

## ACC 2020 Athletics Carnival at LAKESIDE STADIUM

### Track Program

**10.00 am** Open Division 1 & 2 3000m

**10.15 am** Sen Div 2 Hurdles 110m

**10.18 am** Sen Div 1 Hurdles 110m

**10.21 am** U/17 Div 2 Hurdles 110m

**10.24 am** U/17 Div 1 Hurdles 110m

**10.32 am** U/16 Div 2 Hurdles 100m

**10.35 am** U/16 Div 1 Hurdles 100m

**10.38 am** U/15 Div 2 Hurdles 100m

**10.41 am** U/15 Div 1 Hurdles 100m

**10.49 am** U/14 Div 2 Hurdles 90m

**10.52 am** U/14 Div 1 Hurdles 90m

**10.55 am** U/13 Div 2 Hurdles 80m

**10.58 am** U/13 Div 1 Hurdles 80m

**11.10 am** U/13 Division 1 & 2 800m

**11.15 am** U/14 Division 1 & 2 800m

**11.20 am** U/15 Division 1 & 2 800m

**11.25 am** U/16 Division 1 & 2 800m

**11.30 am** U/17 Division 1 & 2 800m

**11.35 am** Sen Division 1 & 2 800m

**11.45 am** U/13 Division 2 100m

**11.48 am** U/13 Division 1 100m

**11.51 am** U/14 Division 2 100m

**11.54 am** U/14 Division 1 100m

**11.57 am** U/15 Division 2 100m

**12.00 pm** U/15 Division 1 100m

**12.03 pm** U/16 Division 2 100m

**12.06 pm** U/16 Division 1 100m

**12.09 pm** U/17 Division 2 100m

**12.12 pm** U/17 Division 1 100m

**12.15 pm** Sen Division 2 100m

**12.18 pm** Sen Division 1 100m

**12.23 pm** U/13 Division 2 200m

**12.26 pm** U/13 Division 1 200m

**12.29 pm** U/14 Division 2 200m

**12.32 pm** U/14 Division 1 200m

**12.35 pm** U/15 Division 2 200m

**12.38 pm** U/15 Division 1 200m

**12.41 pm** U/16 Division 2 200m

**12.44 pm** U/16 Division 1 200m

**12.47 pm** U/17 Division 2 200m

**12.50 pm** U/17 Division 1 200m

**12.53 pm** Sen Division 2 200m

**12.56 pm** Sen Division 1 200m

**1.00 pm** U/13 Division 1 & 2 1500m

**1.08 pm** U/14 Division 1 & 2 1500m

**1.16 pm** U/15 Division 1 & 2 1500m

**1.24 pm** U/16 Division 1 & 2 1500m

**1.32 pm** U/17 Division 1 & 2 1500m

**1.40 pm** Sen Division 1 & 2 1500m

**1.50 pm** U/13 Division 2 400m

**1.54 pm** U/13 Division 1 400m

**1.58 pm** U/14 Division 2 400m

**2.02 pm** U/14 Division 1 400m

**2.06 pm** U/15 Division 2 400m

**2.10 pm** U/15 Division 1 400m

**2.14 pm** U/16 Division 2 400m

**2.18 pm** U/16 Division 1 400m

**2.22 pm** U/17 Division 2 400m

**2.26 pm** U/17 Division 1 400m

**2.30 pm** Sen Division 2 400m

**2.34 pm** Sen Division 1 400m

**2.44 pm** U/13 Div 2 4x100m relay

**2.48 pm** U/13 Div 1 4x100m relay

**2.52 pm** U/14 Div 2 4x100m relay

**2.56 pm** U/14 Div 1 4x100m relay

**3.00 pm** U/15 Div 2 4x100m relay

**3.04 pm** U/15 Div 1 4x100m relay

**3.08 pm** U/16 Div 2 4x100m relay

**3.12 pm** U/16 Div 1 4x100m relay

**3.16 pm** U/17 Div 2 4x100m relay

**3.20 pm** U/17 Div 1 4x100m relay

**3.24 pm** Sen Div 2 4x100m relay

**3.28 pm** Sen Div 1 4x100m relay

**3.34 pm** Open Div 2 4x400m relay

**3.42 pm** Open Div 1 4x400m relay

**4.00 pm** Presentations

### Field Program

**10.00 am** Under 13 Shot Put

Under 14 Discus

Under 15 Long Jump

Under 16 Triple Jump

Under 17 High Jump

**10.35 am** Under 16 Long Jump

Under 17 Triple Jump

Senior High Jump

**10.50am** Under 15 Discus

**11.10 am** Under 14 Shot Put

Under 17 Long Jump

Senior Triple Jump

**11.40 am** Under 16 Discus

**11.45 am** Under 13 High Jump

Under 15 Shot Put

**12.20 pm** Under 13 Triple Jump

Under 14 High Jump

Senior Long Jump

**12.30 pm** Under 17 Discus

**12.55 pm** Under 14 Triple Jump

Under 16 Shot Put

**1.20 pm** Senior Discus

**1.30pm** Under 13 Long Jump

Under 15 High Jump

Under 17 Shot Put

**2.05 pm** Under 14 Long Jump

Under 15 Triple Jump

Under 16 High Jump

Senior Shot Put

**2.10pm** Under 13 Discus

### Field event notes:

*35 mins for SP, LJ, TJ & HJ. 50 mins for Discus events (Div 1&2)*

*\* 4 attempts for SP, LJ, TJ / 3 attempts for discus*

*\* Max of 6 athletes in total for SP, HJ, LJ, TJ*

*\* Only one discus cage available, so both divisions competing concurrently in the external cage (divisions awarded separately)*

*\* Two breaks during the program for officials looking after each event*

*\* Time available during breaks to catch up if overtime*

*\* All field events completed prior to relays starting*