## MARYBOROUGH AMATEUR ATHLETIC CLUB - ANNUAL DAY NIGHT CARNIVAL AND MASTERS GAMES Saturday, 7 October 2023 – U7 to Open, Vets and Masters

TIME	Track	IJ/TJ Pit 2	⊔/TJ Pit 1	H/Jump	H/Jump	Shot Put	Shot Put	Discus	Discus	Javelin
12.30	1500m	PIT Z	PIT 1	Area 1	Area 2	Area 1	Area 2	Area 1	Area 2	
12.30	Open & Vet M&W									
1.00	100m Heats (if required)	Long Jump U10 Girls	Triple Jump Vet Men &	U12 Boys	U9 Boys	U15,16,17, Open Men	U14 Girls	U15,16,17 Women		U13 Girls
1.35	400m Walk U9 & U10 B&G	Long Jump U11 Girls	Women	Open Women			U12 Girls	U13 Boys	U7 & U8 Girls	U14 Boys
1.50				U13 Girls		Vet Women				
2.10	800m Walk U11 to U17 B&G	Long Jump U7&U8 Boys	Long Jump U7&U8 Girls		U10 Boys		U9 Girls	Open Men	U10 Girls	Open Women
2.45	400m Finals U10 G to Vet W	Long Jump U9 Boys	Long Jump Open Men		U10 Girls	U13 Boys	U11 Boys	U14 Boys	U11 Girls	U15,16,17 Men
3.20	400m Finals U10 B to Vet M	Long Jump U10 Boys	Triple Jump U13 Girls	U15,16,17 Women	U9 Girls	Open Women	U7 & U8 Girls	U12 Boys	U9 Boys	U14 Girls
3.55	3km Walk Open Vet M & W	Long Jump U9 Girls	Long Jump U14 Boys	U11 Boys		U10 Boys	U12 Boys	U15,16,17 Men	U7 & U8 Boys	U15,16,17 Women
4.30	200m Heats/Finals U7 & U8 B&G Finals U9 – Vets Heats (if reqd)	Long Jump U14 Girls	Long Jump U15,16,17 W	U12 Girls		U13 Girls	U10 Girls	Open Women		U13 Boys
5.05	800m U9 G to Vet W	Long Jump U13 Boys	Long Jump U15,16,17 Men	U14 Boys		U9 Boys	U7 & U8 Boys	U11 Boys	U10 Boys	Open Men
5.40	800m U9 B to Vet M	Long Jump U13 Girls	Long Jump Open Women	U14 Girls		U15,16,17 Women	U11 Girls	U12 Girls	U9 Girls	
6.30	100m Finals U7 G to Vet W	Long Jump U11 Boys	Triple Jump U13,14 Boys	U15,16,17, Open Men		Vet Men	Vet Men			
7.05	100m Finals U7 B to Vet M	Long Jump U12 Girls	T/J - U15,16,17, Open Women	U11 Girls				U13 & U14 Girls		
7.40	200m Finals U9 G to Vet W	Long Jump U12 Boys	T/J - U15,16,17, Open Men	U13 Boys		U14 Boys				
8.15	200m Finals U9 B to Vet M		Triple Jump U14 Girls							
8.50	3000m U16,17 B&G, Open, Vet W									
9.10	5000m Open & Vet Men									

### 10 am Saturday, 7th October 2023 - Vets & Masters

	HIGH JUMP	LONG JUMP	DISCUS	JAVELIN
10.00 am			Vet Men	Vet Women
10.30 am		Vet Men	Vet Women	
11.00 am		Vet Women		Vet Men
11.30 am	Vet Men & Women			

#### PLEASE NOTE:

- \* All long and triple jumps and most high jumps will be on tartan run-ups.
- \* 7mm tartan spikes only to be used on synthetic surfaces. LAQ shoes and/or spike rules will apply to Little Athletic age groups.
- \* Please remove spikes immediately upon completing an event.
- \* 3 attempts only at field events
- \* 400m will be run as timed finals
- \* Medals will be presented on the conclusion of each event.
- \* Participation medals for U7 and U8 athletes will be presented around 5.00 pm
- \* Open competitors will run first in each event followed by each age group so as to allow older age groups to compete in open.
- \* Athletes wishing to use starting blocks must provide their own as none are available from the Maryborough Amateur Athletic Club.

See you early October next year.
Thanks for your support – have a safe trip home.

## **PROGRAM**

MARYBOROUGH AMATEUR ATHLETIC CLUB



# ANNUAL DAY NIGHT CARNIVAL and MASTERS GAMES

Jock Anderson Athletic Oval Gympie Road, Tinana



**7 OCTOBER 2023** 

Incorporating
The Maryborough Masters Games