

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

Saturday 13<sup>th</sup> to Sunday 14<sup>th</sup> January 2018 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  
Masters 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

**Para-Athlete Pentathlon:** Junior Men & Women: 400m; Shot Put; Long Jump; 100m; Discus

**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:** 100m, 200m, 400m, 800m, 1500m, 3000m/5000m; **Hurdle:** 80/90/100/110/200/400m; **Walk:** 1500m/3000m/5000m & 10,000m; **Steeplechase** 1.5km, 2km & 3km; **Relays:** 4x100m & 4x400m; **other:** ACT 1 Mile Championship; Invitational 400m

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## Full Track & Field Program

<b>DAY 1</b>	<b>Saturday 13<sup>th</sup></b>	<b>January</b>	<b>2018</b>	
9.05	U16	Men	Heptathlon	100m Hurdles
9.10	U15	Men	Heptathlon	100m Hurdles
9.20	Open/U20/U18	Women	Heptathlon	100m Hurdles

9.30	U15	Women	Heptathlon	90m Hurdles
9.35	U16/Masters	Women	Heptathlon	90m Hurdles
9.40	Masters	Men	Pentathlon	Long Jump
9.50	U15	Men	Heptathlon	Discus
9.55	Masters	Women	Pentathlon	100m
10.00	Open/U20/18 & Masters	Men	Decathlon	100m
10.10	Para-athlete	Men/Women	Pentathlon	400m
10.10	U15	Women	Heptathlon	Shot Put
10.20	All Ages	M/W	AACT	3000m/5000m
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/U20/18 & Masters	Men	Decathlon	Long Jump
11.00	Masters	Men	Pentathlon	Javelin
11.00	Para-athlete	Men/Women	Pentathlon	Shot Put
11.10	U15/U16/Masters	Women	Heptathlon	High Jump
11.10	All Ages	Women	AACT	400m
11.15	All Ages	Men	AACT	400m
11.40	All Ages	Women	ACT Champs	1 Mile
11.40	Masters	Women	Pentathlon	Long Jump
11.50	All Ages	Men	ACT Champs	1 Mile
12.00	U16	Men	Heptathlon	High Jump
12.00	Open/U20/18 & Masters	Men	Decathlon	Shot Put
12.00	U15	Men	Heptathlon	Long Jump
12.10	Masters	Men	Pentathlon	200m
12.30	Para-athlete	Men/Women	Pentathlon	Long Jump

<b>APPROX. LUNCH</b>	<b>PERIOD</b>	<b>Canteen available</b>	<b>Officials see Commonwealth Room</b>	
1.00	U16/Masters	Women	Heptathlon	Shot Put
1.10	U15	Men	Heptathlon	100m
1.10	Open/U20/U18	Women	Heptathlon	Shot Put
<i>1.10</i>	<i>All Ages</i>	<i>Men</i>	<i>AACT</i>	<i>Long Jump</i>
1.20	Para-athlete	Men/Women	Pentathlon	100m
<i>1.30</i>	<i>All Ages</i>	<i>M/W</i>	<i>AACT</i>	<i>400m hurdles</i>
1.30	Open/U20/18 & Masters	Men	Decathlon	High Jump
1.40	Masters	Men	Pentathlon	Discus
<i>1.40</i>	<i>All Ages</i>	<i>M/W</i>	<i>AACT</i>	<i>1500m Walk</i>
1.55	U16	Men	Heptathlon	200m
2.00	U15/U16/Masters	Women	Heptathlon	200m
2.00	Masters	Women	Pentathlon	Javelin
2.10	Para-athlete	Men/Women	Pentathlon	Discus
2.10	Open/U20/U18	Women	Heptathlon	200m
<i>2.15</i>	<i>All Ages</i>	<i>M/W</i>	<i>AACT</i>	<i>200m</i>
2.35	Masters	Men	Pentathlon	1500m
<i>2.40</i>	<i>All Ages</i>	<i>M/W</i>	<i>AACT</i>	<i>800m</i>
<i>2.40</i>	<i>All Ages</i>	<i>Women</i>	<i>AACT</i>	<i>Long Jump</i>
<i>2.45</i>	<i>All Ages</i>	<i>M/W</i>	<i>AACT</i>	<i>High Jump &lt;= 1.50m</i>
2.55	Masters	Women	Pentathlon	800m
<i>3.00</i>	<i>All Ages</i>	<i>M/W</i>	<i>AACT</i>	<i>Discus</i>
<i>3.00</i>	<i>All Ages</i>	<i>M/W</i>	<i>AACT</i>	<i>4x100m Relay</i>
3.15	PRESENTATIONS	Para & Masters M/W	Pentathlon	
3.15	Open/U20/18 & Masters	Men	Decathlon	400m

