them all by 12 noon.
- Event points are calculated based on degree of difficulty, time and distance/height, with the Alberta Points system used to determine age group winners. Each athlete who completes all their events will receive a ribbon.
- Athletes must compete in all their age group's events to be eligible for Multi-Event awards.** If an athlete misses the start of any event they can still compete in the remaining events but will be ineligible for awards.
- A 'Did Not Finish' (**DnF**) such as where an athlete starts a race but pulls out part way through is considered as taking part in that event with the athlete awarded one point and remaining eligible for overall points and awards. However, the athlete or their parent must let the finishing marshals know immediately that they started the event but did not finish OR have withdrawn from the competition.
- A 'no throw' or 'no jump' (where an athlete does 3 foul throws or 3 foul jumps) is still considered as participating in the event - the athlete will be awarded one point and still be eligible for overall points and awards.
- Medals** are awarded to the first three place getters for each age group/gender. Presentations will take place at our next competition meet on Friday 14<sup>th</sup> December.
- Correct CLAC Uniform with Competition Bib is compulsory. It is a fun but big day - **parents please volunteer!**