

Track

3.6 Meeting Points - Track



Day	Time	Group	Lead Coach	Age	Max athletes	Track Usage	Location
Mon	18:00 - 19:00	JA1 - U11 Induction 1	James A	U11	8		Red Zone
Mon	18:00 - 19:00	JA2 - U11 Induction 2	Natasha K	U11	8		Red Zone
Mon	18:00 - 19:00	JA3 - U11 Induction 3		U11	8		Red Zone
Mon	18:00 - 19:00						
Mon	18:00 - 19:00						
Mon	18:00 - 19:00						
Mon	18:00 - 19:00						
Mon	18:00 - 19:00						
Tue	18:30 - 19:30	SB1 - Endur	Susan B	11 - 18	10	Grassland	Yellow Zone
Tue	18:30 - 19:30	SB2 - Endur	Graham C	11 - 18	10	Grassland	Yellow Zone
Tue	18:30 - 19:30	JY1 - Endur	Jim Y	Over 18	4	Lane 1-4-7	Red Zone
Tue	18:30 - 19:30	CG2 - Endur	Colin G	Over 18	4	Lane 1-4-7	Red Zone
Tue	19:00 - 20:00	KW1 - Endur	Ken W	Over 18		Grassland*	
Tue	19:00 - 20:00	KW2 - Endur	Ian L	Over 18		Grassland*	
Tue							
Tue							
Wed	18:00 - 19:00	JA1 - U11 Induction 1	James A	U11	8		Red Zone
Wed	18:00 - 19:00	JA2 - U11 Induction 2	Natasha K	U11	8		Red Zone
Wed	18:00 - 19:00	JA3 - U11 Induction 3		U11	8		Red Zone
Wed							
Thur	18:30 - 19:30	SB1 - Endur	Susan B	11 - 18	10	Grassland*	Yellow Zone
Thur	18:30 - 19:30	SB2 - Endur	Graham C	11 - 18	10	Grassland*	Yellow Zone
Thur	18:30 - 19:30	KW1 - Endur	Ken W	Over 18	4	Lane 1-4-7	Red Zone
Thur	18:30 - 19:30	KW2 - Endur	Ian L	Over 18	4	Lane 1-4-7	Red Zone
Thur	18:30 - 19:30	JW1 - Endur	Jim Y	Over 18		Grassland*	
Thur	18:00 - 19:00	CG1 - Endur	Colin G	Over 18		Grassland*	
Thur							
Fri							Blue Zone
Fri							Green Zone
Fri							Purple Zone
Fri							Yellow Zone
Fri							Orange Zone
Sat?							Blue Zone
Sat?							Green Zone
Sat?							Purple Zone
Sat?							Yellow Zone
Sat?							Orange Zone

