



**2024 FESTIVAL OF ATHLETICS
INFORMATION BOOKLET
15-16 OF JUNE**



**Australian
Masters Athletics**

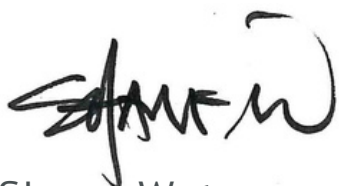
for athletes aged 30 and over

PRESIDENTS WELCOME

On behalf of Athletics North Queensland, welcome to the Festival of Athletics.,

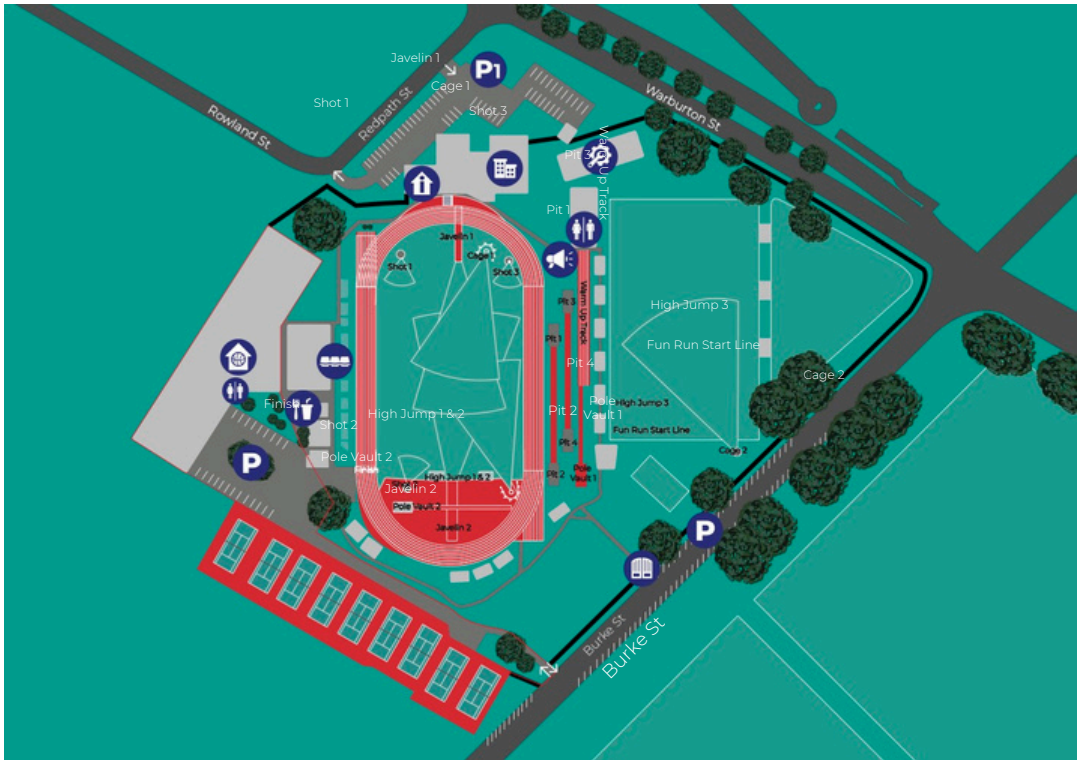
For our officials who have travelled from all regions across our state, we trust that you enjoy your time here in Townsville, whether it be on the track, pits, sectors, call room, photo finish, or equipment shed, with camaraderie shared between your fellow officials. I know that the athletes, coaches and supporters are eternally grateful for your dedication, as quite simply without you our sport cannot exist.

To our athletes may your results this weekend reflect your efforts, knowing that some are in recovery after a busy national season, whilst others are only just ramping up for the domestic regional season. Thank you for making the 2024 Festival of Athletics part of your athletics journey.

A handwritten signature in black ink, appearing to read 'Shane Watson', with a stylized flourish at the end.

Shane Watson

President – Athletics North Queensland



EVENT DATES

The festival of athletics is for anyone – you don't need to be a member of an athletics club to participate. In the Festival of Athletics, we are incorporating the Australian Masters Combined Events Championships.

All athletics events will commence at 8am on Saturday 15th of June and will finish approximately at 3.00pm.

Sunday 16th June 2024. Starting at 7am to 3pm. With Kid's athletics open for all ages starting at 10am.

KIDS KHAOS WITH KATE

Calling all kids! Don't miss out on the ultimate adventure at the Festival of Athletics this Sunday at 10am. Join us for Khaos with Kate, where the fun of fundamental athleticism comes to life! Run, jump, and throw your way through a series of thrilling games designed just for you.

This is an open invitation for all kids to unleash their inner athlete and experience the joy of sports.

So mark your calendars and get ready to dive into the excitement at Khaos with Kate, only at the Festival of Athletics



RULES

The festival will be conducted according to the rules of World Athletics, World Para Athletics, World Athletics Australia, and Athletics North Queensland.

AGE RULING

Age is actual age in years as of 31st December 2024. Master's Athletes (athletes over the age of 30) will compete in their age based on the 1st day of competition.

TECHNICAL INFORMATION CENTER

The Technical Information Centre (TIC) will be open from 3:00pm Friday. The TIC is the building located behind the start line at the back of the ANQ office.

UNIFORMS

Athletes can wear any apparel/clothing they wish if it is not offensive or discriminatory in nature.

PARA ATHLETES

Para-Athletes that supply a classification, who are 10 years and older enter in their own age division.

The Festival of Athletics will also include Frame Running. Athletes with a Frame Running classification are able to compete in the 60m and 100m.

SCRATCHINGS

If an athlete fails to scratch (remove themselves) from an event after confirmation or does not compete in all rounds of an event for which s/he has nominated for (doesn't include passing a round in a field event), s/he may not be permitted to compete further as outlined in World Athletics Rule TR4.4. This ruling will be applied to all athletes above the age of 10.

CALL ROOM

Athletes must report to the Call Room no less than 15 minutes before the scheduled starting time of their TRACK event to advise their intention to compete.

The Call Room will be located on the back straight underneath the red shade cover near the 200m start line.

Athletes must report to their field event site no less than 15 minutes before the scheduled starting time for their FIELD event to advise their intention to compete.

Athletes should be at the event site 30-60 minutes before the event start time for warm up. Failure to comply with this Rule may result in the athlete being scratched from that event.

PROGRESSIONS:

AGE	INDIVIDUAL FIELD EVENTS	HIGH JUMP	TRACK
4 – 7 Years	3 trials each	N/A	Timed Finals
8 – 9Years	3 trials each	Normal	Timed Finals
10-11 Years	4 trials each	Normal	Timed Finals
12–17 Years, Masters	3 trials each with top 8 going into 1 extra round (4 in total)	Normal	Heats will be run where there are more than 8 athletes entered in each age group/gender for the 100m, 200m, 400m and short hurdles.
18 – 19 Years, Open	3 trials each with top 8 going into 3 extra round (6 in total)	Normal	Heats will be run where there are more than 8 athletes entered in each age group/gender for the 100m, 200m, 400m and short hurdles.

CROUCH STARTS AND BLOCKS

Athletes aged 14 to opens must crouch start in all events up to and including 400m. Starting blocks are optional and athletes use blocks provided by the competition. Athletes in the masters age categories have the choice of doing crouch starts, three point starts and standing starts.

PRIVATE IMPLEMENTS

Athletes who wish to include their own throwing implements in the equipment pool (private implements may be used by any athlete in the competition), must lodge them with the Technical Manager at the Technical Equipment Room, no later than three hours before the scheduled starting time of the event on the day of competition or on a previous day. The implements will be impounded until after the competition when athletes may collect them from the Technical Equipment Room. A list of implements on offer at these Championships can be viewed below.

