

## 2018/2019 AACT Championships: Event Times

Day 1 Champs 8 <sup>th</sup> February	Check in closes at	Track - Male and Female	Field - Male	Field - Female
6:30pm (30 min check in)	6:00pm		Shot Put (Throws Team 2) U18 & U20 (5 + 2) Long Jump U14 & U16 & all M Para (1 + 10 + 5)	Discus (Throws Team 1) U14 & U16 & all F Para (2 + 4 + 4)
6:45pm (30 min check in)	6:15pm	3/5km Walk (10 in Total)		
7:45pm	7:00pm	400m Hurdles Finals (Opens, then U20) <ul style="list-style-type: none"> <li>7:45pm Open F -A Final (13 in total)</li> <li>7:48pm Open F -B Final</li> <li>7:51pm U18 &amp; U20 F (3 + 3)</li> </ul>	Shot Put (Throws Team 2) U14 & U16 & all M Para (1 + 5 + 6)	
	7:15pm	<ul style="list-style-type: none"> <li>8:00pm U18 M &amp; Para M (@84) (6 + 1 = 6)</li> <li>8:05pm Open M (@91) -A Final (10 in total)</li> <li>8:08pm Open M (@91) -B Final &amp; U20 M (1)</li> </ul>		
8:00pm	7:15pm			Discus (Throws Team 1) U18 & U20 (5 + 0) Long Jump Under U14 & U16 & all F Para (3 + 6 + 4)
8:20pm	7:35pm	800 m Timed Finals <ul style="list-style-type: none"> <li>8:20pm Open M -A Final (26 in total)</li> <li>8:24pm Open M -B Final</li> <li>8:28pm Open M -C Final</li> <li>8:32pm Open F -A Final (13 in total)</li> <li>8:36pm Open F -B Final</li> <li>8:40pm Wheelchair M</li> <li>8:44pm Wheelchair F</li> </ul>		
	7:59pm	<ul style="list-style-type: none"> <li>8:48pm U14 M &amp; F &amp; All Para (3 + 5 + 1)</li> <li>8:52pm U16 M (7)</li> <li>8:56pm U16 F -A Final (12 in total)</li> <li>9:00pm U16 F -B Final</li> <li>9:04pm U18 M (9)</li> <li>9:08pm U18 F (10)</li> <li>9:12pm U20 M (7)</li> <li>9:16pm U20 F (4)</li> </ul>		

## 45 MIN CHECK IN FOR ALL EVENTS ON Day 2

Day 2 Champs 9 <sup>th</sup> February	Check in closes at	Track - Male and Female	Field - Male	Field - Female
9:30am (30 min check in)	9:00am		High Jump U14 & U16 & all M Para (2 + 3 + 3) Seated Throw (4)	Long Jump U18 & U20 F (12 + 10) Seated Throw Javelin U14 & U16 & all F Para (3 + 6 + 3)
10:15am	9:30am			
11:00am	10:15am	<b>200m Hurdles Finals</b> <ul style="list-style-type: none"> <li>11:00am U 14 &amp; 16 M (0 + 7 = 7)</li> <li>11:04am U 14 &amp; 16 F (0 + 6 = 6)</li> </ul>	High Jump U18 & U20 (5 + 4) Pole Vault U14 & U16 & all M Para (3)	Pole Vault U14 & U16 & all F Para (1)
11:30am	10:45am		Javelin U14 & U16 & U 18 (3 + 6 + 6)	Long Jump Open (13)
Lunch Break				
1:30pm	12:45pm	<b>100m Heats</b> <ul style="list-style-type: none"> <li>1:30pm Open M Heat 1 (72 in total)</li> <li>1:33pm Open M Heat 2</li> <li>1:36pm Open M Heat 3</li> <li>1:39pm Open M Heat 4</li> <li>1:42pm Open M Heat 5</li> <li>1:45pm Open M Heat 6</li> <li>1:48pm Open M Heat 7</li> <li>1:51pm Open M Heat 8</li> </ul>	Triple Jump U14 & U16 & all M Para (6) Javelin U20 & Open & all Para (3 + 13)	High Jump Open (8)
	1:09pm	<ul style="list-style-type: none"> <li>1:54pm Open F Heat 1 (44 in total)</li> <li>1:57pm Open F Heat 2</li> <li>2:00pm Open F Heat 3</li> <li>2:03pm Open F Heat 4</li> <li>2:06pm Open F Heat 5</li> <li>2:09pm U20 M Heat 1 (20 in total)</li> <li>2:12pm U20 M Heat 2</li> <li>2:15pm U20 M Heat 3</li> </ul>		
	1:33pm	<ul style="list-style-type: none"> <li>2:18pm U20 F Heat 1 (12 in total)</li> <li>2:21pm U20 F Heat 2</li> <li>2:24pm U18 M Heat 1 (23 in total)</li> <li>2:27pm U18 M Heat 2</li> <li>2:30pm U18 M Heat 3</li> </ul>		
	1:48pm	<ul style="list-style-type: none"> <li>2:33pm U18 F Heat 1 (12 in total)</li> <li>2:36pm U18 F Heat 2</li> </ul>		

