



USCAC CLUB PROGRAM 2010

Entry Fees: USCAC Members \$2.00
Non-members \$5.00

Sign-on 1.30pm
Start 2.00pm

Contact: Bryce Phillips: 07 5476 8233
www.uscathleticsclub.asn.au

SUNDAY 17 JANUARY		SUNDAY 31 JANUARY		SUNDAY 21 FEBRUARY		SUNDAY 28 FEBRUARY		SUNDAY 14 MARCH	
TRACK		TRACK		TRACK		TRACK		TRACK	
2.00pm	60m	2.00pm	60m	2.00pm	60m	2.00pm	60m	2.00pm	60m
2.20pm	100m	2.20pm	200m	2.20pm	100m	2.20pm	200m	2.20pm	100m
3.00pm	400m	3.00pm	400m	3.00pm	400m	3.00pm	400m	3.00pm	400m
3.45pm	800m	3.45pm	1500m	3.45pm	800m	3.45pm	1500m	3.45pm	800m
FIELD		FIELD		FIELD		FIELD		FIELD	
2.30pm	Long Jump/ Triple Jump	2.30pm	Long Jump/ Triple Jump	2.30pm	Long Jump/ Triple Jump	2.30pm	Long Jump/ Triple Jump	2.30pm	Long Jump/ Triple Jump
3.00pm	Javelin	3.00pm	Shot-put Pole Vault	3.00pm	Javelin Pole Vault	3.00pm	Shot-put Pole Vault	3.00pm	Javelin Pole Vault
3.30pm	Discus	3.30pm	Javelin	3.30pm	Discus	3.30pm	Javelin	3.30pm	Discus

Hammer and High Jump will run on request

21st and 28th February will have electronic timing

Contact: Bryce Phillips (USCAC President) (07) 5476 8233

The club welcomes all volunteer helpers at these events