Competition Pool implements to be available at the start of competition include:

SHOT PUT	JAVELIN	DISCUS
7.26kg Elite 128mm 7.26kg Elite 125mm 7.26kg Elite 117mm 7.26kg Elite 110mm 6kg Elite 120mm 6kg Elite 119mm 6kg G 118mm 6kg Elite 106mm 6kg Elite 110mm 4kg Elite 90mm 4kg Elite 95mm 4kg Elite 103mm	800g Comet Nordic 11.4 800g Viking Nordic 10.4 800g Super Elite Nordic 9.0 800g Air glider Nordic 6.1 800g Orbit Nordic 5.0 600g Comet Nordic 12.1 600g Viking Nordic 11.1 600g Diana Nordic 8.0 600g Star Nordic 5.0	2kg Super Spin Brass 2kg High Spin Metal 2kg Denfi Jurgen Schult 1kg Super Spin Brass 1kg High Spin Metal

SPIKES

Spikes may be worn by athletes 10 and up. Athletes aged 10 to 11 can only wear spikes in laned events. Athletes 12 plus can wear spikes in any event other than discus, hammer and shot put. Please refer to the chart and image below for more information.

EVENTS	MAXIMUM SPIKE SIZE	TYPE
Track Events	7mm	Christmas tree, inverted Christmas tree, Short/long Pyramid
Long & Triple Jumps	7mm	Christmas tree, inverted Christmas tree, Short/long Pyramid, Jump
High Jump & Javelin	9mm for heel	Christmas tree, inverted Christmas tree, Short/long Pyramid, jump

PROTESTS AND APPEALS TO THE JURY

Protests should be given verbally to the event referee within 30 minutes of the event being conducted. Appeals against the referee's decision should be lodged in writing, accompanied by the nominated sum of \$50, within 30 minutes of the decision being announced. Necessary paperwork may be obtained from the Technical Information Centre. If the appeal is unsuccessful the money is forfeited.

APPROVED SHOE LIST

Please [CLICK HERE](#) for the current list* of shoes deemed approved by World Athletics (listed under Manuals & Guidelines).

*Please note that World Athletics continually amend the Approved Shoe List as they complete their testing of shoes, therefore athletes should ensure they check this list on a regular basis.

HEAT ALLOCATION / LANE DRAW

Thirty (30) minutes before the scheduled starting time for an event, heat allocation and lane draws will be conducted for track events.

WARM UP

Athletes are permitted to warm up on field two. There is no access to the field of play by spectators and coaches.

START RULE

World Athletics Rule TR16 will apply in full for all competitions conducted under the jurisdictions of ANQ, with the following dispensation: In the case of any competition (or part thereof) conducted exclusively for athletes competing in the under 14 age group and younger, Rules TR16, 16.6-7.2 and TR16, 16.8 shall be applied.

Athletes 14 to Open will compete under the No False Start rule.

VENDORS

CANTEEN

Operated by Ross River Athletics, open all day Saturday and Sunday. See menu as attachment.

COFFEE VAN

Operated both days, starting early morning.

OMG DONUTS

Delicious donuts, gluten free
10AM-5pm Saturday
9am-1pm Sunday

SMILES CHIROPRACTIC

Dr. Stacey Iles from Smiles Chiropractic, offering treatments all weekend at a reduced rate. Stacey provides a different approach to chiropractic care for people of all ages.



**2024 FESTIVAL OF ATHLETICS
INFORMATION BOOKLET
14-16 OF JUNE**



**Australian
Masters Athletics**

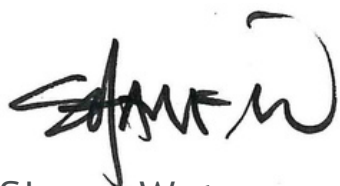
for athletes aged 30 and over

PRESIDENTS WELCOME

On behalf of Athletics North Queensland, welcome to the Festival of Athletics.,

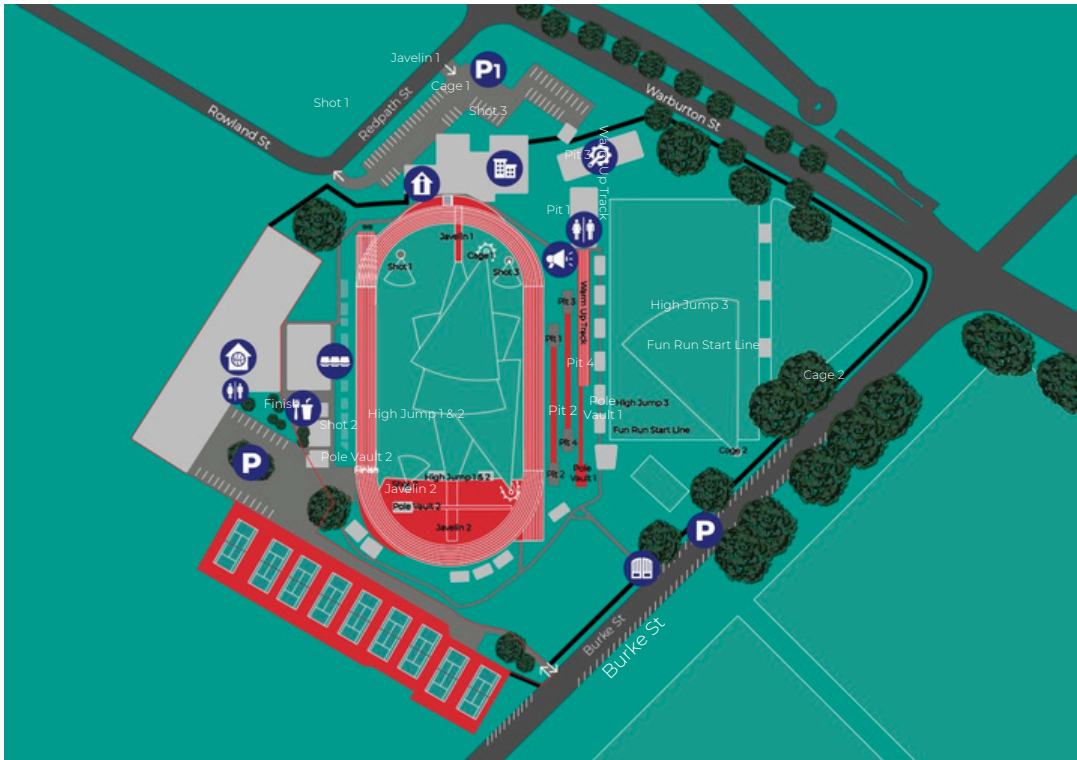
For our officials who have travelled from all regions across our state, we trust that you enjoy your time here in Townsville, whether it be on the track, pits, sectors, call room, photo finish, or equipment shed, with camaraderie shared between your fellow officials. I know that the athletes, coaches and supporters are eternally grateful for your dedication, as quite simply without you our sport cannot exist.

To our athletes may your results this weekend reflect your efforts, knowing that some are in recovery after a busy national season, whilst others are only just ramping up for the domestic regional season. Thank you for making the 2024 Festival of Athletics part of your athletics journey.

A handwritten signature in black ink, appearing to read 'Shane Watson', with a stylized flourish at the end.

Shane Watson

President – Athletics North Queensland



EVENT DATES

The festival of athletics is for anyone – you don't need to be a member of an athletics club to participate. In the Festival of Athletics, we are incorporating the Australian Masters Combined Events Championships.

All athletics events will commence at 8am on Saturday 15th of June and will finish approximately at 3.00pm.

Sunday 16th June 2024. Starting at 7am to 3pm. With Kid's athletics open for all ages starting at 10am.

KIDS KHAOS WITH KATE

Calling all kids! Don't miss out on the ultimate adventure at the Festival of Athletics this Sunday at 10am. Join us for Khaos with Kate, where the fun of fundamental athleticism comes to life! Run, jump, and throw your way through a series of thrilling games designed just for you.

This is an open invitation for all kids to unleash their inner athlete and experience the joy of sports.

So mark your calendars and get ready to dive into the excitement at Khaos with Kate, only at the Festival of Athletics



RULES

The festival will be conducted according to the rules of World Athletics, World Para Athletics, World Athletics Australia, and Athletics North Queensland.

AGE RULING

Age is actual age in years as of 31st December 2024. Master's Athletes (athletes over the age of 30) will compete in their age based on the 1st day of competition.

TECHNICAL INFORMATION CENTER

The Technical Information Centre (TIC) will be open from 3:00pm Friday. The TIC is the building located behind the start line at the back of the ANQ office.

UNIFORMS

Athletes can wear any apparel/clothing they wish if it is not offensive or discriminatory in nature.

PARA ATHLETES

Para-Athletes that supply a classification, who are 10 years and older enter in their own age division.

The Festival of Athletics will also include Frame Running. Athletes with a Frame Running classification are able to compete in the 60m and 100m.

