

**December 7 Hosted Meet by ACT Masters at Woden**  
**No additional events are possible, so please don't ask.**

**No on-line entries**  
**Fee is \$9 per athlete**

	<b>Track - Male and Female</b>	<b>Field - Male and Female</b>
6:00pm	3k/5k run	Hammer High Jump
6:20pm	100m	
6:30pm	1k / 3km Walk	
7:00pm	800m	Javelin Shot Put
7:10pm	200m	
7:20pm		Triple Jump
7:45pm		Javelin Shot Put
5:50pm	7 Lap Spiral	