

**Welcome** to the **Jetstar Little Athletics** Personal Best Day 2015. About 1000 athletes from around South Australia will participate today. To ensure you get the most out of the day, please read on.

## Events

Most standard events are conducted for all age groups over the course of the day. Athletes can compete in the events of their choice up to the following maximums:

**Under 6-10—5 events**

**Under 11-17—6 events**

Within these maximums, athletes can do **at most 3 track events and/or 3 field events**.

## Program

The program runs throughout the day from 9:00 AM to 3:30 PM. Field events are conducted for all age groups right throughout this time.

Most field events are very busy between 9:00 and 11:00—to avoid the queues you may want to consider doing the field events later in the day.

The track events are scheduled in blocks throughout the day. Athletes may participate in those events scheduled for their age group any time during the block. Athletes are grouped into heats on a first-come first-served basis—they are not grouped by age groups. Again, you may prefer to wait until part way through the block to join the queue, rather than lining up when the session is due to start.

## Tiny Tots

A session for Tiny Tots is conducted in the warm-up area at the back of SA Athletics Stadium at 10:00. All Tiny Tots must be accompanied by a parent.

## Jetstar Opening

Events will stop briefly at 11:00 for an Official Opening by Jetstar, including an attempt at the '**BIGGEST JETSTAR JUMP**'. Athletes and Families will be invited to join us on the middle of the Track and get the **Jump ON**. Don't forget to bring something **Orange** with you like a hat, flag t-shirt or ribbons. Best dressed prizes will be awarded to individuals by our very own Jetstar crew who will be here to join in on the day...

### Hot Weather Program

If the forecast temperature for PB Day is 37°C or greater (as issued by the Bureau of Meteorology at 4:00 Friday) then the PB Day will be conducted to the Hot Weather Program. The Hot Weather Program is divided into two sessions from 8:00 AM to 11:00 AM and then 5:30 PM to 8:30 PM. Refer to the program for which events are available in each session.

Note that there is no Tiny Tots session offered on the Hot Weather Program.

### Parent Assistance

Like all Little Athletics meets, Personal Best Day relies on parent volunteers to operate. Your Centre will have been allocated an event to look after during the day—check with your Centre coordinator for when your help is required.

### Results

Results from Personal Best Day are recorded centrally and issued to Centres following the event. Your Centre will issue a certificate with athlete's results at your next Centre meeting. Result tickets are not issued on the day.

To assist with the recording of results please ensure your children are wearing their correct registration numbers.