SCRATCHINGS

If an athlete fails to scratch (remove themselves) from an event after confirmation or does not compete in all rounds of an event for which s/he has nominated for (doesn't include passing a round in a field event), s/he may not be permitted to compete further as outlined in World Athletics Rule TR4.4. This ruling will be applied to all athletes above the age of 10.

CALL ROOM

Athletes must report to the Call Room no less than 15 minutes before the scheduled starting time of their TRACK event to advise their intention to compete.

The Call Room will be located on the back straight underneath the red shade cover near the 200m start line.

Athletes must report to their field event site no less than 15 minutes before the scheduled starting time for their FIELD event to advise their intention to compete.

Athletes should be at the event site 30-60 minutes before the event start time for warm up. Failure to comply with this Rule may result in the athlete being scratched from that event.

PROGRESSIONS:

AGE	INDIVIDUAL FIELD EVENTS	HIGH JUMP	TRACK
4 – 7 Years	3 trials each	N/A	Timed Finals
8 – 9Years	3 trials each	Normal	Timed Finals
10-11 Years	4 trials each	Normal	Timed Finals
12–17 Years, Masters	3 trials each with top 8 going into 1 extra round (4 in total)	Normal	Heats will be run where there are more than 8 athletes entered in each age group/gender for the 100m, 200m, 400m and short hurdles.
18 – 19 Years, Open	3 trials each with top 8 going into 3 extra round (6 in total)	Normal	Heats will be run where there are more than 8 athletes entered in each age group/gender for the 100m, 200m, 400m and short hurdles.

CROUCH STARTS AND BLOCKS

Athletes aged 14 to opens must crouch start in all events up to and including 400m. Starting blocks are optional and athletes use blocks provided by the competition. Athletes in the masters age categories have the choice of doing crouch starts, three point starts and standing starts.

PRIVATE IMPLEMENTS

Athletes who wish to include their own throwing implements in the equipment pool (private implements may be used by any athlete in the competition), must lodge them with the Technical Manager at the Technical Equipment Room, no later than three hours before the scheduled starting time of the event on the day of competition or on a previous day. The implements will be impounded until after the competition when athletes may collect them from the Technical Equipment Room. A list of implements on offer at these Championships can be viewed below.

Competition Pool implements to be available at the start of competition include:

SHOT PUT	JAVELIN	DISCUS
7.26kg Elite 128mm 7.26kg Elite 125mm 7.26kg Elite 117mm 7.26kg Elite 110mm 6kg Elite 120mm 6kg Elite 119mm 6kg G 118mm 6kg Elite 106mm 6kg Elite 110mm 4kg Elite 90mm 4kg Elite 95mm 4kg Elite 103mm	800g Comet Nordic 11.4 800g Viking Nordic 10.4 800g Super Elite Nordic 9.0 800g Air glider Nordic 6.1 800g Orbit Nordic 5.0 600g Comet Nordic 12.1 600g Viking Nordic 11.1 600g Diana Nordic 8.0 600g Star Nordic 5.0	2kg Super Spin Brass 2kg High Spin Metal 2kg Denfi Jurgen Schult 1kg Super Spin Brass 1kg High Spin Metal

SPIKES

Spikes may be worn by athletes 10 and up. Athletes aged 10 to 11 can only wear spikes in laned events. Athletes 12 plus can wear spikes in any event other than discus, hammer and shot put. Please refer to the chart and image below for more information.

EVENTS	MAXIMUM SPIKE SIZE	TYPE
Track Events	7mm	Christmas tree, inverted Christmas tree, Short/long Pyramid
Long & Triple Jumps	7mm	Christmas tree, inverted Christmas tree, Short/long Pyramid, Jump
High Jump & Javelin	9mm for heel	Christmas tree, inverted Christmas tree, Short/long Pyramid, jump

PROTESTS AND APPEALS TO THE JURY

Protests should be given verbally to the event referee within 30 minutes of the event being conducted. Appeals against the referee's decision should be lodged in writing, accompanied by the nominated sum of \$50, within 30 minutes of the decision being announced. Necessary paperwork may be obtained from the Technical Information Centre. If the appeal is unsuccessful the money is forfeited.

APPROVED SHOE LIST

Please [CLICK HERE](#) for the current list* of shoes deemed approved by World Athletics (listed under Manuals & Guidelines).

*Please note that World Athletics continually amend the Approved Shoe List as they complete their testing of shoes, therefore athletes should ensure they check this list on a regular basis.

HEAT ALLOCATION / LANE DRAW

Thirty (30) minutes before the scheduled starting time for an event, heat allocation and lane draws will be conducted for track events.

WARM UP

Athletes are permitted to warm up on field two. There is no access to the field of play by spectators and coaches.

START RULE

World Athletics Rule TR16 will apply in full for all competitions conducted under the jurisdictions of ANQ, with the following dispensation: In the case of any competition (or part thereof) conducted exclusively for athletes competing in the under 14 age group and younger, Rules TR16, 16.6-7.2 and TR16, 16.8 shall be applied.

Athletes 14 to Open will compete under the No False Start rule.

VENDORS

CANTEEN

Operated by Ross River Athletics, open all day Saturday and Sunday. See menu as attachment.

COFFEE VAN

Operated both days, starting early morning.

OMG DONUTS

Delicious donuts, gluten free
10AM-5pm Saturday
9am-1pm Sunday

SMILES CHIROPRACTIC

Dr. Stacey Iles from Smiles Chiropractic, offering treatments all weekend at a reduced rate. Stacey provides a different approach to chiropractic care for people of all ages.



2024 FESTIVAL OF ATHLETICS
Incorporating
Australian Masters Multi Event Championships



Session: 1 DAY 1 AM

Day 1 - Saturday 15/06/2024 - Starts at 08:00 AM

Starts at		Event	
8:00 AM	#1	Girls Hammer 3.0kg 12yrs (U13)	CAGE 1
8:00 AM	#4	Women Hammer 3.0kg 15yrs (U16)	
8:00 AM	#5	Women Hammer 3.0kg Under 18	
8:00 AM	#7	Women 30-49 Hammer 4.0kg 30-49yrs	
8:00 AM	#8	Women 50+ Hammer 50-109yrs	
8:00 AM	#9	Girls High Jump 8yrs (U9)	
8:00 AM	#10	Boys High Jump 8yrs (U9)	Field 2
8:00 AM	#11	Girls Discus 500g 9yrs (U10)	SILVER
8:00 AM	#12	Boys Shot Put 2.0kg 9yrs (U10)	SHOT 2
8:00 AM	#13	Girls Shot Put 1.0kg 4yrs (U5)	
8:00 AM	#14	Girls Shot Put 1.0kg 5yrs (U6)	SHOT 3
8:00 AM	#15	Girls Shot Put 1.0kg 6yrs (U7)	
8:30 AM	#16	Heptathlon: #1 Women 90 m Hurdles U16	
8:30 AM	#17	Heptathlon: #1 Women 100 m Hurdles Under 18	
8:00 AM	#18	Heptathlon: #1 Men 100 m Hurdles U16	
8:30 AM	#22	Heptathlon: #1 Women 50+ 80 m Hurdles 50-109yrs	
8:35 AM	#23	Men 100 m Hurdles 10 x 84.0cm 14yrs (U15)	
8:35 AM	#24	Men 100 m Hurdles 10 x 84.0cm 15yrs (U16)	
8:35 AM	#25	Women 16-17 100 m Hurdles 10 x 76.2cm Under 18	
8:35 AM	#29	Men 50-59 100 m Hurdles 10 x 91.4cm 50-109yrs	
8:40 AM	#33	Men 110 m Hurdles 10 x 106.7cm Open	
8:40 AM	#34	Men 30-49 110 m Hurdles 10 x 99.1cm 30-49yrs	
8:45 AM	#35	Men 30-49 Long Jump 30-49yrs	LJ1
8:45 AM	#36	Men 50+ Long Jump 50-109yrs	
8:45 AM	#37	Women Long Jump 13yrs (U14)	
8:45 AM	#38	Women Long Jump 14yrs (U15)	
8:45 AM	#39	Women Long Jump 15yrs (U16)	
8:50 AM	#40	Women 90 m Hurdles 9 x 76.2cm 14yrs (U15)	
8:50 AM	#41	Women 90 m Hurdles 9 x 76.2cm 15yrs (U16)	
8:50 AM	#42	Boys 90 m Hurdles 9 x 76.2cm 12yrs (U13)	
8:50 AM	#43	Men 90 m Hurdles 9 x 76.2cm 13yrs (U14)	
8:55 AM	#44	Girls 80 m Hurdles 9 x 76.2cm 12yrs (U13)	
8:55 AM	#45	Women 80 m Hurdles 9 x 76.2cm 13yrs (U14)	
8:55 AM	#46	Women 40-49 80 m Hurdles 8 x 76.2cm 30-49yrs	
8:55 AM	#47	Women 50-59 80 m Hurdles 8 x 76.2cm 50-109yrs	
9:00 AM	#51	Boys 60 m Hurdles 6 x 68cm 11yrs (U12)	
9:02 AM	#52	Girls 60 m Hurdles 6 x 68cm 11yrs (U12)	
9:04 AM	#53	Girls 60 m Hurdles 6 x 60cm 10yrs (U11)	
9:06 AM	#55	Girls 60 m Hurdles 6 x 60cm 9yrs (U10)	
9:08 AM	#56	Boys 60 m Hurdles 6 x 60cm 9yrs (U10)	
9:10 AM	#57	Boys 60 m Hurdles 6 x 45cm 8yrs (U9)	
9:14 AM	#58	Girls 60 m Hurdles 6 x 45cm 8yrs (U9)	



