

ACTVAC TRACK & FIELD PROGRAM - October ~ December 2009 (Revised 10.11.'09)

Date	6:00pm	6:15pm	6:30pm	7:00pm	7:15pm	7:40pm	8:00pm	8:15pm	Other Meets
1 Oct	3000m (GM) Hammer	(6:20pm) Short Hurdles High Jump(QA)	(6:40pm) 1500m Walk	100m Shot	400m Long Jump	1500m	Special Supper (Daylight saving commences 4 October)		3~5 October - AMA Winter Throwing Championships
8 Oct	800m High Jump Weight LTF	Long Hurdles	800 / 2000m Walk	60m Javelin/Shot (1)	200m (D) Triple Jump	4 x 100m Relay Javelin/Shot (2)	3000 / 5000m		11~18 October - World Masters Games Sydney (Aths. program) 18 October - Weight Pentathlon
15 Oct	3000 / 5000m Long Jump Discus/Jav.(1)		C O M E 1500m Walk Turkey Handicap	A N D 200m Hurdles High Jump Discus/Jav.(2)	T R Y 1500m Handicap	N I G H T 300m Shot	100m	4 x 200m Mixed Relay	
22 Oct	3000m (GM) Triple Jump (QA) Hammer	(6:20pm) Short Hurdles	(6:40pm) 1500m Walk (PH)	100m (D) Shot/Discus (1)	4 x 800m Relay Pole Vault	200m Shot/Discus (2)	7 Lap Spiral (A)		25 Oct. - Monthly Run/Walk H'cap
29 Oct	1500m Steeple High Jump Weight LTF	100m	1000 / 3000m Walk (PH) (& scr. 5000m <30min.)	60m Javelin/Shot (1)	400m (B) Long Jump	Medley Relay Javelin/Shot (2)	800m	3000m	31 Oct. - Monthly Throwing H'cap
5 Nov	3000m (GM) High Jump Hammer	(6:20pm) 200m (D)	(6:40pm) 1000 / 3000m Walk (incl. ACTRFWC Chps.	300m Discus/Javelin (1)	1500m Long Jump (QA)	Long Hurdles Discus/Javelin (2)	6 Lap Spiral (A)		7 November - 30th Year Dinner
12 Nov	3000m Triple Jump Weight LTF	(6:20pm) 200m (B)	(6:40pm) 1500m Walk	Short Hurdles Shot/Discus (1)	800m High Jump (QA)	Shot/Discus (2)	4 x 100m Relay		15 November - Weight Pentathlon
						10,000m Run			
19 Nov	3000m Pole Vault Hammer	(6:20pm) Long Hurdles (B)	(6:40pm) 800 / 2000m Walk (PH)	400m Javelin/Shot (1)	1500m Long Jump	100m Javelin/Shot (2)	4 x 200m Relay	5 Lap Spiral (A)	
26 Nov	2000 / 3000m Steeplechase Triple Jump Weight LTF	1000 / 5000m Walk (incl. ACT Walkers 5000m Championships)		Long Hurdles Discus/Javelin (1)	100m (B) Long jump	4 x 400m Relay Discus/Javelin (2)	3000m (GM) / 5000m		28 Nov. - Monthly Throwing H'cap 29 Nov. - Monthly Run/Walk H'cap
3 Dec	3000m Pole vault Hammer	(6:20pm) 200m	(6:40pm) 1200/2000m Walk	60m Shot/Discus (1)	800m Higgins Handicap (P)	High Jump Shot/Discus (2)	Parlauf Relay (5000m with 5 runners)		5 December - Queanbeyan Gift
10 Dec	3000m (GM) High Jump Weight LTF	Short Hurdles (B)	1 Mile Walk	400m Javelin/Shot (1)	800m Long Jump (QA)	100m (D) Javelin/Shot (2)	4 x 100m Relay	4 Lap Spiral (A)	13 December - Weight Pentathlon
17 Dec Carnival Night	300m Caber Toss	1km Turkey	"Surprise" Relay	Pres. H'cap Heats LR/RH Shot	President's H'cap Final 7:30 Standing Triple Jump	2km Twosome	100m Walk Relay	Party!	

