

REGIONAL CHAMPIONSHIPS PROGRAMME

Saturday 13th and Sunday 14th February 2010 @ Mt Gravatt Little Athletics Centre
Mansfield SHS - Ham Rd, Mansfield

SATURDAY PROGRAMME

TRACK				FIELD		
Time	Event	Heat/Final	Age	Time	Event	Age
9.00am	1500M	Final	U11 - U17 B&G	9.00am	High Jump	U9 B&G
					Long Jump	U10 B&G
					Shot Put	U8 B&G
					Discus	U11B&G
10.20am	60M Hurdles	Heat/Final	U8 - U12 B&G	11.00am	High Jump	U13 B&G
				10.30am	Triple Jump	U14 B&G
					Shot Put	U15 B&G
					Shot Put	U16 B&G
					Shot Put	U17 B&G
					Discus	U12 B&G
11.30am	100M	Heat/Final	U7 - U17 B&G	11.15am	Shot Put	U7 B&G
				12.00pm	Long Jump	U11 B&G
				12.15pm	Shot Put	U13 B&G
					Discus	U10 B&G
				1.15pm	Discus	U14 B&G
1.30pm	400M	Heat/Final	U10 - U17 B&G		High Jump	U15 B&G
					High Jump	U16 B&G
					High Jump	U17 B&G
					Long Jump	U12 B&G
				1.30pm	Shot Put	U9 B&G
				2.00pm	Discus	U7 B&G
				2.15pm	Long Jump	U13 B&G
3.00pm	60M Hurdles	Final	U8 - U12 B&G	2.45pm	Javelin	U12 B&G
				3.15pm	Long Jump	U14 B&G
3.30pm	100M	Final	U7 - U17 B&G	3.30pm	Javelin	U15 B&G
					Javelin	U16 B&G
					Javelin	U17 B&G
				4.15pm	Triple Jump	U11 B&G
4.20pm	400M	Final	U10 - U17 B&G		Javelin	U14 B&G

SUNDAY PROGRAMME

TRACK				FIELD		
Time	Event	Heat/Final	Age	Time	Event	Age
8.30am	800M	Final	U9 - U17 B&G	8.30am	Long Jump	U7 B&G
				8.30am	High Jump	U12 B&G
9.50am	200M Hurdles	Final	U13 - U17 B&G	9.00am	Shot Put	U10 B&G
9.50am	700M Walk	Final	U9 B&G		Discus	U13 B&G
	1100M Walk	Final	U10 - U11 B&G	9.15am	Long Jump	U15 B&G
					Long Jump	U16 B&G
					Long Jump	U17 B&G
	1500M Walk	Final	U12 - U17 B&G		Long Jump Pent.	U15 B&G
					Long Jump Pent.	U16 B&G
					Long Jump Pent.	U17 B&G
10.20am	100M	Pentathlon	U15 B&G	10.30am	High Jump	U11 B&G
		Pentathlon	U16 B&G		Discus	U8 B&G
		Pentathlon	U17 B&G			
11.10am	80M Hurdles	Heat/Final	U14G/U13 B&G	11.00am	Shot Put	U14 B&G
	90M Hurdles	Heat/Final	U15G/U14B		Long Jump	U9 B&G
	90M Hurdles	Heat/Final	U16 & 17 G			
	90M Hurdles	Pentathlon	U15, 16 & 17G			
	100M Hurdles	Heat/Final	U15, 16 & 17B	11.45am	Shot Put	U11 B&G
	100M Hurdles Pent.	Pentathlon	U15,16 & 17B	12.00pm	High Jump	U10 B&G
12.30pm	70M	Heat/Final	U7 - U10 B&G		Long Jump	U8 B&G
					Discus	U9 B&G
1.20pm	200M	Heat/Final	U7 - U17 B&G	1.00pm	Shot Put	U12 B&G
					Discus	U15 B&G
					Discus	U16 & 17 B&G
3.20pm	800M	Pentathlon	U117 B&G		Discus Pent.	U15, 16 & 17 B&G
				1.30pm	High Jump	U14 B&G
3.30pm	100M Hurdles	Final	U15, 16 & 17B		Triple Jump	U13 B&G
	90M Hurdles	Final	U15,16 & 17G/U14B	2.00pm	Javelin	U11 B&G
	80M Hurdles	Final	U14G/U13 B&G	2.30pm	Triple Jump	U12 B&G
				3.00pm	Javelin	U13 B&G
3.40pm	70M	Final	U7 - U10 B&G	3.30pm	Triple Jump	U15 B&G
					Triple Jump	U 16 B&G
4.10pm	200M	Final	U7 - U17 B&G		Triple Jump	U 17 B& G

IF THERE ARE INSUFFICIENT COMPETITORS TO RUN MORE THAN ONE HEAT IN ANY TRACK EVENT THE RACE WILL BE RUN AS A FINAL AT HEAT TIME