2024 FESTIVAL OF ATHLETICS
Incorporating
Australian Masters Multi Event Championships



9:16 AM	#59	Girls 60 m Hurdles 6 x 45cm 7yrs (U8)	
9:18 AM	#60	Boys 60 m Hurdles 6 x 45cm 7yrs (U8)	
9:30 AM	#62	Girls 60 m 4yrs (U5)	
9:30 AM	#63	Boys 60 m 4yrs (U5)	
9:32 AM	#64	Girls 60 m 5yrs (U6)	
9:34 AM	#65	Boys 60 m 5yrs (U6)	
9:36 AM	#66	Girls 60 m 6yrs (U7)	
9:38 AM	#67	Boys 60 m 6yrs (U7)	
9:30 AM	#68	Girls High Jump 9yrs (U10)	
9:30 AM	#69	Boys High Jump 9yrs (U10)	Field 2
9:30 AM	#70	Boys High Jump 10yrs (U11)	
9:30 AM	#71	Boys Shot Put 3.0kg 12yrs (U13)	SHOT 2
9:30 AM	#72	Men Shot Put 3.0kg 13yrs (U14)	
9:30 AM	#73	Heptathlon: #2 Men High Jump U16	HJ1
9:30 AM	#74	Women 30-49 High Jump 30-49yrs	
9:30 AM	#75	Women 50+ High Jump 50-109yrs	
9:30 AM	#76	Men 30-49 High Jump 30-49yrs	
9:45 AM	#78	Decathlon: #1 Women 100 m Open	
9:45 AM	#79	Decathlon: #1 Women 30-49 100 m 30-49yrs	
9:45 AM	#80	Decathlon: #1 Men 100 m Under 18	
9:45 AM	#82	Decathlon: #1 Men 100 m Open	
9:45 AM	#83	Decathlon: #1 Men 30-49 100 m 30-49yrs	
9:45 AM	#84	Decathlon: #1 Men 50+ 100 m 50-109yrs	
9:45 AM	#85	Girls Shot Put 1.5kg 7yrs (U8)	SHOT 3
9:45 AM	#86	Boys Shot Put 1.5kg 7yrs (U8)	
9:45 AM	#87	Men Discus 1.0kg 13yrs (U14)	CAGE 1
9:45 AM	#88	Men Discus 1.0kg 14yrs (U15)	
9:45 AM	#89	Men Discus 1.0kg 15yrs (U16)	
9:45 AM	#90	Men Discus 1.5kg Under 18	
9:45 AM	#91	Men Discus 1.75kg Under 20	
9:45 AM	#92	Girls Discus 500g 8yrs (U9)	SHOT 4
9:45 AM	#93	Boys Discus 500g 8yrs (U9)	
9:50 AM	#94	Girls 100 m 12yrs (U13)	
9:50AM	94A	Women 16-17 100 m Under 18	
9:55AM		Men Invitational 100m	
9:55AM		Women Invitational 100m	
10:00 AM	#95	Boys Long Jump 4yrs (U5)	TJ PITS
10:00 AM	#96	Boys Long Jump 5yrs (U6)	
10:00 AM	#97	Boys Long Jump 6yrs (U7)	
10:00 AM	#98	Girls Long Jump 4yrs (U5)	TJ PITS
10:00 AM	#99	Girls Long Jump 5yrs (U6)	
10:00 AM	#100	Girls Long Jump 6yrs (U7)	



2024 FESTIVAL OF ATHLETICS
Incorporating
Australian Masters Multi Event Championships



10:30 AM	#102	Women Shot Put 3.0kg 15yrs (U16)	SP1
10:30 AM	#103	Women Shot Put 3.0kg Under 18	
10:30 AM	#104	Women Shot Put 4.0kg Under 20	
10:30 AM	#105	Girls 100 m 9yrs (U10)	
10:30 AM	#106	Boys 100 m 9yrs (U10)	
10:30 AM	#107	Girls 100 m 8yrs (U9)	
10:30 AM	#108	Boys 100 m 8yrs (U9)	
10:30 AM	#109	Girls 100 m 7yrs (U8)	
10:30 AM	#110	Boys 100 m 7yrs (U8)	
10:30 AM	#111	Men Long Jump PA Ambulant	LJ2
10:30 AM	#112	Men 16-17 Long Jump Under 18	
10:30 AM	#113	Men Long Jump Under 20	
10:30 AM	#114	Decathlon: #2 Men Long Jump Under 18	
10:30 AM	#116	Decathlon: #2 Men Long Jump Open	
10:30 AM	#117	Decathlon: #2 Men 30-49 Long Jump 30-49yrs	LJ1
10:30 AM	#118	Decathlon: #2 Men 50+ Long Jump 50-109yrs	
10:45 AM	#119	Men Hammer 7.26kg Open	CAGE 1
10:45 AM	#120	Women Hammer 4.0kg Open	
10:45 AM	#121	Decathlon: #2 Women Discus Open	CAGE 3
10:45 AM	#122	Decathlon: #2 Women 30-49 Discus 30-49yrs	
10:45 AM	#123	Men 30-49 Discus 2.0kg 30-49yrs	
10:45 AM	#124	Men 50+ Discus 50-109yrs	
10:45 AM	#125	Girls Javelin 400g 12yrs (U13)	JAV 2
10:45 AM	#126	Boys Javelin 600g 12yrs (U13)	
11:00 AM	#127	Boys Long Jump 7yrs (U8)	
11:00 AM	#128	Girls Long Jump 7yrs (U8)	
11:00 AM	#129	Girls 400 m 10yrs (U11)	
11:00 AM	#130	Boys 400 m 10yrs (U11)	
11:00 AM	#132	Girls 400 m 11yrs (U12)	
11:00 AM	#133	Girls 400 m 12yrs (U13)	
11:00 AM	#134	Women 400 m 13yrs (U14)	
11:00 AM	#135	Boys 400 m 12yrs (U13)	
11:00 AM	#136	Men 400 m 13yrs (U14)	
11:00 AM	#137	Women 400 m 14yrs (U15)	
11:00 AM	#138	Women 400 m 15yrs (U16)	
11:00 AM	#139	Men 400 m 14yrs (U15)	
11:00 AM	#140	Men 400 m 15yrs (U16)	
11:00 AM	#141	Women 16-17 400 m Under 18	
11:00 AM	#142	Women 400 m Under 20	
11:00 AM	#143	Women 400 m Open	
11:00 AM	#144	Women 30-49 400 m 30-49yrs	
11:00 AM	#148	Men 400 m Open	
11:00 AM	#149	Men 30-49 400 m 30-49yrs	
11:00 AM	#150	Men 50+ 400 m 50-109yrs	