		<ul style="list-style-type: none"> <li>• 2:39pm U16 M Heat 1 (16 in total)</li> <li>• 2:42pm U16 M Heat 2</li> <li>• 2:45pm U16 F Heat 1 (16 in total)</li> <li>• 2:48pm U16 F Heat 2</li> </ul>		
2:30pm	1:45pm		Long Jump Open (20)	
3:00pm	2:15pm			High Jump U18 & U20 (8 + 5) Javelin Open (9)
4:15pm	3:30pm			Javelin U18 & U20 (6 + 3)
4:30pm	3:45pm	<b>400m Timed Finals</b> <ul style="list-style-type: none"> <li>• 4:30pm Wheelchair Mixed (5)</li> <li>• 4:33pm Para Mixed (6)</li> <li>• 4:36pm Open M -A Grade (57 in total)</li> <li>• 4:39pm Open M -B Grade</li> <li>• 4:42pm Open M -C Grade</li> <li>• 4:45pm Open M -D Grade</li> <li>• 4:48pm Open M -E Grade</li> <li>• 4:51pm Open M -F Grade</li> <li>• 4:54pm Open M -G Grade</li> <li>• 4:57pm Open M -H Grade</li> </ul>		High Jump U14 & U16 and all F Para (4 + 5 + 2)
	4:15pm	<ul style="list-style-type: none"> <li>• 5:00pm Open F -A Final (44 in total)</li> <li>• 5:03pm Open F -B Final</li> <li>• 5:06pm Open F -C Final</li> <li>• 5:09pm Open F -D Final</li> <li>• 5:12pm Open F -E Final</li> <li>• 5:15pm Open F -F Final</li> </ul>		
	4:33pm	<ul style="list-style-type: none"> <li>• 5:18pm U14 M &amp; F (2 + 3 = 5)</li> <li>• 5:21pm U16 M - A Final (9 in total)</li> <li>• 5:24pm U16 M - B Final</li> <li>• 5:27pm U16 F - A Final (11 in total)</li> <li>• 5:30pm U16 F - B Final</li> <li>• 5:33pm U18 M - A Final (14 in total)</li> <li>• 5:36pm U18 M - B Final</li> </ul>		
	4:54pm	<ul style="list-style-type: none"> <li>• 5:39pm U18 F - A Final (12 in total)</li> </ul>		

		<ul style="list-style-type: none"> <li>• 5:42pm U18 F - B Final</li> <li>• 5:45pm U20 M -A Final (11 in total)</li> <li>• 5:48pm U20 M -B Final</li> <li>• 5:51pm U20 F -A Final (11 in total)</li> <li>• 5:54pm U20 F -B Final</li> </ul>		
5:30pm	4:45pm		<b>Discus</b> <b>U18 &amp; U20</b> (7 + 3)	<b>Triple Jump</b> <b>U20 &amp; Open</b> (4 + 12)
6:00pm	5:15pm 100m only for Para, Wheelchair, 14 M and 14 F	<b>100m Finals</b> <ul style="list-style-type: none"> <li>• 6:00pm Open M -A Final</li> <li>• 6:03pm Open M -B Final</li> <li>• 6:06pm Open F -A Final</li> <li>• 6:09pm Open F -A Final</li> <li>• 6:12pm Wheelchair Mixed (8)</li> <li>• 6:15pm Para Mixed (8)</li> <li>• 6:18pm U14 M (2)</li> <li>• 6:21pm U14 F (8)</li> <li>• 6:24pm U16 M</li> <li>• 6:27pm U16 F</li> <li>• 6:30pm U18 M</li> <li>• 6:33pm U18 F</li> <li>• 6:36pm U20 M</li> <li>• 6:39pm U20 F</li> </ul>	<b>High Jump</b> <b>Open</b> (5)	
6:30pm			<b>Discus</b> <b>U14 &amp; U16 and all M Para</b> (3 + 7)	
7:00pm	6:15pm		<b>Long Jump</b> <b>U18 &amp; U20</b> (13 + 8)	
7:30pm	6:45pm	<b>1500m Timed Finals</b> <ul style="list-style-type: none"> <li>• 7:30pm Open M (18)</li> <li>• 7:37pm Open F (14)</li> <li>• 7:44pm Wheelchair M</li> <li>• 7:50pm Wheelchair F</li> </ul>	<b>Discus</b> <b>Open</b> (9)	<b>Discus</b> <b>Open</b> (6)
	7:06pm	<ul style="list-style-type: none"> <li>• 7:56pm U18 &amp; U20 M (11 + 6)</li> <li>• 8:03pm U18 F &amp; U20 F (11 + 3)</li> </ul>		

		<ul style="list-style-type: none"> <li>8:10pm U14 M &amp; U16 M (3 + 5)</li> <li>8:17pm U14 F &amp; U16 F &amp; all Para F (3 + 11 + 3)</li> </ul>		
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If Heats are scheduled and are subsequently cancelled due to insufficient athletes checking in, **Finals will be run at the Heat time**

