

ATHLETICS ACT COMBINED EVENTS

CHAMPIONSHIPS &

Invitational Events & AACT All Comers

Saturday 13th to Sunday 14th 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

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

Para-Athlete Pentathlon: Junior Men & Junior Women

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

<i>DAY 1</i>	<i>Saturday 13th</i>	<i>Men</i>	<i>January</i>	<i>2018</i>
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	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	Men	Decathlon	100m
10.10	Para-athlete	Men/Women	Pentathlon	400m
10.10	U15	Women	Heptathlon	Shot Put
10.20	<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/U20/18	Men	Decathlon	Long Jump
11.00	Masters	Men	Pentathlon	Javelin
11.00	Para-athlete	Men/Women	Pentathlon	Shot Put
11.10	U15/U16	Women	Heptathlon	High Jump
11.10	<i>All Ages</i>	<i>Women</i>	<i>AACT</i>	<i>400m</i>
11.15	<i>All Ages</i>	<i>Men</i>	<i>AACT</i>	<i>400m</i>
11.40	<i>All Ages</i>	<i>Women</i>	<i>ACT Championship</i>	<i>1 Mile</i>
11.40	Masters	Women	Pentathlon	Long Jump
11.50	<i>All Ages</i>	<i>Men</i>	<i>ACT Championship</i>	<i>1 Mile</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
12.30	Para-athlete	Men/Women	Pentathlon	Long Jump

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
<i>1.10</i>	<i>All Ages</i>	<i>M/W</i>	<i>AACT</i>	<i>Long Jump ≤ 5m</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/U18	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	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>
2.25	Masters	Men	Pentathlon	1500m
<i>2.30</i>	<i>All Ages</i>	<i>M/W</i>	<i>AACT</i>	<i>High Jump ≤ than 1.50m</i>
<i>2.35</i>	<i>All Ages</i>	<i>M/W</i>	<i>AACT</i>	<i>800m</i>
<i>2.40</i>	<i>All Ages</i>	<i>M/W</i>	<i>AACT</i>	<i>Long Jump ≥ 5m</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/U18	Men	Decathlon	400m

Day 2	Sunday 14th	January	2018	
8.00	All Ages	Women	AA	Australian 10km Track Race Walk
9.00	U14	Girls/Boys	Pentathlon	Shot Put
9.00	U15/U16	Women	Heptathlon	Long Jump
9.15	Open/U20/U18Men		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/U18Men		Decathlon	Discus
10.40	All Ages	M/W	AACT	90m Hurdles
10.45	All Ages	M/W	AACT	80m Hurdles
11.00	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	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	All Ages	M/W	AACT	High Jump \geq than 1.50m
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
APPROX. LUNCH	PERIOD	Canteen available	Officials see Commonwealth Room	
12.30	U14	Girls/Boys	Pentathlon	Javelin
12.30	U16	Men	Heptathlon	Javelin
1.00	Open/U20/U18Men		Decathlon	Pole Vault
1.00	All Ages	Men	AACT	Triple Jump
1.00	All Ages	M/W	AACT	Javelin
1.10	U15/U16	Women	Heptathlon	800m
1.15	Open/U20/U18Women		Heptathlon	800m
1.20	U15	Men	Heptathlon	800m
1.25	U14	Girls/Boys	Pentathlon	800m
1.30	All Ages	M/W	AACT	4x400m Relay
2.00	All Ages	M/W	AACT	Shot Put
2.20	U16	Men	Heptathlon	1500m
2.25	All Ages	M/W	AACT	1500m2k/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/U18Men		Decathlon	1500m
4.00	PRESENTATIONS	Open/U20/U18Men		DECATHLON