ACTVAC TRACK & FIELD PROGRAM - January ~ March 2010 (Revised 10.11.'09)

Date	5:45pm	6:00pm	6:20pm	6:45pm	7:00pm	7:15pm	7:30pm	7:50pm	8:20pm	Other Meets	
7 Jan	1500/3000 Walk & 3000m run (H.T.) Long Jump <4m	COMBINED Sprint Hurdles 110,100,90,80m High Jump 0.9m	MEETS 1500m Pole Vault	WITH Shot (Vets) Javelin	ATHLETICS 100m Long Jump >4m	ACT 4 x 100m Relay (and 2 x 200m) High Jump 1.5m	400m	3000m Shot Javelin (Vets)	Steeplechase events (as determined by 7:30pm)		
14 Jan	1500/3000 Walk & 3000m run Hammer	Seated Throws High Jump 0.9m (QA)	Long Hurdles (200/300/400m) Triple Jump (9m+ boards)	60m Discus (Vets) Shot	800m Handicap	4 x 100 Relay High Jump 1.5m (QA)	200m Triple Jump (5 & 7m boards)	3000m / 5000m Run Discus Shot (Vets)		16 January - Canberra Pro-Am 17 January - Weight Pentathlon	
Date	6:00pm	6:15pm	6:30pm	7:00pm	7:15pm	7:40pm	8:00pm	8:15pm			
21 Jan	4 Lap Spiral (A) Weight LTF		1000/3000m Walk(PH) High Jump Shot/Discus (1)	1500m	400m (B)	Pole Vault Shot/Discus (2) ONE HOUR RUN	100m (D)			23~24 January - NSW Country Championships	
28 Jan	1500m High Jump Hammer	Short Hurdles	C O M E 2000m Walk Turkey Handicap	A N D 200m (B) Javelin	T R Y 3000m (P/GM) Long Jump	N I G H T 100m Discus	Medley & Mixed Relays (incl. 200 x 2, 400, 800)			30 Jan. - Canberra Classic (Australia Cup Meet) 31 Jan. - Monthly Run/Walk H'cap	
4 Feb Postal Relays	3000m Triple Jump (QA) Hammer	(6:20) 400m	(6:40) 1500m Walk Age Handicap	200m (D) Shot/Discus (1)	4 x 1500m Relay (not Postal event) Long Jump Relay	Long Hurdles Shot/Discus (2)	4 x 100m Relay	5 lap Spiral (A)			
11 Feb Postal Relays	1500m Steeple High Jump Weight LTF	100m (B)	1200 / 2000m Walk (PH)	60m Javelin/Shot (1)	4 x 400m Relay	Pole Vault Javelin/Shot (2)				14 Feb. - Sprint Marathon Relay 14 Feb. - Weight Pentathlon 15 Feb. - Landy Trophy, Melbourne	
18 Feb Postal Relays	High Jump Hammer	200m (D)	4 X 800m Walk Relay	100m Discus/Javelin (1)	4x 800m Relay	Long Jump (QA) Discus/Javelin (2)	3000m (GM) / 5000m				
25 Feb	Pentathlon Championships [Men: Long Jump, Javelin, 200m, Discus, 1500m Women: 100m, Shot, Long Jump, Javelin, 800m]									27 Feb. - Monthly Throwing H'cap 28 Feb. - Monthly Run/Walk H'cap	
	3000m (GM) Weight LTF	6:20pm 10,000m Walk Combined Championships					6 Lap Spiral (A)				
			6:45 Discus	Triple Jump	200m/100m coincid.	High Jump					
4 Mar	1 Mile Run Triple Jump (QA) Hammer	(6:20) 100m (D)	(6:40) 400m	800m Shot/Discus (1)	Parlauf Relay (5000m) Long Jump	1500/3000/5000m AACT Walk Champs. (incl. ACTVAC 5000m Walk Champs.) Shot/Discus (2)				6-7 Mar. - NSW Masters Champs.	
11 Mar	2000/3000m Stpl. Pole vault Weight LTF	4 x 200m Relay (or 800m run)	1500m Walk (PH)	100m Javelin/Shot (1) Long Jump	1500m (P)	Short hurdles Javelin/Shot (2)	7 Lap Spiral (A)			14 March - Throws Pentathlon Championships	
20~21 Mar	ACTVAC and ACT Open Championships (from mid afternoon)										
25 Mar	1500m Walk Championship Long Jump Hammer	2000m Turkey	4 x 100m Relay	800m Discus	200m	(7:30pm) 5000m Championship	Club Presentations			27 Mar. - Monthly Throwing H'cap 28 Mar. - Monthly Run/Walk H'cap 2~5 April - AMA Champs., Perth 3~10 July - Oceania Games, Tahiti	