2024 FESTIVAL OF ATHLETICS
Incorporating
Australian Masters Multi Event Championships



11:00 AM	#151	Girls Long Jump 8yrs (U9)	TRIPLE JUMP
11:00 AM	#152	Boys Long Jump 8yrs (U9)	
11:00 AM	#155	Men Triple Jump 14yrs (U15)	TRIPLE JUMP
11:00 AM	#156	Men Triple Jump 15yrs (U16)	
11:00 AM	#157	Women Triple Jump Open	
11:00 AM	#158	Men Triple Jump Open	
11:00 AM	#161	Heptathlon: #2 Women High Jump U16	
11:00 AM	#162	Heptathlon: #2 Women High Jump Under 18	
11:00 AM	#166	Heptathlon: #2 Women 50+ High Jump 50-109yrs	
11:15 AM	#167	Girls 100 m 4yrs (U5)	
11:15 AM	#168	Boys 100 m 4yrs (U5)	
11:17 AM	#169	Boys 100 m 5yrs (U6)	
11:19 AM	#170	Girls 100 m 5yrs (U6)	
11:19 AM	#171	Boys 100 m 6yrs (U7)	
11:21 AM	#172	Girls 100 m 6yrs (U7)	
11:32 AM	#174	Men 60 m Open	
11:32 AM	#177	Men 30-49 60 m 30-49yrs	
11:34 AM	#178	Men 50+ 60 m 50-109yrs	
11:36 AM	#173	Women 60 m Open	
11:36 AM	#175	Women 30-49 60 m 30-49yrs	
11:36 AM	#176	Women 50+ 60 m 50-109yrs	
11:30 AM	#682	Girls Discus 750g 10yrs (U11)	CAGE 2
11:30 AM	#68	Girls Discus 750g 11yrs (U12)	
	4		
11:30 AM	#179	Boys Shot Put 1.0kg 4yrs (U5)	SHOT 2
11:30 AM	#180	Boys Shot Put 1.0kg 5yrs (U6)	
11:30 AM	#181	Boys Shot Put 1.0kg 6yrs (U7)	
11:45 AM	#182	Boys 200 m 7yrs (U8)	
11:45 AM	#183	Girls 200 m 7yrs (U8)	
11:45 AM	#184	Men Shot Put 7.26kg Open	SHOT 1
11:45 AM	#185	Decathlon: #3 Men Shot Put Under 18	
11:45 AM	#187	Decathlon: #3 Men Shot Put Open	
11:45 AM	#188	Decathlon: #3 Men 30-49 Shot Put 30-49yrs	
11:45 AM	#189	Decathlon: #3 Men 50+ Shot Put 50-109yrs	
12:00 PM	#189	Decathlon: #3 Women Pole Vault Open	
12:00 PM	#190	Decathlon: #3 Women 30-49 Pole Vault 30-49yrs	
12:00 PM	#191	Men Javelin PA Ambulant	JAV 2
12:00 PM	#192	Men Javelin 600g 13yrs (U14)	
12:00 PM	#193	Men Javelin 700g 14yrs (U15)	
12:00 PM	#194	Men Javelin 700g 15yrs (U16)	
12:00 PM	#195	Men Javelin 700g Under 18	



2024 FESTIVAL OF ATHLETICS
Incorporating
Australian Masters Multi Event Championships



12:00 PM	#197	Men 30-49 Javelin 800g 30-49yrs	
12:00 PM	#198	Men 50+ Javelin 50-109yrs	
12:00 PM	#199	Women High Jump Open	
12:00 PM	#200	Men High Jump Open	
12:00 PM	#201	Girls Long Jump 12yrs (U13)	LJ1
12:00 PM	#202	Women 16-17 Long Jump Under 18	
12:00 PM	#203	Women 30-49 Long Jump 30-49yrs	
12:00 PM	#204	Girls Shot Put 3.0kg 12yrs (U13)	SHOT 3
12:00 PM	#205	Women Shot Put 3.0kg 13yrs (U14)	
12:00 PM	#206	Girls High Jump 10yrs (U11)	
12:30 PM	#207	Girls Discus 500g 7yrs (U8)	SHOT4
12:30 PM	#208	Boys Discus 500g 7yrs (U8)	
12:30 PM	#510	Girls Long Jump 9yrs (U10)	LJ2
12:30 PM	#511	Boys Long Jump 9yrs (U10)	
1:00 PM	#211	Women Shot Put PA Ambulant	SHOT 1
1:00 PM	#212	Women Shot Put 4.0kg Open	
1:00 PM	#213	Heptathlon: #3 Men Shot Put U16	
1:00 PM	#214	Heptathlon: #3 Women Shot Put U16	
1:00 PM	#215	Heptathlon: #3 Women Shot Put Under 18	
1:00 PM	#219	Heptathlon: #3 Women 50+ Shot Put 50-109yrs	
1:30 PM	#220	Boys Shot Put 2.0kg 8yrs (U9)	
1:30 PM	#221	Girls Shot Put 2.0kg 8yrs (U9)	
2:00 PM	#222	Women Discus 1.0kg Open	CAGE 1
2:00 PM	#223	Men Discus 2.0kg Open	
2:00 PM	#224	Girls Shot Put 2.0kg 9yrs (U10)	SHOT 2
2:00 PM	#225	Boys Discus 500g 9yrs (U10)	CAGE 2
2:00 PM	#226	Men High Jump Under 18	
2:00 PM	#228	Decathlon: #4 Men High Jump Under 18	
2:00 PM	#229	Decathlon: #4 Men High Jump Open	
2:00 PM	#230	Decathlon: #4 Men 30-49 High Jump 30-49yrs	
2:00 PM	#231	Decathlon: #4 Men 50+ High Jump 50-109yrs	
2:00 PM	#232	Girls 1500 m 10yrs (U11)	
2:00 PM	#233	Boys 1500 m 10yrs (U11)	
2:05 PM	#237	Girls 1500 m 11yrs (U12)	
2:05 PM	#238	Girls 1500 m 12yrs (U13)	



2024 FESTIVAL OF ATHLETICS
Incorporating
Australian Masters Multi Event Championships



2:05 PM	#239	Women 1500 m 13yrs (U14)	
2:05 PM	#241	Boys 1500 m 12yrs (U13)	
2:10 PM	#242	Men 1500 m 13yrs (U14)	
2:10 PM	#243	Women 1500 m 14yrs (U15)	
2:10 PM	#244	Women 1500 m 15yrs (U16)	
2:10 PM	#247	Women 1500 m Open	
2:10 PM	#251	Men 1500 m 15yrs (U16)	
2:10 PM	#255	Men 30-49 1500 m 30-49yrs	
2:10 PM	#256	Men 50+ 1500 m 50-109yrs	
2:10 PM	#257	Women 30-49 Shot Put 4.0kg 30-49yrs	
2:30 PM	#258	Women 50+ Shot Put 50-109yrs	SHOT 1
3:00 PM	#259	Girls 800 m 8yrs (U9)	
3:00 PM	#26	Boys 800 m 8yrs (U9)	
	0		
3:05 PM	#261	Girls 800 m 9yrs (U10)	
3:10 PM	#262	Boys 800 m 9yrs (U10)	
3:00 PM	#263	Girls Long Jump 10yrs (U11)	LJ1
3:00 PM	#264	Boys Long Jump 10yrs (U11)	
3:00 PM	#265	Boys Long Jump 11yrs (U12)	LJ2
3:00 PM	#266	Boys Long Jump 12yrs (U13)	
3:00 PM	#267	Men Long Jump 13yrs (U14)	
3:00 PM	#268	Heptathlon: #5 Men Long Jump U16	
3:00 PM	#269	Decathlon: #4 Women Javelin Open	JAV1
3:00 PM	#270	Decathlon: #4 Women 30-49 Javelin 30-49yrs	
3:00 PM	#271	Women Javelin 400g 13yrs (U14)	
3:00 PM	#273	Women Javelin 500g 15yrs (U16)	
3:00 PM	#274	Women Javelin 500g Under 18	
3:30 PM	#276	Heptathlon: #4 Men 200 m U16	
3:30 PM	#277	Heptathlon: #4 Women 200 m U16	
3:30 PM	#278	Heptathlon: #4 Women 200 m Under 18	
3:30 PM	#282	Heptathlon: #4 Women 50+ 200 m 50-109yrs	
4:00 PM	#283	Decathlon: #5 Women 400 m Open	
4:00 PM	#284	Decathlon: #5 Women 30-49 400 m 30-49yrs	
4:00 PM	#285	Decathlon: #5 Men 400 m Under 18	
4:00 PM	#287	Decathlon: #5 Men 30-49 400 m 30-49yrs	
4:00 PM	#288	Decathlon: #5 Men 400 m Open	
4:00 PM	#289	Decathlon: #5 Men 50+ 400 m 50-109yrs	
4:30 PM	#29	Men Pole Vault 12yrs (U13)	
	0		
4:30 PM	#294	Women Pole Vault 14yrs (U15)	
4:30 PM	#295	Men Pole Vault 14yrs (U15)	
4:30 PM	#298	Men Pole Vault Under 18	
4:30 PM	#30	Women Pole Vault Open	
	2		
4:30 PM	#30	Women 30-49 Pole Vault 30-49yrs	
	3		



