

Track and Field Program January to March 2012

Date	5:45pm	6:00pm	6:00pm	6:20pm	6:30pm	7:00pm	7:00pm	7:15pm	7:15pm	7:30pm	7:45pm	7:50pm	8:05pm
	LTF				Walk		Throw 1				Throw 2		
5-Jan	AACT joint meeting												
12-Jan	AACT joint meeting												
19-Jan	hammer	high jump	3000m (GM)	short hurdles	1000 / 3000PH / 5000 <30min	100m (B)	discus / javelin	1500m	triple jump	400m	discus / javelin	4x100	4 lap spiral (A)
Wed 25-Jan	weight	pole vault	1000m	200/300 /400 hurdles (B) (6:10)	700 / 1500	60m	javelin / shot	800m (P)	long jump (QA)	200m (D)	javelin / shot	4x200	3k/5k
2-Feb Com e & Try	hammer	high jump (QA)	3000m (GM)	200 hurdles	1200 / 2000	400m	shot / discus	1500m	long jump	100m	shot / discus	4 x 400	3k/5k
9-Feb	weight	high jump	3000m (GM)	300 hurdles	700 / 1500 Champ	100m (D)	discus / javelin	4 x 800	long jump	400m	discus / javelin	4x100	5 lap spiral (A)
16-Feb	hammer	pole vault	2k steeple	short hurdles	4 x 800	200m	javelin / shot	800m	triple jump (QA)	60m	javelin / shot	10k champs (7:45)	
23-Feb	Pentathlon 6:00pm start		Men: Men: Long Jump, Javelin, 200m, Discus, 1500m. Women: 100m, Shot, Long Jump, Javelin, 800m					Pentathlon events take precedence, and the other events will be fitted in around them					
	weight	High jump	100m	mile	1200 / 10,000 Champs	200m		shot		Long jump		Parlauf Relay	
1-Mar with AACT	hammer	high jump	3000m (P)	400 hurdles	1200 / 2000 PH	150m	shot / discus	800m	long jump	400m (B)	shot / discus	4x100	6 lap spiral (A)
8-Mar	weight	pole vault	3000m (GM)	200 hurdles	700 / 1500 PH	100m (D)	discus / javelin	4x1500	triple jump (QA)		discus / javelin	200m (B)	3k/5k
15-Mar	hammer	triple jump	3000m (GM)	short hurdles	1500 / 3000 / 5000 Champ	60m	javelin / shot	800m	long jump	200m (D)	javelin / shot	4x200	7 lap spiral (A)
24th & 25th March Combined ACTVAC & AACT Championships													
29-Mar	weight	high jump	2k steeple		800 / 2000	100m (D)	shot / discus	1500m	long jump (QA)	300m	shot / discus	5k champs	

Handicap Series

(A)	Adler spiral handicap	Best 6 of 8	2 x 4 laps	2 x 5 laps	2 x 6 laps	2 x 7 laps	
(B)	Boag	Best 5 of 8	2 x 100m	2 x 200m	2 x 400m	Short Hurdles	Long Hurdles (200/300/400 depending on age)
(D)	Daniels handicap	Best 6 of 8	4 x 100m	4 x 200m			
(GM)	Geoff Moore	Best 5 of 10	3000m				
(P)	Pennington handicap		800m	1500m	3000m		
(QA)	Quentin Anthony	Best 6 of 9	3 x triple	3 x long	3 x high		
(PH)	Perry walk handicap	Best 4 of 6	2 x 1500m	2 x 2000m	2 x 3000m		

Handicaps in the Boag, Moore and Pennington series are based on World Masters Athletics age standards. Other series are handicapped on athletes' individual performances. Full details are available on the ACTVAC website under "Results/Rules" for Track and Field Yearly Awards.