

## Draft Winter Track & Field Program for Gold Coast City Athletics Track 2010

### W1 5<sup>th</sup> June

12.20pm Hammer, Pole Vault 3.90m +  
12.40pm 100/110m Hurdles  
1.00pm 1500m, Long Jump  
1.35pm 100m, Discus  
1.55pm 800m  
2.20pm 200m, Javelin, High Jump  
2.55pm 400m Hurdles, Shot Put  
3.10pm 400m

### W2 6<sup>th</sup> June

10.15am 5000m Walk, Javelin  
10.55am 100/110m Hurdles  
11.15am 200m, Triple Jump  
11.30am 400m  
11.45am 3000m, Discus  
12.05pm 100m  
12.25pm 800m

### W3 12<sup>th</sup> June

1.10pm 100/110m Hurdles, Hammer, Pole Vault  
1.20pm Long Jump  
1.35pm 60m  
2.10pm 1500m, High Jump, Discus  
2.30pm 100m  
3.15pm 800m, Shot Put  
3.30pm 200m  
3.50pm 5000m Walk <30mins  
4.25pm 400m Hurdles, Triple Jump  
4.40pm 100m  
5.00pm 400m, Javelin  
5.30pm 100/110m Hurdles  
5.50pm 200m

### W4 26<sup>th</sup> June

12.00pm Hammer, Pole Vault  
12.30pm 400m Hurdles  
1.00pm 100/110m Hurdles, Shot Put, Long Jump  
1.25pm 1500m  
1.50pm 100m  
2.10pm 400m, Javelin, High Jump  
2.45pm 200m, Triple Jump  
3.10pm 800m, Discus  
3.40pm 1500m/3000m/5000m Walk  
4.20pm 100m  
4.35pm 200m  
4.45pm 400m

### W5 17<sup>th</sup> July

1.10pm Hammer  
1.20pm Long Jump/Triple Jump  
1.35pm 60m  
2.10pm 1500m, High Jump, Discus  
2.30pm 100m  
3.00pm 800m, Shot Put  
3.20pm 200m  
3.45pm 400m Hurdles

### W6 31<sup>st</sup> July

1.00pm 80/90/100/110m Hurdles  
1.00pm Discus, Long Jump  
1.30pm 100m, Javelin  
2.00pm 3000m, High Jump  
2.20pm 400m Hurdles  
2.50pm 200m, Shot Put  
3.10pm 5000m Walk  
3.30pm Discus  
3.45pm 800m  
4.10pm 400m

### W7 7<sup>th</sup> August

12.00pm Hammer, Pole Vault  
12.10pm 400m Hurdles  
12.40pm 100/110m Hurdles, Shot Put, Long Jump  
1.05pm 1500m  
1.30pm 100m  
1.50pm 400m, Javelin, High Jump  
2.15pm 200m, Triple Jump  
2.35pm 800m, Discus  
2.55pm 1500m/3000m/5000m Walk

### W8 14<sup>th</sup> August

1.00pm 80/ 90/100/110m Hurdles  
1.00pm Discus, Long Jump  
1.30pm 100m, Javelin  
2.00pm 3000m, High Jump  
2.20pm 400m Hurdles  
2.50pm 200m, Shot Put  
3.10pm 5000m Walk  
3.30pm Discus  
3.45pm 800m  
4.10pm 400m

### W9 28<sup>th</sup> August

12.00pm Hammer, Pole Vault  
12.10pm 400m Hurdles  
12.40pm 100/110m Hurdles, Shot Put, Long Jump  
1.05pm 1500m  
1.30pm 100m  
1.50pm 400m, Javelin, High Jump  
2.15pm 200m, Triple Jump  
2.35pm 800m, Discus  
2.55pm 1500m/3000m/5000m Walk

**2<sup>nd</sup>, 3<sup>rd</sup> & 4<sup>th</sup> July**

**USA DownUnder**

**Championships**

**Entries open ONLINE 10<sup>th</sup>**

**May**

**Competition age groups**

**14/15yrs, 16/17yrs,**

**18/19yrs AND Open**

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