2024 FESTIVAL OF ATHLETICS
Incorporating
Australian Masters Multi Event Championships



4:30 PM	#307	Men 100 m Open
4:30 PM	#30	Women 100 m Open
	8	
4:30 PM	#30	Women 100 m Under 20
	9	
4:45 PM	#311	Men 100 m Under 20
4:45 PM	#312	Men 16-17 100 m Under 18
5:00 PM	#313	Women 30-49 100 m 30-49yrs
5:00 PM	#314	Women 50+ 100 m 50-109yrs
5:10 PM	#315	Men 30-49 100 m 30-49yrs
5:10 PM	#316	Men 50+ 100 m 50-109yrs
5:15 PM	#317	Girls 100 m 10yrs (U11)
5:17 PM	#319	Girls 100 m 11yrs (U12)
5:17 PM	#318	Boys 100 m 10yrs (U11)
5:19 PM	#32	Boys 100 m 11yrs (U12)
	0	
5:20 PM	#321	Girls 100 m 12yrs (U13)
5:21 PM	#322	Boys 100 m 12yrs (U13)
5:22 PM	#323	Women 100 m 13yrs (U14)
5:20 PM	#324	Men 100 m 13yrs (U14)
5:20 PM	#325	Women 100 m 14yrs (U15)
5:20 PM	#326	Men 100 m 14yrs (U15)
5:20 PM	#327	Women 100 m 15yrs (U16)
5:20 PM	#328	Women 16-17 100 m Under 18
5:20 PM	#329	Men 100 m 15yrs (U16)
5:20 PM	#33	Men 100 m PA Ambulant
	0	
5:45 PM	#344	Men 50-59 3000 m Steeplechase 84.0cm 50-109yrs



2024 FESTIVAL OF ATHLETICS
Incorporating
Australian Masters Multi Event Championships
DAY 2



Start	Event	Location
7:00 AM	Men 3000 m 13yrs (U14)	
7:00 AM	Men 3000 m 15yrs (U16)	
7:00 AM	Men 50+ 3000 m 50-109yrs	
7:00 AM	Men 5000 m Open	
7:00 AM	Women 5000 m Open	
7:00 AM	Men 30-49 5000 m 30-49yrs	
7:00 AM	Women 50+ 5000 m 50-109yrs	
8:00 AM	Girls 800 m Race Walk 10yrs (U11)	
8:00 AM	Boys 800 m Race Walk 10yrs (U11)	
8:00 AM	Girls 1500 m Race Walk 12yrs (U13)	
8:00 AM	Boys 1500 m Race Walk 12yrs (U13)	
8:00 AM	Women 3000 m Race Walk 15yrs (U16)	
8:00 AM	Men 5000 m Race Walk Open	
8:00 AM	Boys Hammer 3.0kg 12yrs (U13)	CAGE 1
8:00 AM	Men Hammer 3.0kg 13yrs (U14)	
8:00 AM	Men Hammer 4.0kg 14yrs (U15)	
8:00 AM	Men Hammer 4.0kg 15yrs (U16)	
8:00 AM	Men Hammer 5.0kg U 18	
8:00 AM	Men 30-49 Hammer 7.26kg 30-49yrs	
8:00 AM	Men 50+ Hammer 50-109yrs	
8:00 AM	Girls Shot Put 2.0kg 10yrs (U11)	
8:00 AM	Girls Shot Put 2.0kg 11yrs (U12)	
8:00 AM	Boys Shot Put 2.0kg 10yrs (U11)	
8:30 AM	Boys Shot Put 3.0kg 11yrs (U12)	
8:30 AM	Girls Discus 750gm 12yrs (U13)	SILVER CAGE
8:30 AM	Women Discus 1.0kg 13yrs (U14)	
8:30 AM	Women Discus 1.0kg 15yrs (U16)	
8:30 AM	Women Discus 1.0kg U 18	
8:30 AM	Women Discus 1.0kg U 20	
8:30 AM	Women 30-49 Discus 1.0kg 30-49yrs	
8:30 AM	Women 50+ Discus 50-109yrs	
8:30 AM	Decathlon: #6 Women 110 m Hurdles Open	
8:30 AM	Decathlon: #6 Women 30-49 100 m Hurdles 30-49yrs	
8:30 AM	Decathlon: #6 Men 110 m Hurdles U 18	
8:30 AM	Decathlon: #6 Men 110 m Hurdles Open	
8:30 AM	Decathlon: #6 Men 30-49 100 m Hurdles 30-49yrs	
8:30 AM	Decathlon: #10 Men 30-49 1500 m 30-49yrs	
8:30 AM	Decathlon: #6 Men 50+ 100 m Hurdles 50-109yrs	
9:15 AM	Girls 200 m 12yrs (U13)	
9:15 AM	Women 16-17 200 m U 18	
9:30 AM	Decathlon: #7 Women 30-49 Long Jump 30-49yrs	LONG JUMP
9:30 AM	Decathlon: #7 Women Long Jump Open	PIT 1
9:30 AM	Heptathlon: #5 Women Long Jump U16	
9:30 AM	Heptathlon: #5 Women Long Jump U 18	
9:30 AM	Heptathlon: #5 Women 50+ Long Jump 50-109yrs	



2024 FESTIVAL OF ATHLETICS
Incorporating
Australian Masters Multi Event Championships



9:30 AM	Decathlon: #7 Men Discus U 18	
9:30 AM	Decathlon: #7 Men Discus Open	
9:30 AM	Decathlon: #7 Men 30-49 Discus 30-49yrs	
9:30 AM	Decathlon: #7 Men 50+ Discus 50-109yrs	
10:00 AM	Girls 800 m 10yrs (U11)	
10:00 AM	Boys 800 m 10yrs (U11)	
10:00 AM	Girls 800 m 11yrs (U12)	
10:00 AM	Girls 800 m 12yrs (U13)	
10:00 AM	Boys 800 m 11yrs (U12)	
10:00 AM	Boys 800 m 12yrs (U13)	
10:00 AM	Women 30-49 Javelin 600g 30-49yrs	JAV 1
10:00 AM	Women 50+ Javelin 50-109yrs	
10:15 AM	Men Shot Put 4.0kg 14yrs (U15)	SHOT 2
10:15 AM	Men Shot Put 4.0kg 15yrs (U16)	
10:15 AM	Men 50+ Shot Put 50-109yrs	
10:15 AM	Men 30-49 Shot Put 7.26kg 30-49yrs	
10:15 AM	Decathlon: #8 Women Shot Put Open	SHOT 1
10:15 AM	Decathlon: #8 Women 30-49 Shot Put 30-49yrs	
10:15 AM	Boys Discus 750g 10yrs (U11)	CAGE 2
10:15 AM	Boys Discus 750g 11yrs (U12)	
10:15 AM	Boys Discus 750gm 12yrs (U13)	
10:15 AM	Women 800 m 13yrs (U14)	
10:15 AM	Women 800 m 14yrs (U15)	
10:15 AM	Women 16-17 800 m U 18	
10:15 AM	Women 800 m U 20	
10:15 AM	Women 30-49 800 m 30-49yrs	
10:30 AM	Girls High Jump 11yrs (U12)	HJ1
10:30 AM	Boys High Jump 11yrs (U12)	
10:30 AM	Men 800 m 13yrs (U14)	
10:30 AM	Men 800 m 14yrs (U15)	
10:30 AM	Men 800 m 15yrs (U16)	
10:30 AM	Men 30-49 800 m 30-49yrs	
10:30 AM	Men 50+ 800 m 50-109yrs	
10:50 AM	Men Long Jump 14yrs (U15)	LJ1
10:50 AM	Men Long Jump 15yrs (U16)	
10:50 AM	Girls Triple Jump 12yrs (U13)	TJ
10:50 AM	Women Triple Jump 13yrs (U14)	
10:50 AM	Women Triple Jump 14yrs (U15)	
10:50 AM	Women Triple Jump 15yrs (U16)	
10:50 AM	Women 16-17 Triple Jump U 18	
10:50 AM	Women 30-49 Triple Jump 30-49yrs	
11:00 AM	Decathlon: #8 Men Pole Vault U 18	
11:00 AM	Decathlon: #8 Men Pole Vault Open	
11:00 AM	Decathlon: #8 Men 30-49 Pole Vault 30-49yrs	
11:00 AM	Decathlon: #8 Men 50+ Pole Vault 50-109yrs	