<b>Day 2</b>	<b>Sunday 14<sup>th</sup></b>	<b>January</b>	<b>2018</b>	
8.00	All Ages	Women	AA	Australian 10km Track Race Walk
9.00	U14	Girls/Boys	Pentathlon	Shot Put
9.00	U15/U16/Masters	Women	Heptathlon	Long Jump
9.15	Open/U20/18 & Masters	Men	Decathlon	110m Hurdles
9.20	U15	Men	Heptathlon	Javelin
9.25	All Ages	Men	AA	Australian 10km Track Race Walk
9.30	Open/U20/U18	Women	Heptathlon	Long Jump
9.40	U14	Girls/Boys	Pentathlon	High Jump
10.00	U16	Men	Heptathlon	Long Jump
10.30	All Ages	M/W	AACT	110m Hurdles
10.35	All Ages	M/W	AACT	100m Hurdles
10.30	U15	Men	Heptathlon	High Jump
10.30	Open/U20/18 & Masters	Men	Decathlon	Discus
10.40	All Ages	M/W	AACT	90m Hurdles
10.45	All Ages	M/W	AACT	80m Hurdles
10.50	All Ages	M/W	AACT	100m
11.00	All Ages	M/W	AACT	Pole Vault
11.00	All Ages	Women	AACT	Triple Jump
11.00	U15/U16/Masters	Women	Heptathlon	Javelin
11.20	Open	Men	AACT	Invitational A&B 400m
11.25	Open	Women	AACT	Invitational A&B 400m
11.30	All Ages	M/W	AACT	3000m & 5000m Walks
11.30	Open /U20/18	Women	Heptathlon	Javelin

12.10	All Ages	M/W	AACT	1500m
12.20	U14	Girls/Boys	Pentathlon	200m
12.30	All Ages	M/W	AACT	200m hurdles
<b>APPROX. LUNCH</b>	<b>PERIOD</b>	<b>Canteen available</b>	<b>Officials see Commonwealth Room</b>	
12.30	U14 &	Girls/Boys	Pentathlon	Javelin
12.30	U16	Men	Heptathlon	Javelin
1.00	Open/U20/18 & Masters	Men	Decathlon	Pole Vault
1.00	All Ages	M/W	AACT	High Jump $\geq 1.50m$
1.10	U15/U16/Masters	Women	Heptathlon	800m
1.15	Open/U20/U18	Women	Heptathlon	800m
1.20	U15	Men	Heptathlon	800m
1.25	U14	Girls/Boys	Pentathlon	800m
1.30	All Ages	M/W	AACT	4x400m Relay
1.30	All Ages	M/W	AACT	Javelin
1.30	All Ages	Men	AACT	Triple Jump
2.15	All Ages	M/W	AACT	Shot Put
2.20	U16	Men	Heptathlon	1500m
2.25	All Ages	M/W	AACT	1500m/2k/3km Low Steeple
2.30	PRESENTATIONS for	<u>U14's</u>	Pentathlon	U15 Heptathlon
2.30	PRESENTATIONS	<u>U16/18/20/Open Women</u>		Heptathlon
2.45	Open/U20/U18Men		Decathlon	Javelin
2.45	All Ages	M/W	AACT	2k/3km High Steeple
3.45	Open/U20/18 & Masters	Men	Decathlon	1500m
4.00	PRESENTATIONS	Open/U20/18 & Masters	Men	DECATHLON