Time	Group	Lead Coach	Age	Max athletes	Track Usage	Location
19:10 - 20:10	U13 Development 1	Gillian M	11 - 12	10	In-field & Track	Blue Zone
19:10 - 20:10	U13 Development 2	Lucy G	11-Dec	10	In-field & Track	Blue Zone
19:10 - 20:10	U13 Development 3	Lindsay H	11 - 12	10	In-field & Track	Purple Zone
19:10 - 20:10	U15/ 17 Enduracne 1	Stewart M	11 - 18	10	Track	Yellow Zone
19:10 - 20:10	U15/ 17 Enduracne 2	David A	11 - 18	10	Track	Yellow Zone
19:10 - 20:10	U15 Speed	Nicola F	13 - 17	10	Track	Green Zone
19:10 - 20:10	U15 Multi-events	Kevin M	11 - 17	10	In-field & Track	Orange Zone
19:10 - 20:10	U13 Development 4	Paul M	11 - 13	10	In-field & Track	Orange Zone
19:00 - 20:00	U13 Development 1	Steven M	11 - 12	10	In-field & Track	Orange Zone
19:00 - 20:00	DM1 - Sprints 1	Donald M	11 - 18	10	Track	Blue Zone
19:00 - 20:00	DM2 - Sprints 2	Douglas H	18 +	4	Track	Blue Zone
19:00 - 20:00	HR1 - Endur	Hugh R	11 - 18	10	Track	Purple Zone
19:00 - 20:00	HR2 - Endur	Alan M	11 - 18	10	Track	Purple Zone
19:00 - 20:00	U11 Introduction 1	Connell D	U11	8	In-field & Track	Green Zone
19:00 - 20:00	U11 Introduction 2	Jean Y	U11	8	In-field & Track	Green Zone
19:00 - 20:00	AM - Throws	Alec M	11 - 18	10	In-field	Orange Zone
19:00 - 20:00	U13 Development 2	Billy R	11 - 12	10	In-field & Track	Orange Zone
19:10 - 20:10	U13 Development 1	Gillian M	11 - 12	10	In-field & Track	Blue Zone
19:10 - 20:10	U13 Development 2	Lucy G	11 - 12	10	In-field & Track	Blue Zone
19:10 - 20:10	U13 Development 3	Lindsay H	11 - 12	10	In-field & Track	Purple Zone
19:10 - 20:10	U15/ 17 Enduracne 1	Stewart M	13 - 17	10	Track	Yellow Zone
19:10 - 20:10	U15/ 17 Enduracne 2	David A	13 - 17	10	Track	Yellow Zone
19:10 - 20:10	U15 Speed	Nicola F	13 - 17	10	Track	Green Zone
19:10 - 20:10	U15 Multi-events	Kevin M	13 - 19	10	In-field & Track	Orange Zone
19:10 - 20:10	U13 Development 4	Paul M	11 - 13	10	In-field & Track	Orange Zone
19:00 - 20:00	U13 Development 1	Steven M	11 - 12	10	In-field & Track	Orange Zone
19:00 - 20:00	DM1 - Sprints 1	Donald M	13 - 19	10	Track	Blue Zone
19:00 - 20:00	DM2 - Sprints 2	Douglas H	18 +	4	Track	Blue Zone
19:00 - 20:00	HR1 - Endur	Hugh R	13 - 19	10	Track	Purple Zone
19:00 - 20:00	HR2 - Endur	Alan M	13 - 19	10	Track	Purple Zone
19:00 - 20:00	U11 Introduction 1	Connell D	U11	8	In-field & Track	Green Zone
19:00 - 20:00	U11 Introduction 2	Jean Y	U11	8	In-field & Track	Green Zone
19:00 - 20:00	AM - Throws	Alec M	11 - 18	10	In-field	Orange Zone
19:00 - 20:00	U13 Development 2	Billy R	11 - 12	10	In-field & Track	Orange Zone

Mon/Wed		Notes
Gillian Mitchell	Development Group (U13) - Mon/Wed	Additional coaches as required
James Adams	Induction Group (U11) - Mon/Wed	Starting at 6pm
Natasha Kerr	Induction Group (U11) - Mon/Wed	With James Adams
Lindsay Hepburn	Development Group (U13) - Mon/Wed	Victoria and Kirsty's Group
Paul Markac	Development Group (U13) - Mon/Wed	
Stewart McAllister	Endurance - Developing (U15) - Mon/Wed	
Nicola Fraser	Sprints (U15 to Senior) - Mon/Wed	Lorette's Group
Kevin Mitchell	Multi-Events (U15 to Senior) - Mon/Wed	

Tues & Thurs		Notes
Connell Drummond	Induction Group (U11) - Tue/Thurs	Additional helpers as required
Jean Youden	Induction Group (U11) - Tue/Thurs	Additional helpers as required
Steven Murray	Development Group (U13) - Tue/Thurs	
Billy Robertson	Development Group (U13) - Tue/Thurs	
Brian Campbell	Development Group (U13) - Tue/Thurs	Meet with Hugh Robinson
Hugh Robinson	Middle Distance (U15-U20) Tues/ Thurs	
Alan Murray	Middle Distance (U15-U20) Tues/ Thurs	
Donald McIntosh	Speed and hurdles (U15+) Tues/Thur	
Douglas Harroer	Speed and hurdles (U15+) Tues/Thur	
Lorette Dunlop	Speed and hurdles (U15+) Tues/Thur	
Susan Ballantyne	Middle/ Long Distance (U15-U20) Tues/Thur	
Graham Cairns	Middle/ Long Distance (U15-U20) Tues/Thur	
Alec McIntosh	Throws (U15+) Tues/Thur	
Jim Young	Endurance - Intervals - Tue/Thur	Track on Tuesday
Colin Glencorse	Endurance - Intervals - Tue/Thur	Track on Tuesday
Kenny Wales	Endurance - Intervals - Tue/Thur	Track TBC
Ian Logan	Endurance - Intervals - Tue/Thur	Track TBC
	All road running groups, 6pm and 7pm	Meet at Scott Ellis

Notes
 Grassland*refers to any area away from the main arena
 If an athlete is not sure of their group, please speak to a coach, who will be able to sign post