2024 FESTIVAL OF ATHLETICS

Incorporating

Australian Masters Multi Event Championships



JAV1

**Australian
Masters Athletics**

...for athletes aged 30 and over

11:15 AM	Heptathlon: #6 Men Javelin U16	
11:15 AM	Heptathlon: #6 Women Javelin U16	
11:15 AM	Heptathlon: #6 Women Javelin U 18	
11:15 AM	Heptathlon: #6 Women 50+ Javelin 50-109yrs	
11:30 AM	Girls High Jump 12yrs (U13)	HJ2
11:30 AM	Boys High Jump 12yrs (U13)	
11:30 AM	Women High Jump 13yrs (U14)	
11:30 AM	Men High Jump 13yrs (U14)	
11:50 AM	Men 200 m Hurdles 10 x 76.2cm 14yrs (U15)	
11:50 AM	Men 200 m Hurdles 10 x 76.2cm 15yrs (U16)	
11:50 AM	Women 200 m Hurdles 10 x 76.2cm 13yrs (U14)	
11:50 AM	Women 200 m Hurdles 10 x 76.2cm 14yrs (U15)	
11:50 AM	Women 200 m Hurdles 10 x 76.2cm 15yrs (U16)	
12:00 PM	Girls Long Jump 11yrs (U12)	LJ 1
12:00 PM	Women Long Jump Open	
12:00 PM	Men Long Jump Open	
12:10 PM	Women 400 m Hurdles 10 x 76.2cm Open	
12:10 PM	Men 400 m Hurdles 10 x 91.4cm 30-49yrs	
12:10 PM	Men 16-17 Triple Jump U 18	TJ
12:10 PM	Men Triple Jump U 20	
12:10 PM	Men 30-49 Triple Jump 30-49yrs	
12:10 PM	Men 50+ Triple Jump 50-109yrs	
12:00 PM	Boys Triple Jump 12yrs (U13)	
12:00 PM	Men Triple Jump 13yrs (U14)	
1:00 PM	Men High Jump 14yrs (U15)	HJ1
1:00 PM	Women High Jump 14yrs (U15)	
1:00 PM	Women High Jump 15yrs (U16)	
1:00 PM	Decathlon: #9 Women High Jump Open	
1:00 PM	Decathlon: #9 Women 30-49 High Jump 30-49yrs	
1:00 PM	Men Javelin 800g Open	JAV 1
1:00 PM	Decathlon: #9 Men Javelin U 18	
1:00 PM	Decathlon: #9 Men Javelin Open	
1:00 PM	Decathlon: #9 Men 30-49 Javelin 30-49yrs	
1:00 PM	Decathlon: #9 Men 50+ Javelin 50-109yrs	
1:15 PM	Heptathlon: #7 Men 1000 m U16	
1:15 PM	Heptathlon: #7 Women 800 m U16	
1:15 PM	Heptathlon: #7 Women 800 m U 18	
1:15 PM	Heptathlon: #7 Women 50+ 800 m 50-109yrs	
1:30 PM	Men 200 m Open	
1:30 PM	Men 200 m U 20	
1:30 PM	Men 16-17 200 m U 18	
1:30 PM	Men 30-49 200 m 30-49yrs	
1:30 PM	Men 50+ 200 m 50-109yrs	
1:40 PM	Women 200 m Open	
1:40 PM	Women 200 m U 20	
1:40 PM	Women 16-17 200 m U 18	
1:50 PM	Boys 200 m 10yrs (U11)	
1:50 PM	Girls 200 m 10yrs (U11)	



2024 FESTIVAL OF ATHLETICS

Incorporating

Australian Masters Multi Event Championships



1:50 PM	Boys 200 m 11yrs (U12)
1:50 PM	Girls 200 m 11yrs (U12)
1:50 PM	Boys 200 m 12yrs (U13)
1:50 PM	Girls 200 m 12yrs (U13)
2:00 PM	Men 200 m 13yrs (U14)
2:00 PM	Women 200 m 13yrs (U14)
2:00 PM	Men 200 m 14yrs (U15)
2:00 PM	Women 200 m 14yrs (U15)
2:00 PM	Men 200 m 15yrs (U16)
2:00 PM	Women 200 m 15yrs (U16)
2:30 PM	Decathlon: #10 Women 1500 m Open
2:30 PM	Decathlon: #10 Women 30-49 1500 m 30-49yrs
2:30 PM	Decathlon: #10 Men 1500 m Open
2:30 PM	Decathlon: #10 Men 1500 m U 18
2:30 PM	Decathlon: #10 Men 50+ 1500 m 50-109yrs

FESTIVAL



2024 FESTIVAL OF ATHLETICS
Incorporating
Australian Masters Multi Event Championships
DAY 2



Day 2 - Sunday 16/06/2024 - Starts at 07:00 AM

Start	Event	Location
7:00 AM	Men 3000 m 13yrs (U14)	
7:00 AM	Men 3000 m 15yrs (U16)	
7:00 AM	Men 50+ 3000 m 50-109yrs	
7:00 AM	Men 5000 m Open	
7:00 AM	Women 5000 m Open	
7:00 AM	Men 30-49 5000 m 30-49yrs	
7:00 AM	Women 50+ 5000 m 50-109yrs	
8:00 AM	Girls 800 m Race Walk 10yrs (U11)	
8:00 AM	Boys 800 m Race Walk 10yrs (U11)	
8:00 AM	Girls 1500 m Race Walk 12yrs (U13)	
8:00 AM	Boys 1500 m Race Walk 12yrs (U13)	
8:00 AM	Women 3000 m Race Walk 15yrs (U16)	
8:00 AM	Men 5000 m Race Walk Open	
8:00 AM	Boys Hammer 3.0kg 12yrs (U13)	CAGE 1
8:00 AM	Men Hammer 3.0kg 13yrs (U14)	
8:00 AM	Men Hammer 4.0kg 14yrs (U15)	
8:00 AM	Men Hammer 4.0kg 15yrs (U16)	
8:00 AM	Men Hammer 5.0kg U 18	
8:00 AM	Men 30-49 Hammer 7.26kg 30-49yrs	
8:00 AM	Men 50+ Hammer 50-109yrs	
8:00 AM	Girls Shot Put 2.0kg 10yrs (U11)	
8:00 AM	Girls Shot Put 2.0kg 11yrs (U12)	
8:00 AM	Boys Shot Put 2.0kg 10yrs (U11)	
8:30 AM	Boys Shot Put 3.0kg 11yrs (U12)	
8:30 AM	Girls Discus 750gm 12yrs (U13)	SILVER CAGE
8:30 AM	Women Discus 1.0kg 13yrs (U14)	
8:30 AM	Women Discus 1.0kg 15yrs (U16)	
8:30 AM	Women Discus 1.0kg U 18	
8:30 AM	Women Discus 1.0kg U 20	
8:30 AM	Women 30-49 Discus 1.0kg 30-49yrs	
8:30 AM	Women 50+ Discus 50-109yrs	
8:30 AM	Decathlon: #6 Women 110 m Hurdles Open	
8:30 AM	Decathlon: #6 Women 30-49 100 m Hurdles 30-49yrs	
8:30 AM	Decathlon: #6 Men 110 m Hurdles U 18	
8:30 AM	Decathlon: #6 Men 110 m Hurdles Open	
8:30 AM	Decathlon: #6 Men 30-49 100 m Hurdles 30-49yrs	
8:30 AM	Decathlon: #10 Men 30-49 1500 m 30-49yrs	
8:30 AM	Decathlon: #6 Men 50+ 100 m Hurdles 50-109yrs	
9:15 AM	Girls 200 m 12yrs (U13)	
9:15 AM	Women 16-17 200 m U 18	
9:30 AM	Decathlon: #7 Women 30-49 Long Jump 30-49yrs	LONG JUMP PIT 1
9:30 AM	Decathlon: #7 Women Long Jump Open	
9:30 AM	Heptathlon: #5 Women Long Jump U16	
9:30 AM	Heptathlon: #5 Women Long Jump U 18	
9:30 AM	Heptathlon: #5 Women 50+ Long Jump 50-109yrs	



