

ATHLETICS ACT COMBINED EVENTS CHAMPIONSHIPS & Invitational Events & AACT All Comers

Saturday 12th to Sunday 13th January 2019 at AIS, Bruce ACT

Multi Events

Under 14 Boys Pentathlon
Under 16 Boys Heptathlon
Under 18 Boys Decathlon
Under 20 Men Decathlon
Open Men Decathlon
Masters Decathlon

Under 14 Girls Pentathlon
Under 16 Girls Heptathlon
Under 18 Girls Heptathlon
Under 20 Women Heptathlon
Open Women Heptathlon

Invitational Events

Masters Men Pentathlon: Long Jump, Javelin Throw, 200m, Discus Throw, 1500m

Masters Women Pentathlon: 100m, Shot Put, Long Jump, Javelin, 800m

ACT Under 15 Heptathlon: 2 days with 7 events (ALAC program)

Girls: Day 1: 90mH; Shot Put, High Jump; 200m; Day 2: Long Jump; Javelin; 800m

Boys: Day 1: 100mH; Discus; 100m; Long Jump; Day 2: Javelin; High Jump; 800m

AACT All Comers' Individual Events:

Field: Javelin, Discus, Shot Put, Long Jump, Triple Jump, High Jump, Pole Vault

Track: Run: 60m, 100m, 100yards (Invitational), 200m, 400m, 800m, 1500m, 3000m/5000m; Hurdle: 80/90/100/110/200/400m; Walk: 1500m/3000m/5000m; Steeplechase 1.5km, 2km & 3km; Relays: 4x100m & 4x400m; other: ACT 1 Mile Championship

Multi event enquiries: dcalvert@grapevine.net.au

AACT All Comers' event enquiries: eo.act@athletics.org.au

Full Track & Field Program

DAY 1	Saturday	12th	January	2019
9.00	U16	Men	Heptathlon	100m Hurdles
9.05	U15	Men	Heptathlon	100m Hurdles
9.10	Open/U20/U18	Women	Heptathlon	100m Hurdles
9.15	U15	Women	Heptathlon	90m Hurdles
9.20	U16	Women	Heptathlon	90m Hurdles
9.40	Masters	Men	Pentathlon	Long Jump
9.50	U15	Men	Heptathlon	Discus
10.00	Masters	Women	Pentathlon	100m
10.05	Open/Masters &U20/18	Men	Decathlon	100m
10.10	U15	Women	Heptathlon	Shot Put
<i>10.20</i>	<i>All Ages</i>	<i>M/W</i>	<i>AACT</i>	<i>3000m/5000m</i>
10.20	Open/U20/18	Women	Heptathlon	High Jump
10.30	U16	Men	Heptathlon	Shot Put
10.45	Masters	Women	Pentathlon	Shot Put
10.50	Open/Masters &U20/18	Men	Decathlon	Long Jump
11.10	Masters	Men	Pentathlon	Javelin
11.10	U15/U16	Women	Heptathlon	High Jump
<i>11.10</i>	<i>All Ages</i>	<i>Women</i>	<i>AACT</i>	<i>400m</i>
<i>11.15</i>	<i>All Ages</i>	<i>Men</i>	<i>AACT</i>	<i>400m</i>
<i>11.40</i>	<i>All Ages</i>	<i>Women</i>	<i>AACT</i>	<i>100 yards</i>
11.40	Masters	Women	Pentathlon	Long Jump
<i>11.50</i>	<i>All Ages</i>	<i>Men</i>	<i>AACT</i>	<i>100 yards</i>
12.00	U16	Men	Heptathlon	High Jump

12.00	Open/U20/U18	Men	Decathlon	Shot Put
12.00	U15	Men	Heptathlon	Long Jump
12.10	Masters	Men	Pentathlon	200m

APPROX. LUNCH PERIOD Canteen available Officials see Commonwealth Room

1.00	U16	Women	Heptathlon	Shot Put
1.10	U15	Men	Heptathlon	100m
1.20	Open/U20/U18	Women	Heptathlon	Shot Put
1.10	<i>All Ages</i>	<i>M/W</i>	<i>AACT</i>	<i>Long Jump << 4.50m</i>
1.30	<i>All Ages</i>	<i>M/W</i>	<i>AACT</i>	<i>400m hurdles</i>
1.30	Open/Masters &U20/18	Men	Decathlon	High Jump
1.40	Masters	Men	Pentathlon	Discus
1.55	U16	Men	Heptathlon	200m
2.00	U15/U16	Women	Heptathlon	200m
2.00	Masters	Women	Pentathlon	Javelin
2.10	Open/U20/U18	Women	Heptathlon	200m
2.15	<i>All Ages</i>	<i>M/W</i>	<i>AACT</i>	<i>200m</i>
2.25	Masters	Men	Pentathlon	1500m
2.30	<i>All Ages</i>	<i>M/W</i>	<i>AACT</i>	<i>High Jump >> than 1.70m</i>
2.35	<i>All Ages</i>	<i>M/W</i>	<i>AACT</i>	<i>800m</i>
2.55	<i>All Ages</i>	<i>M/W</i>	<i>AACT</i>	<i>Long Jump >> 4.50m</i>
2.55	Masters	Women	Pentathlon	800m
3.00	<i>All Ages</i>	<i>M/W</i>	<i>AACT</i>	<i>Discus</i>
3.00	<i>All Ages</i>	<i>M/W</i>	<i>AACT</i>	<i>60m</i>
3.15	PRESENTATIONS		Masters M/W	Pentathlon
3.15	Open/Masters &U20/18	Men	Decathlon	400m