### 45 MIN CHECK IN FOR ALL EVENTS ON Day 3

Day 3 Champs 10 <sup>th</sup> February	Check in closes at	Track - Male and Female	Field - Male	Field - Female
8:30am (30 min check-in)	8:00am		Hammer All ages (9 TOTAL)	Triple Jump U14 & U16 & U18 & all F Para (4 + 5 + 7 + 2)
9:00am	8:15am	200m Preliminary Heats for Open Male 200m (Top 24 seeded athletes going through to 200m Heats) <ul style="list-style-type: none"> <li>9:00am Open M Preliminary Heat 1 (64 in total)</li> <li>9:03am Open M Preliminary Heat 2</li> <li>9:05am Open M Preliminary Heat 3</li> <li>9:08am Open M Preliminary Heat 4</li> <li>9:10am Open M Preliminary Heat 5</li> <li>9:13am Open M Preliminary Heat 6</li> <li>9:15am Open M Preliminary Heat 7</li> <li>9:18am Open M Preliminary Heat 8</li> </ul>		Pole Vault U18 & U20 & Open (1 + 3 + 5)
9:25am	8:40am	<ul style="list-style-type: none"> <li>9:25am Open F Heat 1 (55 in total)</li> <li>9:28am Open F Heat 2</li> <li>9:30am Open F Heat 3</li> <li>9:33am Open F Heat 4</li> <li>9:35am Open F Heat 5</li> <li>9:38am Open F Heat 6</li> <li>9:40am Open F Heat 7</li> </ul>		Hammer All ages (6 TOTAL)
	9:00am	<ul style="list-style-type: none"> <li>9:51pm U20 M Heat 1 (19 in total)</li> <li>9:53pm U20 M Heat 2</li> <li>9:56pm U20 M Heat 3</li> <li>10:00pm U20 F Heat 1 (17 in total)</li> <li>10:03pm U20 F Heat 2</li> <li>10:05pm U20 F Heat 3</li> <li>10:08pm U18 M Heat 1 (20 in total)</li> <li>10:10pm U18 M Heat 2</li> <li>10:13pm U18 M Heat 3</li> </ul>		

	9:31am	<ul style="list-style-type: none"> <li>• 10:16pm U18 F Heat 1 (16 in total)</li> <li>• 10:19pm U18 F Heat 2</li> <li>•</li> <li>• 10:22pm U16 M Heat 1 (11 in total)</li> <li>• 10:25pm U16 M Heat 2</li> </ul> <ul style="list-style-type: none"> <li>• 10:28pm U16 F Heat 1 (13 in total)</li> <li>• 10:31pm U16 F Heat 2</li> </ul>		
10:15am	9:30am			Shot Put U18 & U20 (7 + 3)
10:30am	9:45am		Triple Jump U20 & Open (4 + 9)	
10:45am	10:00am	Sprint Hurdles Timed Finals <ul style="list-style-type: none"> <li>• 10:45am 110m Open M @106 (7)</li> <li>• 10:49am 110m U20 M @99 (7)</li> <li>• 10:53am 110m U18 M @91 (7)</li> <li>• 10:57am 100m U16 M @ 84 (2)</li> <li>• 11:01am 100m Open F @84 -A Final (13)</li> <li>• 11:04am 100m Open F @84 -B Final</li> <li>• 11:08am 100m U20 F @84 (6)</li> <li>• 11:12am 100m U18 F @76cm (9)</li> <li>• 11:16am 90m U 16 F &amp; U14 M @76cm (5 + 2)</li> <li>• 11:20am 80m U14 F @76cm (7)</li> </ul>		
11:00am	10:15am		Pole Vault U18 & U20 & Open (5 + 5 + 4)	
11:15am	10:30am			Shot Put U14 & U16 and all F Para (7 + 5)
11:30am	12:45pm	200m Open Male Heats <ul style="list-style-type: none"> <li>• 11:30am Open M Heat 1 (40 in total)</li> <li>• 11:33am Open M Heat 2</li> <li>• 11:35am Open M Heat 3</li> <li>• 11:38am Open M Heat 4</li> <li>• 11:40am Open M Heat 5</li> </ul>		
11:50am	11:05am	2km/3km High Steeplechase (6)		
12:05pm	11:20am	1500m/2km/3km Low Steeplechase (11)		

12:15pm	11:30am		Triple Jump U18 (11)	
12:30pm	11:45am  200m check in only for Para, Wheelchair, 14 M and 14 F	200m Finals <ul style="list-style-type: none"> <li>• 12:30pm Para M</li> <li>• 12:33pm Para F</li> <li>• 12:36pm Mixed Wheelchair (6)</li> <li>• 12:39pm U20 M</li> <li>• 12:42pm U20 F</li> <li>• 12:45pm U18 M</li> <li>• 12:48pm U18 F</li> <li>• 12:51pm U16 M</li> <li>• 12:54pm U16 F</li> <li>• 12:57pm U14 M (4)</li> <li>• 1:00pm U14 F (7)</li> <li>• 1:03pm Open F- A Final</li> <li>• 1:06pm Open F- B Final</li> <li>• 1:09pm Open M- A Final</li> <li>• 1:12pm Open M- B Final</li> </ul>	Shot Put Open (7)	Shot Put Open (7)

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