

**Track and Field Program for the period 16<sup>th</sup> October – 18<sup>th</sup> December, 2008**

**Thursday 16<sup>th</sup> October**

<b>Time</b>	<b>Track</b>	<b>Throws</b>	<b>Jumps</b>
6.00	Long Hurdles (B)	Hammer Throw	High Jump
6.15	1500m Walk		
6.30	100m		
6.50	Mile	Shot Put, Discus (1) 6.45pm	Long Jump
7.10	400m	Shot Put, Discus (2) 7.15pm	
7.30	3000m (GM)/5000m		

**Thursday 23<sup>rd</sup> October**

<b>Time</b>	<b>Track</b>	<b>Throws</b>	<b>Jumps</b>
6.00	7 lap Spiral (A)	Discus, Javelin (1)	Pole Vault
6.30	1200/2000m Walk		
6.50	200m		
7.00	800m	Discus, Javelin (2)	Triple Jump
7.30	4x100m Relay,		
7.45	3000m (GM)		

**Thursday 30<sup>th</sup> October**

<b>Time</b>	<b>Track</b>	<b>Throws</b>	<b>Jumps</b>
6.00	100m (D), 100m (Scratch)	Hammer Throw	High Jump
6.20	1000m/3000m (PH)/5000m Walk		
7.00	4 x 800m Relay	Shot Put, Javelin (1) 6.45pm	Long Jump (QA)
7.15	200m (B)	Shot Put, Javelin (2)	
7.30	400m		
7.45	3000m (GM)/5000m		

**Thursday 6<sup>th</sup> November**

<b>Time</b>	<b>Track</b>	<b>Throws</b>	<b>Jumps</b>
6.00	6 lap Spiral (A)	Shot Put, Discus (1)	Pole Vault
6.30	1500m Walk		
6.45	60m		
7.00	1500m	Shot Put, Discus (2)	Triple Jump (QA)
7.15	100m (B)		
7.30	Long hurdles		
7.45	3000m (GM)/5000m		

**Thursday 13<sup>th</sup> November**

<b>Time</b>	<b>Track</b>	<b>Throws</b>	<b>Jumps</b>
6.00	Sprint Hurdles	Hammer Throw	High Jump
6.15	1000, 3000m, 5000m Walk		
6.30	100m		
6.45	800m	Discus, Javelin (1)	
7.10	200m (D), 200m (scratch)	Discus, Javelin (2) 7.15pm	Long Jump
7.30	10000m		

**Thursday 20<sup>th</sup> November**

Time	Track	Throws	Jumps
6.00	5 lap Spiral (A)	Shot Put, Javelin (1)	Pole Vault
6.30	1500m Walk (PH)		
6.45	60m		
7.00	4 x1500M Relay	Shot Put, Javelin (2)	Triple Jump
7.30	100m		
7.50	2000m Turkey Handicap		

**Thursday 27<sup>th</sup> November**

Time	Track	Throws	Jumps
6.00	1000/5000m Walk	Hammer Throw	High Jump (QA)
6.30	Sprint Hurdles		
6.40	200m (D), 200m (scratch)	Discus, Javelin (1) 6.45pm	
7.00	1500m		Long Jump
7.20	400m	Discus, Javelin (2) 7.15pm	
7.45	3000m (GM)/5000m		

**Thursday 4<sup>th</sup> December Woden Track**

Time	Track	Throws	Jumps
6.15	400m	Shot Put	
6.35	5 Lap Walk Spiral Hcp		
7.00	100m	Discus	Long Jump
7.20	1500m		
7.45	4 x 200m		
7.55	4 Lap Spiral (A)		

**Thursday 11<sup>th</sup> December**

Time	Track	Throws	Jumps
6.00	Long Hurdles	Hammer Throw	High Jump (QA)
6.15	1200m/2000m (PH) Walk		
6.30	60m		
6.50	800m Higgins Handicap (P)	Shot Put, Javelin (1) 6.45pm	Triple Jump
7.10	400m (B)	Shot Put, Javelin (2) 7.15pm	
7.30	3000m (GM)		

**Thursday 18<sup>th</sup> December**

Time	Track	Throws	Jumps
6.00		Caber Toss	
6.15	1km Turkey Handicap		
6.30	100m Walk Relay		
6.45		Gum Boot Throw	
7.00	100m President's Handicap (Heats)		
7.15	President's Handicap (Final)		
7.30			Standing Triple Jump
7.45	2km Twosome		