



**Track Program**  
**Jan-Mar 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- (per meet)**

Members \$6.00  
 Under 12, Pension etc cards, Little Aths \$6.00  
 Non-USCAC members \$10.00  
 Contact: Bryce Phillips 5476 8233  
 Website: [www.uscathletics.asn.au](http://www.uscathletics.asn.au)  
 Facebook: University of the Sunshine Coast Athletics Club

**9<sup>th</sup> 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

**27<sup>th</sup> February (Wed twilight)**

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

**23<sup>rd</sup> 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

**20<sup>th</sup> March (Wed twilight)**

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

**13<sup>th</sup> February (Wed twilight)**

6.00pm Hammer/Discus  
 6.00pm 60m  
 6.30pm 100m  
 7.00pm 200m  
 7.00pm Long/Triple Jump  
 7.30pm 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>**