

# ATHLETICS ACT COMBINED CHAMPIONSHIPS

## Invitational Events & AACT All Comers

Saturday 21<sup>st</sup> to Sunday 22<sup>nd</sup> January 2017 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:** 90mH; High Jump; Shot Put; 200m / Long Jump; Javelin; 800m

**Boys:** 100mH; Discus; 100m; Long Jump / Javelin; High Jump; 800m

### **AACT All Comers' Individual Events:**

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

**Track:** 100m, 200m, 400m, 800m, 1500m; 80/90/100/110/200/400m Hurdles; 1500m/3000m/5000m – Walk & Run, \*Wheelchair 400m/800m/1500m; Steeple 2km & 3km

**Final schedule to follow early January – athletes responsible for checking any changes**

Enquiries: [dcalvert@grapevine.net.au](mailto:dcalvert@grapevine.net.au)

### **Full Track & Field Program**

<b><u>DAY 1</u></b>	<b><u>Saturday 21<sup>st</sup></u></b>	<b><u>Men</u></b>	<b><u>January</u></b>	<b><u>2017</u></b>
9.10	U16	Men	Heptathlon	100m Hurdles
9.15	U15	Men	Heptathlon	100m Hurdles
9.20	Open	Women	Heptathlon	100m Hurdles

9.25	Open/U20/U18	Women	Heptathlon	100m Hurdles
9.40	Masters	Men	Pentathlon	Long Jump
9.40	U16	Women	Heptathlon	90m Hurdles
9.45	U15	Women	Heptathlon	90m Hurdles
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
10.15	SDU	M/W	Wheelchair	400m?
10.30	U16	Men	Heptathlon	Shot Put
10.30	Open/U20/18	Women	Heptathlon	High Jump
10.30	All Ages	M/W	Wheelchair	1500m?
10.50	Masters	Women	Pentathlon	Shot Put
10.50	All Ages	M/W	AACT	3000m/5000m
10.50	Open/U20/18	Men	Decathlon	Long Jump
11.00	Para-athlete	Men/Women	Pentathlon	Shot Put
11.00	U15/U16	Women	Heptathlon	High Jump
11.00	U15	Men	Heptathlon	100m
11.20	Masters	Men	Pentathlon	Javelin
11.40	Masters	Women	Pentathlon	Long Jump
12.00	U16	Men	Heptathlon	High Jump
12.00	Open/U20/U18	Men	Decathlon	Shot Put
12.00	U15	Men	Heptathlon	Long Jump
12.00	Masters	Men	Pentathlon	200m
12.30	Para-athlete	Men/Women	Pentathlon	Long Jump
12.40	Masters	Men	Pentathlon	Discus

APPROX. LUNCH

PERIOD

Canteen available

Officials see Commonwealth Room

1.00	U15/U16	Women	Heptathlon	Shot Put
1.20	Para-athlete	Men/Women	Pentathlon	100m
1.30	<i>All Ages</i>	<i>M/W</i>	<i>AACT</i>	<i>Steeple 2/3km</i>
1.30	Masters	Women	Pentathlon	Javelin
1.30	Open/U20/U18	Women	Heptathlon	Shot Put
1.40	Masters	Men	Pentathlon	1500m
1.50	U16	Men	Heptathlon	200m
2.00	U15/U16	Women	Heptathlon	200m
2.00	Open/U20/U18	Men	Decathlon	High Jump
2.00	<i>All Ages</i>	<i>M/W</i>	<i>AACT</i>	<i>Pole Vault</i>
2.05	Open/U20/U18	Women	Heptathlon	200m
2.10	Para-athlete	Men/Women	Pentathlon	Discus
2.15	<i>All Ages</i>	<i>M/W</i>	<i>AACT</i>	<i>200m hurdles</i>
2.30	<i>All Ages</i>	<i>M/W</i>	<i>AACT</i>	<i>800m</i>
2.30	<i>All Ages</i>	<i>M/W</i>	<i>AACT</i>	<i>Long Jump</i>
2.40	Masters	Women	Pentathlon	800m
2.45	<i>SDU</i>	<i>M/W</i>	<i>Wheelchair</i>	<i>800m?</i>
3.00	<i>All Ages</i>	<i>M/W</i>	<i>AACT</i>	<i>Javelin</i>
3.00	PRESENTATIONS	Para & Masters	M/W	Pentathlon
3.00	<i>All Ages</i>	<i>M/W</i>	<i>AACT</i>	<i>400m hurdles</i>

