



**Track Program
Jan-Feb 2019**

University of the Sunshine Coast Athletics Club

A Queensland Athletics affiliated club

<http://uscathleticsclub.asn.au/>

Members and non-members welcome, from 8 to 80!

ELECTRONIC TIMING

- High jump on request
- Four jumps/throws per athlete
- Event times may vary depending on entry numbers
- Athletes must register 30 mins before event

ENTRY FEES

Members, QMA and under 13s \$6.00
 Non-members \$10.00
 Contact: Bryce Phillips 5476 8233
 Website: www.uscathletics.asn.au
 Facebook: University of the Sunshine Coast Athletics Club
 *Higher fees apply at QA Permit Meets

9th January (Wed twilight)

6.00pm Javelin
 6.00pm 60m
 6.30pm 100m
 7.00pm 200m
 7.00pm Long/Triple Jump
 7.00pm Shot Put
 7.30pm 400m
 7.45pm 1500m

27th February (Wed twilight)

6.00pm Pole vault
 6.00pm Javelin
 6.00pm 60m
 6.30pm 100m
 7.00pm 200m
 7.00pm Long/Triple Jump
 7.00pm Shot Put
 7.30pm 400m
 7.45pm 1500m

23rd January (Wed twilight)

6.00pm 60m
 6.00pm Discus
 6.30pm 100m
 6.45pm Shot put
 7.00pm 200m
 7.00pm Long/Triple Jump
 7.30pm 800m
 7.45pm 3000m

20th March (Wed twilight)

6.00pm Pole vault
 6.00pm Javelin
 6.00pm 60m
 6.30pm 100m
 7.00pm 200m
 7.00pm Long/Triple Jump
 7.00pm Shot Put
 7.30pm 800m
 7.45pm 3000m

13th February (Wed twilight)

6.00pm Hammer
 6.00pm 60m
 6.30pm 100m
 7.00pm 200m
 7.00pm Long/Triple Jump
 7.00pm Shot Put
 7.30pm 400m
 7.45pm 1500m

Note change: All entries should be done on the night, except for pole vault competitors for the QA Permit meet. They can enter here
<http://qldathletics.org.au/Competition/Upcoming-Events>