

CAS / GPS / ISA

TRACK & FIELD

INVITATIONAL

2017

TRACK EVENTS

Start Time:	Event:	Age group:
8.00am	3000m	Opens
8.30am	HURDLES	13s - Opens
9.10am	200m	13s - Opens
10.10am	800m	13s - Opens
11.00am	100m	13s - Opens
12.15pm	400m	13s - Opens
1.15pm	1500m	13s - Opens
2.10p.m	4 x 100m	13s - Opens

FIELD EVENTS

Start Time:	Event:	Age group:
8.30a.m	JAVELIN	13 years
8.30a.m	DISCUS	16 & 17 years
8.30a.m	SHOT	Opens
9.00a.m	LONG JUMP	17 & Opens
9.00a.m	HIGH JUMP	13 & 14 years
10.00a.m	JAVELIN	14 & 15 years
10.00a.m	DISCUS	Opens
10.00a.m	SHOT	16 & 17 years
10.00a.m	LONG JUMP	13 & 14 years
10.45am	HIGH JUMP	15 & 16 years
11.00a.m	DISCUS	13 years
11.30a.m	JAVELIN	16 & 17 years
11.30a.m	SHOT	14 & 15 years
12.00p.m	LONG JUMP	15 & 16 years
12.30p.m	HIGH JUMP	17 & Opens
12.30p.m	DISCUS	14 & 15 years
12.45p.m	JAVELIN	Opens
1.00p.m	SHOT	13 years

* ALL TRACK TIMES ARE A GUIDE ONLY

* Championship heat to be run first

* A lane draw will be distributed on the day

* Where time permits there may be unlimited entries from each school for track events

* Maximum 4 jumps / throws for every athlete

* Maximum of 5 athletes from each school

for field events

*Please use discretion for Open Field events. If time permits possible allow 5 or 6 throws due to fewer competitors.