

**2022/2023 ACT Under 14-18 Championships (and selected Open, U20 & Masters' events)**
**WODEN TRACK – (Updated 24/02/2023)**
**Day 1: Friday Feb 24**

Track entry 4:45pm for Officials		Track entry 5:00pm for Athletes/Coaches/Spectators		
	Check in closes at	Track - Male and Female	Field - Male	Field - Female
6:15pm 30 Min check in	5:45pm	3k/5k walk (5 + 1 = 6)	High Jump U14 & U15 (5 + 3 = 8) Javelin Masters M (9) (Masters' Officials)	Shot Put U15 (8) (4 throws)
6:30pm	5:45pm			Long Jump U17 & U18 (3 + 5 = 8) (6 jumps)
6:50pm	6:05pm		Discus U16 & U17 (3 + 5 = 8) (4/6 throws)	
7:00pm	6:15pm	200m Hurdles Finals 7:00pm U14 & U16 G (2 + 2 = 4) 7:03pm U15 G (5) 7:06pm U14 & U16 B (2 + 2 = 4) 7:09pm U15 B (4)		
7:15pm	6:30pm	300m Hurdles Finals 7:15pm Masters W (1)		High Jump U14 & U16 (7 + 8 = 15)
7:25pm	6:40pm	400m Hurdles Finals 7:25pm U17 & U18G 76cm (3 + 1 = 4) 7:28pm AACT F 76cm (3) 7:33pm AACT M 91cm (1) + Masters M 84cm (1)		
7:40pm	6:55pm			Javelin Masters W (9) (Masters' Officials)
7:45pm	7:00pm	800m Timed Finals 7:45pm U14G (8) 7:49pm U14 & U15 & U16 B (2 + 4 + 3 = 9) 7:53pm U15G (7) 7:57pm U16 & U17 & U18 G (3 + 3 + 3 = 9) 8:01pm U17 & U18 B (6 + 3 = 9) 8:05pm AACT (3) 8:08pm Masters Mixed (5)	Long Jump U18 (3) (6 jumps)	Discus U14 & U15 (4 + 4 = 8) (4 throws)
8:30pm	7:45pm		Shot Put U14 & U15 (1 + 3 = 4) (4 throws)	
8:20pm	7:35pm	ACT Open & U20 Women 5k Championship (5)		
8:40pm	7:55pm	ACT Open & U20 Men 5k Championship (15)		

Sunset 7:48pm

## Day 2: Saturday Feb 25

### 45 MIN CHECK IN FOR ALL EVENTS ON Day 2 unless otherwise noted

Track entry 11:15am for Officials

Track entry 11:45am for Athletes/Coaches/Spectators

	Check in closes at	Track - Male and Female	Field - Male	Field - Female
12:30pm (30 min check in)	12:00pm		Long Jump U15 (Pit 2) (9) (4 jumps) Javelin U16 & U17 (2 + 3 = 5) (4/6 throws) Discus Masters M (11) (Masters' Officials)	
12:45pm	12:00pm			Long Jump U14 (Pit 1) (7) (4 jumps)
1:00pm	12:15pm	100m Heats 1:00pm U14G Heat 1 (12) 1:03pm U14G Heat 2 1:06pm U15G Heat 1 (11) 1:09pm U15G Heat 2		High Jump U15 & U17 & U18 (4 + 1 + 1 = 6)
1:30pm	12:45pm	1:30pm Masters W Timed Final 1 (12) 1:33pm Masters W Timed Final 2 1:36pm Masters M Timed Final 1 (11) 1:39pm Masters M Timed Final 2 1:42pm AACT M (4) 1:45pm AACT F (3)	Long Jump U16 & U17 (Pit 2) (6 + 2 = 8) (4/6 jumps)	Discus Masters W (10) (Masters' Officials) Shot Put U14 & U16 (3 + 6 = 9) (4 throws)
2:00pm	1:15pm	AACT Open & U20 & Masters 4x100m Relay Champs		
2:30pm	1:45pm		Javelin U14 & U15 (5 + 5 = 10) (4 throws)	Long Jump U15 (Pit 1) (11) (4 jumps)
2:45pm	2:00pm	100m Finals 2:45pm U14 G (8) 2:51pm U14 B (3) 2:54pm U15 G (8) 2:57pm U15 B (7) 3:00pm U16 G (5) 3:03pm U16 B (10) 3:06pm U17 & U18 G (3 + 4 = 7) 3:09pm U17 B (10) 3:12pm U18 B (7)		
3:00pm	2:15pm		Weight Throw Masters M (8) (Masters' Officials)	

