

ATHLETICS ACT COMBINED EVENTS CHAMPIONSHIPS, Invitational Events & AACT All Comers

Saturday 16th to Sunday 17th January 2021, Woden Track, ACT

Multi Events

Under 14 Boys Pentathlon
~~Under 16 Boys Heptathlon~~
Under 18 Boys Decathlon
Under 20 Men Decathlon
Open Men Decathlon
Masters Decathlon

Under 14 Girls Pentathlon
Under 16 Girls Heptathlon
Under 18 Girls Heptathlon
Under 20 Women Heptathlon
Open Women Heptathlon
Masters 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

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, Hammer, 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; ~~Steeplechase 1.5km, 2km & 3km; Relay: 4x100m~~ **other:** ACT 1 Mile Championship

Enquiries: dcalvert@grapevine.net.au

Full Track & Field Program

DAY 1	Saturday 16th		January	2021
13.10	U15	Men	Heptathlon	100m Hurdles
13.20	Open/U20/U18	Women	Heptathlon	100m Hurdles
13.30	All Ages	M/W	AACT	High Jump
13.30	All Ages	M/W	AACT	Shot Put

13.30	U15	Women	Heptathlon	90m Hurdles
13.35	U16/Masters	Women	Heptathlon	80m Hurdles
13.40	Masters	Men	Pentathlon	Long Jump
<i>13.45</i>	<i>All Ages</i>	<i>M/W</i>	<i>AACT</i>	<i>60m</i>
13.50	U15	Men	Heptathlon	Discus
13.55	Masters	Women	Pentathlon	100m
14.00	Open/U20/18 & Masters	Men	Decathlon	100m
<i>14.10</i>	<i>All Ages</i>	<i>M/W</i>	<i>AACT</i>	<i>200m</i>
14.10	U15	Women	Heptathlon	Shot Put
<i>14.20</i>	<i>All Ages</i>	<i>M/W</i>	<i>AACT</i>	<i>Long Jump</i>
14.20	Open/U20/18	Women	Heptathlon	High Jump
14.45	Masters	Women	Pentathlon	Shot Put
14.50	Open/U20/18 & Masters	Men	Decathlon	Long Jump
15.00	Masters	Men	Pentathlon	Javelin
15.10	U15/U16/Masters	Women	Heptathlon	High Jump
<i>15.30</i>	<i>All Ages</i>	<i>M/W</i>	<i>AACT</i>	<i>800m</i>
15.40	Masters	Women	Pentathlon	Long Jump
<i>15.50</i>	<i>All Ages</i>	<i>M/W</i>	<i>AACT</i>	<i>400m hurdles</i>
16.00	Open/U20/18 & Masters	Men	Decathlon	Shot Put
16.00	U15	Men	Heptathlon	Long Jump
<i>16.00</i>	<i>All Ages</i>	<i>M/W</i>	<i>AACT</i>	<i>Javelin</i>
16.20	Masters	Men	Pentathlon	200m
<i>APPROX. AFTERNOON BREAK Coffee/ Ice Cream available (Officials in Change Room)</i>				
17.00	U16/Masters	Women	Heptathlon	Shot Put
17.00	U15	Men	Heptathlon	100m
<i>17.05</i>	<i>All Ages</i>	<i>M/W</i>	<i>AACT</i>	<i>100m</i>
17.10	Open/U20/U18	Women	Heptathlon	Shot Put

17.20	All Ages	Women	ACT Championship	1 Mile
17.30	All Ages	Men	ACT Championship	1 Mile
17.30	Open/U20/18 & Masters	Men	Decathlon	High Jump
17.40	Masters	Men	Pentathlon	Discus
17.45	All Ages	M/W	AACT	200m hurdles
18.00	U15/U16/Masters	Women	Heptathlon	200m
18.00	Masters	Women	Pentathlon	Javelin
18.10	Open/U20/U18	Women	Heptathlon	200m
18.45	Masters	Men	Pentathlon	1500m
19.00	Masters	Women	Pentathlon	800m
19.10	All Ages	M/W	AACT	400m
19.25	Open/U20/18 & Masters	Men	Decathlon	400m
19.40	All Ages	M/W	AACT	3000m/5000m

Day 2 Sunday 17th January 2021

9.00	U14	Girls/Boys	Pentathlon	Shot Put
9.00	U15/U16/Masters	Women	Heptathlon	Long Jump
9.15	Open/U20/18 & Masters	Men	Decathlon	110m Hurdles & 100 Hurdles
9.20	All Ages	M/W	AACT	110m Hurdles
9.20	U15	Men	Heptathlon	Javelin
9.30	All Ages	M/W	AACT	100m Hurdles
9.30	Open/U20/U18	Women	Heptathlon	Long Jump
9.30	All Ages	M/W	AACT	Hammer
9.30	All Ages	M/W	AACT	Pole Vault
9.35	All Ages	M/W	AACT	90m Hurdles
9.40	All Ages	W	AACT	80m Hurdles

9.40	U14	Girls/Boys	Pentathlon	High Jump
10.15	All Ages	M/W	AACT	1500m
10.30	U15	Men	Heptathlon	High Jump
10.30	Open/U20/18 & Masters	Men	Decathlon	Discus
10.30	All Ages	M/W	AACT	1500m Walk
10.50	All Ages	M/W	AACT	3000m/5000m Walk
11.00	U15/U16/Masters	Women	Heptathlon	Javelin
11.30	Open /U20/18	Women	Heptathlon	Javelin
11.30	All Ages	M/W	AACT	Triple Jump
12.00	U14	Girls/Boys	Pentathlon	200m
APPROX. LUNCH BREAK Coffee/ Ice Cream available (Officials in Change Room)				
12.30	U14	Girls/Boys	Pentathlon	Javelin
12.30	Open/U20/18 & Masters	Men	Decathlon	Pole Vault
13.30	All Ages	M/W	AACT	Discus
13.30	U15/U16/Masters	Women	Heptathlon	800m
13.40	Open/U20/U18	Women	Heptathlon	800m
13.50	U15	Men	Heptathlon	800m
14.00	U14	Girls/Boys	Pentathlon	800m
14.30	PRESENTATIONS for	<u>U14's</u>	Pentathlon	U15 Heptathlon
14.30	PRESENTATIONS	<u>U16/18/20/Open</u>	Women	Heptathlon
14.30	Open/U20/U18	Men	Decathlon	Javelin
14.45	Open/U20/18 & Masters	Men	Decathlon	1500m
16.00	PRESENTATIONS	Open/U20/18 & Masters	Men	DECATHLON