

Week 10: Sunday 30th January 2021 at Woden Park

Track - Male and Female		Field - Male and Female	
Officials Venue Entry at 3:45pm (includes Seated Throwers & their coaches)			
Athlete Venue Entry at 4:00pm			
4:45pm	Steeplechase (if the new barriers have been delivered)	4:30pm	Seated Throws (for IPC classification)
5:15pm	800 Metres	5:15pm	Para Ambulant Shot (for IPC classification)
5:35pm	1500/3k Walk (no runners) – hand timed	5:30pm	High Jump – 0.90m starting height
5:45pm	Long Hurdles (200m, then 300m & then 400m)	5:45pm	Triple Jump (9/11/13m Boards)
6:10pm	100 Metres	6:15pm	Hammer
6:35pm	400 Metres	6:30pm	High Jump – 1.50m starting height
6:55pm	3k Run (no walkers)	6:45pm	Triple Jump (5/7m Boards)
7:10pm	200 Metres	7:15pm	Javelin
7:30pm	2 x 100 Metre Relay		
7:40pm	ACT Under 20 & Open Female 5k Championships		
8:00pm	ACT Under 20 & Open Male 5k Championships		

Additional Notes:

- Events may start up to 10 minutes early depending on how other events have gone through the night USUALLY with at least 20 minute's notice.
 - Track events with multiple heats will be run from fastest to slowest.
 - It is up to the Event Chief to determine how many throws or horizontal jumps each athlete will get in the time slot allowed but as a general rule each athlete should expect to get at least 4 attempts
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- Sunset – 8:12pm