	Check in closes at	Track - Male and Female	Field - Male	Field - Female
3:30pm	2:45pm	60m Masters Finals & AACT Open 3:30pm Masters W Final 1 (10) 3:33pm Masters W Final 2 3:36pm Masters M Final 1 (12) 3:39pm Masters M Final 2 3:42pm AACT (5)	High Jump U16 & U17 & U18 (5 + 2 + 2 = 9)	Javelin U17 & U18 (5 + 4 = 9) (6 throws)
3:45pm	3:00pm		Long Jump U14 (Pit 1) (5) (4 jumps)	Long Jump U16 (Pit 1) (5) (4 jumps)
4:00pm	3:15pm			Weight Throw Masters W (9) (Masters' Officials)
4:30pm	3:45pm	Sprint Hurdles Timed Finals 4:30pm U17 & U18 & Masters M 110m @91cm (1 + 1 + 1 = 3) 4:36pm U15 & U16B 100m @ 84cm (3 + 3 = 6) 4:39pm AACT F 100m @ 84cm (1) 4:45pm U17 & U18G 100m @76cm (3 + 3 = 6) 4:50pm U15 & U16 G 90m @ 76cm (2 + 3 = 5) 4:53pm U14 B 90m @ 76cm (2) 4:58pm U14 G & 80m @ 76cm (3) 5:05pm Masters F 80m @ 76cm + 68cm (3 + 1 = 4)	Shot Put U16 & U17 & U18 (4 + 4 + 1 = 9) (4/6/6 throws)	
5:00pm	4:15pm		Triple Jump U17 (Pit 1) (1) (6 jumps) High Jump (5) Masters M	Triple Jump U15 Pit 1 (9) (4 jumps) High Jump (3) Masters W
5:30pm	4:45pm	400m Timed Finals 5:30pm U14 G Timed Final 1 (9) 5:33pm U14 G Timed Final 2 5:36pm U14 & U15 B (2 + 4 = 6) 5:39pm U15 G (7) 5:42pm U16 & U17 & U18 & AACT F (2 + 4 + 1 + 1 = 8) 5:45pm U16 B (5) 5:48pm U17 & U18 B (7 + 1 = 8) 5:51pm Masters W (5) 5:54pm Masters & AACT M (4 + 2 = 6)		Javelin U14 & U16 (4 + 6 = 10) (4 throws) Shot Put U17 & U18 (5 + 3 = 8) (6 throws)

	Check in closes at	Track - Male and Female	Field - Male	Field - Female
6:00pm	5:15pm		Triple Jump (Pit 1) Masters M (3) (6 jumps)	Triple Jump (Pit 1) Masters W (3) (6 jumps) Triple Jump (Pit 1) U17 (2) (6 jumps)
6:30pm	5:45pm	1500m Timed Finals 6:30pm U14 & U15 G (10 + 6 = 16) 6:38pm U14 & U15 B & (5 + 4 = 9) 6:46pm U16 & U17 & U18 & Masters F (2 + 3 + 3 + 2 = 10) 6:54pm U16 & U17 & U18 & AACT M (5 + 2 + 3 + 5 = 15) 7:02pm Masters M (6)		Javelin U15 (5) (4 throws)
7:00pm	6:15pm		Discus U14 (3) (4 throws)	Discus U16 (5) (4 throws)

If Heats are scheduled and are subsequently cancelled due to insufficient athletes not checking in, **Finals will be run at the Heat time.**

Sunset 7:46pm

## Day 3: Sunday Feb 26

**45 MIN CHECK IN FOR ALL EVENTS ON Day 3 unless otherwise noted.**

<b>Track entry at 7:15am for Officials</b> <b>Track entry 7:30am for Hammer throwers and Hammer Coaches</b> <b>Track entry 8:00am for all other Athletes/Coaches/Spectators</b>				
	<b>Check in closes at</b>	<b>Track - Male and Female</b>	<b>Field - Male</b>	<b>Field - Female</b>
8:30am 30 min check in	<b>8:00am</b>		Hammer U17 (1) (6 throws)	Hammer U18 & U17 (4 + 4 = 8) (6 throws)
9:00am	<b>8:15am</b>		Shot Put Masters M (10) (Masters' Officials)	Triple Jump U16 & U18 (6 + 2 = 8) (4/6 jumps)
9:50am	<b>9:05am</b>		Hammer U15 (2) (4 throws)	Hammer U16 & U15 & U14 (5 + 2 + 1 = 8) (4 throws)
10:00am	<b>9:15am</b>		Pole Vault All Ages (5) including Masters M	Pole Vault All Ages (3)
10:30am	<b>9:45am</b>		Triple Jump U14 & U15 & U16 (4 + 3 + 1 = 8) (4 jumps)	Shot Put Masters W (10) (Masters' Officials)
10:45am	<b>10:00am</b>	1500m Walk (11)		Discus U17 & U18 (4 + 4 = 8) (6 throws)
11:00am	<b>10:15am</b>	200m Heats 11:00am U14 G Heat 1 (11 in total) 11:03am U14 G Heat 2 11:06am U15 G Heat 1 (11 in total) 11:09am U15 G Heat 2 11:12am U15 B Heat 1 (9 in total) 11:15am U15 B Heat 2		
	<b>10:33am</b>	11:18am U16 B Heat 1 (9 in total) 11:21am U16 B Heat 2 11:24am U17 B Heat 1 (9 in total) 11:27am U17 B Heat 2 11:30am AACT Mixed (4) 11:33pm Masters M Final 1 (9) 11:36pm Masters M Final 2 11:39pm Masters W (6)		
11:30am	<b>10:45am</b>			Triple Jump U14 (6) (4 jumps)

	Check in closes at	Track - Male and Female	Field - Male	Field - Female
11:50am	11:00am	2km 76cm Steeplechase (6)		
12:00pm	11:15am	2km 84cm Steeplechase (2)	Discus U15 & U18 (6 + 1 = 7) (4/6 throws)	
12:10pm	11:25am	AACT 3km 91cm Steeplechase (1)		
12:30pm	11:45am	200m Finals 12:30pm U14 G (8) 12:33pm U14 B (2) 12:39pm U15 G (8) 12:42pm U15 B (8) 12:45pm U16 & U18 G (3 + 3 = 6) 12:48pm U16 B (8) 12:51pm U17 G (6) 12:54pm U17 B (8) 12:57pm U18 B (5)		
1:00pm	12:15pm		Hammer Masters M (8) (Masters' Officials)	Hammer Masters W (9) (Masters' Officials)

If Heats are scheduled and are subsequently cancelled due to insufficient athletes not checking in, **Finals will be run at the Heat time.**