



**Track Program
August-October 2017**

University of the Sunshine Coast Athletics 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 \$6.00
 Under 13s, QMA, Little Aths \$6.00
 Non-members \$10.00
 Contact: Bryce Phillips 5476 8233
 Website: www.uscathletics.asn.au
 Facebook: University of the Sunshine Coast Athletics Club

6th August

2.00pm 60m
 2.00pm Javelin
 2.30pm 100m
 3.00pm Hammer
 3.00pm 200m
 3.00pm Long/Triple Jump
 3.30pm Shot Put
 3.30pm 400m
 4.00pm 1500m

17th September

2.00pm 60m
 2.00pm Discus
 2.30pm 100m
 2.30pm Shot put
 3.00pm 200m
 3.00pm Long/Triple Jump
 3.30pm 800m
 4.00pm 1500m

20th August

2.00pm Discus
 2.00pm 60m
 2.30pm 100m
 2.30pm Javelin
 3.00pm 200m
 3.10pm Long/Triple Jump
 3.15pm 400m
 3.45pm Shot Put
 4.00pm 3000m

1st October

2.00pm Javelin
 2.00pm 60m
 2.30pm 100m
 2.30pm Hammer
 3.00pm 200m
 3.00pm Long/Triple Jump
 3.00pm Discus
 3.30pm 400m
 4.00pm 800m

3rd September

2.00pm Javelin
 2.00pm 60m
 2.30pm 100m
 2.30pm Hammer
 3.00pm 200m
 3.00pm Long/Triple Jump
 3.00pm Discus
 3.30pm 400m
 4.00pm 800m

22nd October

2.00pm 60m
 2.00pm Javelin
 2.30pm 100m
 3.00pm Hammer
 3.00pm 200m
 3.00pm Long/Triple Jump
 3.30pm Shot Put
 3.30pm 400m
 4.00pm 3000m