Summer Down Under Commences 5pm 21st

5.10?	Open/U20/U18	Men	Decathlon	400m
TBA	<i>All Ages</i>	<i>M/W</i>	<i>AACT</i>	<i>400m</i>
TBA	<i>All Ages</i>	<i>M/W</i>	<i>AACT</i>	<i>1500m</i>

**Day 2 Sunday 22<sup>nd</sup> January 2017**

9.00	U14	Girls/Boys	Pentathlon	Shot Put
------	-----	------------	------------	----------

9.00	U15/U16	Women	Heptathlon	Long Jump
9.10	Open/U20/U18 Men		Decathlon	110m Hurdles
9.20	<i>All Ages</i>	<i>M/W</i>	<i>AACT</i>	<i>100m Hurdles</i>
9.20	<i>All Ages</i>	<i>M/W</i>	<i>AACT</i>	<i>High Jump &gt;&gt; than 1.00m</i>
9.20	U15	Men	Heptathlon	Javelin
9.30	Open/U20/U18 Women		Heptathlon	Long Jump
9.30	<i>All Ages</i>	<i>M/W</i>	<i>AACT</i>	<i>90m Hurdles</i>
9.40	<i>All Ages</i>	<i>M/W</i>	<i>AACT</i>	<i>80m Hurdles</i>
9.40	Open/U20/U18 Men		Decathlon	Discus
10.00	<i>All Ages</i>	<i>M/W</i>	<i>AACT</i>	<i>100m</i>
10.00	U16	Men	Heptathlon	Long Jump
9.40	U14	Girls/Boys	Pentathlon	High Jump
10.30	Open /U20/18 Women		Heptathlon	Javelin
10.30	U15	Men	Heptathlon	High Jump
10.50	<i>All Ages</i>	<i>AACT</i>	<i>Walks</i>	<i>1500m</i>
11.00	<i>All Ages</i>	<i>AACT</i>	<i>Walks</i>	<i>3000m &amp; 5000m</i>
11.00	U15/U16	Women	Heptathlon	Javelin
11.00	<i>All Ages</i>	<i>M/W</i>	<i>AACT</i>	<i>Triple Jump</i>
11.25	U14	Girls/Boys	Pentathlon	200m
11.30	<i>All Ages</i>	<i>M/W</i>	<i>AACT</i>	<i>200m</i>
12.00	U14	Girls/Boys	Pentathlon	Javelin
12.00	<i>All Ages</i>	<i>M/W</i>	<i>AACT</i>	<i>High Jump &gt;&gt; than 1.50</i>
12.20	<i>All Ages</i>	<i>M/W</i>	<i>AACT</i>	<i>3000m</i>
<b>APPROX. LUNCH</b>	<b>PERIOD</b>		<b>Canteen available</b>	<b>Officials see Commonwealth Room</b>
12.30	Open/U20/U18 Men		Decathlon	Pole Vault
12.30	U16	Men	Heptathlon	Javelin
1.30	U15/U16	Women	Heptathlon	800m

<b>1.30</b>	<b>All Ages</b>	<b>M/W</b>	<b>AACT</b>	<b>Discus</b>
<b>1.40</b>	<b>Open/U20/U18 Women</b>		<b>Heptathlon</b>	<b>800m</b>
<b>1.50</b>	<b>U15</b>	<b>Men</b>	<b>Heptathlon</b>	<b>800m</b>
<b>2.00</b>	<b>U14</b>	<b>Girls/Boys</b>	<b>Pentathlon</b>	<b>800m</b>
<b>2.00</b>	<b>All Ages</b>	<b>M/W</b>	<b>AACT</b>	<b>Shot Put</b>
<b>2.00</b>	<b>Open/U20/U18 Men</b>		<b>Decathlon</b>	<b>Javelin</b>
<b>2.20</b>	<b>U16</b>	<b>Men</b>	<b>Heptathlon</b>	<b>1500m</b>
<b>2.30</b>	<b>PRESENTATIONS</b>		<b><u>U14's</u> Pentathlon</b>	<b>U15 Heptathlon</b>
<b>2.30</b>	<b>PRESENTATIONS</b>		<b><u>U16/18/20/Open Women</u></b>	<b>Heptathlon</b>
<b>3.00</b>	<b>Open/U20/U18 Men</b>		<b>Decathlon</b>	<b>1500m</b>
<b>3.20</b>	<b>PRESENTATIONS</b>		<b>Open/U20/U18 Men</b>	<b>DECATHLON</b>

