



University of the Sunshine Coast Athletics Club Inc.
Annual Winter Track and Field Carnival

Date: **Sunday 8th August 2010**
 Venue: University of the Sunshine Coast Tartan Track
 Sippy Downs Drive, Chancellor Park

First Event Men's and Women's 3000m at 8.00am and will be run in conjunction with 3000m walk starting at 8.15am. All Hurdles at 8.30am

Medals will be awarded to place getters in all events.

TRACK

FIELD

Time	Age	Event	Time	Age	Event
8.00am	U18, Open & Masters Men	3000m	8.30am	AWD/Men/Women	Long Jump
8.00am	U18, Open & Masters Women	3000m	8.30am	Masters Men and Women	Triple Jump
8.15am	U18, Open & Masters Men	3000m Walk	8.30am	U8Boys & Girls	Shot Put
8.15am	U18, Open & Masters Women	3000m Walk	9.00am	U14 Girls	Long Jump
8.30am	Open Men	110 m Hurdles	9.00am	U18 – Open Women's	High Jump
8.30am	U18 Men	110 m Hurdles	9.00am	U16 Women	Shot Put
8.30am	U16 Men	100 m Hurdles	9.00am	U12 Girls	Discus
8.30am	Open Women	100 m Hurdles	9.00am	Masters Women	Javelin
8.30am	U18 Women	100m Hurdles	9.30am	U14 Men	Long Jump
8.30am	U14 Men	90 m Hurdles	9.30am	U18-Open Men	High Jump
8.30am	U16 Women	90 m Hurdles	9.30am	U16 Men	Shot Put
8.30am	U14 Women	80 m Hurdles	9.30am	U12 Boys	Discus
9.00am	Open-Masters Men	800 m	9.30am	Masters Men	Javelin
9.00am	U10-U18 Men	800 m	10.00am	U16 Women	Long Jump
9.00am	AWD Men	800 m	10.00am	U12 Girls	Triple Jump
9.00am	Open-Masters Women	800 m	10.00am	Masters Women	Shot Put
9.00am	U10-U18 Women	800 m	10.00am	U18- Open Women	Discus
9.00am	AWD Women	800 m	10.00am	U14 Girls	Javelin
10.00am	Open-Masters Men	100 m	10.30am	U16 Men	Long Jump
10.00am	U8-U18 Men	100 m	10.30am	U12 Boys	Triple Jump
10.00am	AWD Men	100 m	10.30am	Masters Men	Shot Put
10.00am	Open-Masters Women	100 m	10.30am	U18-Open Men	Discus
10.00am	U8-U18 Women	100 m	10.30am	U14 Boys	Javelin
10.00am	AWD Women	100 m	11.00am	U18 – Open Women	Long Jump
11.00am	Open-Masters Men	400 m	11.00am	U12 Girls	High Jump
11.00am	U12-U18 Men	400 m	11.00am	U14 Girls	Triple Jump
11.00am	AWD Men	400 m	11.00am	AWD Women	Shot Put
11.00am	Open-Masters Women	400 m	11.00am	U10 Girls	Discus
11.00am	U12-U18 Women	400 m	11.00am	U16 Women	Javelin
11.00am	AWD Women	400 m	11.30am	U18 – Open Men	Long Jump
12.00pm	Men	100 m Finals	11.30am	U12 Boys	High Jump
12.00pm	Women	100 m Finals	11.30am	U14 Boys	Triple Jump
12.30pm	U10 & AWD Boys	400 m Walk	11.30am	AWD Men	Shot Put

TRACK			FIELD		
12.30pm	U10 & AWD Girls	400 m Walk	11.30am	U10 Boys	Discus
12.30pm	U12 & AWD Boys	800 m Walk	11.30am	U16 Men	Javelin
12.30pm	U12 & AWD Girls	800 m Walk	12.00pm	U8 Boys & Girls	Long Jump
12.30pm	U14 – U16 Boys	1500 m Walk	12.00pm	U18 – Open Men & Women	Shot Put
12.30pm	U14 – U16 Girls	1500m Walk	12.00pm	Invitation Hammer	
1.00pm	Open-Masters Men	200 m	12.30pm	U12 Boys	Long Jump
1.00pm	U8 -U18 Men	200 m	12.30pm	U14 Boys	High Jump
1.00pm	AWD Men	200 m	12.30pm	U16 Men	Triple Jump
1.00pm	Open-Masters Women	200 m	12.30pm	U10 Boys	Shot Put
1.00pm	U8 -U18 Women	200 m	12.30pm	U8 Boys	Discus
1.00pm	AWD Women	200 m	12.30pm	U18- Open Men	Javelin
2.00pm	Open-Masters Men	1500 m	1.00pm	U12 Girls	Long Jump
2.00pm	U12 -U18 Men	1500 m	1.00pm	U14 Girls	High Jump
2.00pm	Open-Masters Women	1500 m	1.00pm	U16 Women	Triple Jump
2.00pm	U12 -U18 Women	1500 m	1.00pm	U10 Girls	Shot Put
2.45pm	Men	200 m Finals	1.00pm	U8 Girls	Discus
2.45pm	Women	200 m Finals	1.00pm	U18 – Open Women	Javelin
3.15pm	Men	400 m Finals	1.30pm	U10 Boys	Long Jump
3.15pm	Women	400 m Finals	1.30pm	U16 Men	High Jump
Relays immediately following the 400m finals			1.30pm	U18-Open Men	Triple Jump

<u>Rules of Competition</u>
1 The age of competitors is age on the day i.e. Age on 8 th August 2010 Competitors in under 12 events must be 10 or 11 years.
2 Where an event is not included for a particular age group, entry will be accepted for the next age group that caters for that event subject to QA Age Limitations.
3 Athletes may compete in Open events as well as their own age groups.
4 Events with less than three competitors may be cancelled with the competitors placed in a higher age group.
5 Masters events maybe varied subject to the number of competitors.
6 Club Athletes compete in Club uniform displaying QA Registration number. Others to compete in sports uniforms.
7 Events will be run as per IAAF Rules with local variations as required.
8 Field events (excluding High Jump) will be limited to three trials per competitors.

1.30pm	U14 Boys	Shot Put
1.30pm	AWD Men	Javelin
1.30pm	U12 Boys	Javelin
2.00pm	U10 Girls	Long Jump
2.00pm	U16 Women	High Jump
2.00pm	U18 – Open Women	Triple Jump
2.00pm	U14 Girls	Shot Put
2.00pm	Masters & AWD Women	Discus
2.00pm	U12 Girls	Javelin
2.30pm	Masters Men	Long Jump
2.30pm	U12 Boys	Shot Put
2.30pm	U14 & U16 Men	Discus
2.30pm	U18-Open Men&Women	Shot Put
3.00pm	Masters Women	Long Jump
3.00pm	U12 Girls	Shot Put
3.00pm	U14 & U16 Women	Discus

<p align="center">Phone enquires Bryce Phillips 5476 8233</p>
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