Day 2	Sunday 13th	January	2019	
9.00	U14	Girls/Boys	Pentathlon	Shot Put
9.00	U15/U16	Women	Heptathlon	Long Jump
<i>9.00</i>	<i>All Ages</i>	<i>M/W</i>	<i>AACT</i>	<i>Pole Vault 1.50m start</i>
<i>9.00</i>	<i>All Ages</i>	<i>Men</i>	<i>ACT Championship</i>	<i>1 Mile</i>
<i>9.05</i>	<i>All Ages</i>	<i>Women</i>	<i>ACT Championship</i>	<i>1 Mile</i>
<i>9.10</i>	<i>All Ages</i>	<i>M/W</i>	<i>AACT</i>	<i>1500m Walk</i>
9.20	Open/Masters &U20/18	Men	Decathlon	110m Hurdles
9.20	U15	Men	Heptathlon	Javelin
9.30	Open/U20/U18	Women	Heptathlon	Long Jump
<i>9.30</i>	<i>All Ages</i>	<i>M/W</i>	<i>AACT</i>	<i>Pole Vault</i>
<i>9.30</i>	<i>All Ages</i>	<i>M/W</i>	<i>AACT</i>	<i>100m</i>
9.40	U14	Girls/Boys	Pentathlon	High Jump
10.00	U16	Men	Heptathlon	Long Jump
<i>10.00</i>	<i>All Ages</i>	<i>M/W</i>	<i>AACT</i>	<i>Pole Vault 2.80m start</i>
<i>10.30</i>	<i>All Ages</i>	<i>M/W</i>	<i>AACT</i>	<i>110m Hurdles</i>
10.30	U15	Men	Heptathlon	High Jump
10.30	Open/Masters &U20/18	Men	Decathlon	Discus
<i>10.35</i>	<i>All Ages</i>	<i>M/W</i>	<i>AACT</i>	<i>100m Hurdles</i>
<i>10.40</i>	<i>All Ages</i>	<i>M/W</i>	<i>AACT</i>	<i>90m Hurdles</i>
<i>10.45</i>	<i>All Ages</i>	<i>M/W</i>	<i>AACT</i>	<i>80m Hurdles</i>
<i>11.00</i>	<i>All Ages</i>	<i>M/W</i>	<i>AACT</i>	<i>Triple Jump 9/1/13m Board</i>
11.00	U15/U16	Women	Heptathlon	Javelin
<i>11.30</i>	<i>All Ages</i>	<i>M/W</i>	<i>AACT</i>	<i>3000m & 5000m Walks</i>
<i>11.30</i>	<i>All Ages</i>	<i>M/W</i>	<i>AACT</i>	<i>High Jump \geq than 0.90cm</i>
11.30	Open /U20/18	Women	Heptathlon	Javelin
<i>12.00</i>	<i>All Ages</i>	<i>M/W</i>	<i>AACT</i>	<i>1500m</i>
12.15	U14	Girls/Boys	Pentathlon	200m

<i>12.20</i>	<i>All Ages</i>	<i>M/W</i>	<i>AACT</i>	<i>200m hurdles</i>
<i>APPROX. LUNCH</i>	<i>PERIOD</i>	<i>Canteen available</i>	<i>Officials see Commonwealth Room</i>	
12.30	U14 & U16	Girls/Boys	Pentathlon	Javelin
12.30	Open/Masters & U20/18	Men	Heptathlon	Javelin
12.30		Men	Decathlon	Pole Vault
<i>1.00</i>	<i>All Ages</i>	<i>M/W</i>	<i>AACT</i>	<i>Triple Jump 5/7m Board</i>
<i>1.00</i>	<i>All Ages</i>	<i>M/W</i>	<i>AACT</i>	<i>Javelin</i>
1.10	U15/U16	Women	Heptathlon	800m
1.20	U15	Men	Heptathlon	800m
1.25	U14	Girls/Boys	Pentathlon	800m
1.30	Open/U20/U18 Women		Heptathlon	800m
<i>1.50</i>	<i>All Ages</i>	<i>M/W</i>	<i>AACT</i>	<i>Shot Put</i>
2.20	U16	Men	Heptathlon	1500m
2.30	Open/Masters & U20/18	Men	Decathlon	Javelin <i>1500m, 2k/3km Low Steeple</i>
<i>2.30</i>	<i>All Ages</i>	<i>M/W</i>	<i>AACT</i>	
2.30	PRESENTATIONS for	<u>U14's</u>	Pentathlon	& U15 Heptathlon
2.40	PRESENTATIONS	<u>U16/18/20/Open Women</u>		Heptathlon
<i>2.45</i>	<i>All Ages</i>	<i>M/W</i>	<i>AACT</i>	<i>2k/3km High Steeple</i>
3.00	Open/Masters & U20/18	Men	Decathlon	1500m
3.20	PRESENTATIONS	Open/Masters & U20/U18 Men		DECATHLON

