



**Track Program of mini-meets  
October-December 2018**

**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 (minimum 3 competitors)
  - 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

**7<sup>th</sup> October -Sunday**  
 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

**14<sup>th</sup> November – Wed. twilight**  
 6.00pm 60m  
 6.00pm Discus  
 6.30pm 100m  
 6.30pm Hammer  
 7.00pm 200m  
 7.00pm Long/Triple Jump  
 7.30pm Shot put  
 7.30pm 800m  
 8.00pm 1500m

**21<sup>st</sup> October -Sunday**  
 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

**28<sup>th</sup> November – Wed. twilight**  
 6.00pm Javelin  
 6.00pm 60m  
 6.30pm 100m  
 6.30pm Hammer  
 7.00pm 200m  
 7.00pm Long/Triple Jump  
 7.00pm Shot put  
 7.30pm 400m  
 8.00pm 800m

**4<sup>th</sup> November -Sunday**  
 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

**12<sup>th</sup> December – Wed. twilight**  
 6.00pm 60m  
 6.00pm Javelin  
 6.30pm 100m  
 7.00pm Hammer  
 7.00pm 200m  
 7.00pm Long/Triple Jump  
 7.30pm Shot Put  
 7.30pm 400m  
 8.00pm 3000m