2024 FESTIVAL OF ATHLETICS

Incorporating

Australian Masters Multi Event Championships



9:30 AM	Decathlon: #7 Men Discus U 18	
9:30 AM	Decathlon: #7 Men Discus Open	
9:30 AM	Decathlon: #7 Men 30-49 Discus 30-49yrs	
9:30 AM	Decathlon: #7 Men 50+ Discus 50-109yrs	
10:00 AM	Girls 800 m 10yrs (U11)	
10:00 AM	Boys 800 m 10yrs (U11)	
10:00 AM	Girls 800 m 11yrs (U12)	
10:00 AM	Girls 800 m 12yrs (U13)	
10:00 AM	Boys 800 m 11yrs (U12)	
10:00 AM	Boys 800 m 12yrs (U13)	
10:00 AM	Women 30-49 Javelin 600g 30-49yrs	JAV 1
10:00 AM	Women 50+ Javelin 50-109yrs	
10:15 AM	Men Shot Put 4.0kg 14yrs (U15)	SHOT 2
10:15 AM	Men Shot Put 4.0kg 15yrs (U16)	
10:15 AM	Men 50+ Shot Put 50-109yrs	
10:15 AM	Men 30-49 Shot Put 7.26kg 30-49yrs	
10:15 AM	Decathlon: #8 Women Shot Put Open	SHOT 1
10:15 AM	Decathlon: #8 Women 30-49 Shot Put 30-49yrs	
10:15 AM	Boys Discus 750g 10yrs (U11)	CAGE 2
10:15 AM	Boys Discus 750g 11yrs (U12)	
10:15 AM	Boys Discus 750gm 12yrs (U13)	
10:15 AM	Women 800 m 13yrs (U14)	
10:15 AM	Women 800 m 14yrs (U15)	
10:15 AM	Women 16-17 800 m U 18	
10:15 AM	Women 800 m U 20	
10:15 AM	Women 30-49 800 m 30-49yrs	
10:30 AM	Girls High Jump 11yrs (U12)	HJ1
10:30 AM	Boys High Jump 11yrs (U12)	
10:30 AM	Men 800 m 13yrs (U14)	
10:30 AM	Men 800 m 14yrs (U15)	
10:30 AM	Men 800 m 15yrs (U16)	
10:30 AM	Men 30-49 800 m 30-49yrs	
10:30 AM	Men 50+ 800 m 50-109yrs	
10:50 AM	Men Long Jump 14yrs (U15)	LJ1
10:50 AM	Men Long Jump 15yrs (U16)	
10:50 AM	Girls Triple Jump 12yrs (U13)	TJ
10:50 AM	Women Triple Jump 13yrs (U14)	
10:50 AM	Women Triple Jump 14yrs (U15)	
10:50 AM	Women Triple Jump 15yrs (U16)	
10:50 AM	Women 16-17 Triple Jump U 18	
10:50 AM	Women 30-49 Triple Jump 30-49yrs	
11:00 AM	Decathlon: #8 Men Pole Vault U 18	
11:00 AM	Decathlon: #8 Men Pole Vault Open	
11:00 AM	Decathlon: #8 Men 30-49 Pole Vault 30-49yrs	
11:00 AM	Decathlon: #8 Men 50+ Pole Vault 50-109yrs	



2024 FESTIVAL OF ATHLETICS
Incorporating
Australian Masters Multi Event Championships



11:15 AM	Heptathlon: #6 Men Javelin U16	JAV1
11:15 AM	Heptathlon: #6 Women Javelin U16	
11:15 AM	Heptathlon: #6 Women Javelin U 18	
11:15 AM	Heptathlon: #6 Women 50+ Javelin 50-109yrs	
11:30 AM	Girls High Jump 12yrs (U13)	HJ2
11:30 AM	Boys High Jump 12yrs (U13)	
11:30 AM	Women High Jump 13yrs (U14)	
11:30 AM	Men High Jump 13yrs (U14)	
11:50 AM	Men 200 m Hurdles 10 x 76.2cm 14yrs (U15)	
11:50 AM	Men 200 m Hurdles 10 x 76.2cm 15yrs (U16)	
11:50 AM	Women 200 m Hurdles 10 x 76.2cm 13yrs (U14)	
11:50 AM	Women 200 m Hurdles 10 x 76.2cm 14yrs (U15)	
11:50 AM	Women 200 m Hurdles 10 x 76.2cm 15yrs (U16)	
12:00 PM	Girls Long Jump 11yrs (U12)	LJ 1
12:00 PM	Women Long Jump Open	
12:00 PM	Men Long Jump Open	
12:10 PM	Women 400 m Hurdles 10 x 76.2cm Open	
12:10 PM	Men 400 m Hurdles 10 x 91.4cm 30-49yrs	
12:10 PM	Men 16-17 Triple Jump U 18	TJ
12:10 PM	Men Triple Jump U 20	
12:10 PM	Men 30-49 Triple Jump 30-49yrs	
12:10 PM	Men 50+ Triple Jump 50-109yrs	
12:00 PM	Boys Triple Jump 12yrs (U13)	
12:00 PM	Men Triple Jump 13yrs (U14)	
1:00 PM	Men High Jump 14yrs (U15)	HJ1
1:00 PM	Women High Jump 14yrs (U15)	
1:00 PM	Women High Jump 15yrs (U16)	
1:00 PM	Decathlon: #9 Women High Jump Open	
1:00 PM	Decathlon: #9 Women 30-49 High Jump 30-49yrs	
1:00 PM	Men Javelin 800g Open	JAV 1
1:00 PM	Decathlon: #9 Men Javelin U 18	
1:00 PM	Decathlon: #9 Men Javelin Open	
1:00 PM	Decathlon: #9 Men 30-49 Javelin 30-49yrs	
1:00 PM	Decathlon: #9 Men 50+ Javelin 50-109yrs	
1:15 PM	Heptathlon: #7 Men 1000 m U16	
1:15 PM	Heptathlon: #7 Women 800 m U16	
1:15 PM	Heptathlon: #7 Women 800 m U 18	
1:15 PM	Heptathlon: #7 Women 50+ 800 m 50-109yrs	
1:30 PM	Men 200 m Open	
1:30 PM	Men 200 m U 20	
1:30 PM	Men 16-17 200 m U 18	
1:30 PM	Men 30-49 200 m 30-49yrs	
1:30 PM	Men 50+ 200 m 50-109yrs	
1:40 PM	Women 200 m Open	
1:40 PM	Women 200 m U 20	
1:40 PM	Women 16-17 200 m U 18	
1:50 PM	Boys 200 m 10yrs (U11)	
1:50 PM	Girls 200 m 10yrs (U11)	



2024 FESTIVAL OF ATHLETICS

Incorporating

Australian Masters Multi Event Championships



1:50 PM	Boys 200 m 11yrs (U12)
1:50 PM	Girls 200 m 11yrs (U12)
1:50 PM	Boys 200 m 12yrs (U13)
1:50 PM	Girls 200 m 12yrs (U13)
2:00 PM	Men 200 m 13yrs (U14)
2:00 PM	Women 200 m 13yrs (U14)
2:00 PM	Men 200 m 14yrs (U15)
2:00 PM	Women 200 m 14yrs (U15)
2:00 PM	Men 200 m 15yrs (U16)
2:00 PM	Women 200 m 15yrs (U16)
2:30 PM	Decathlon: #10 Women 1500 m Open
2:30 PM	Decathlon: #10 Women 30-49 1500 m 30-49yrs
2:30 PM	Decathlon: #10 Men 1500 m Open
2:30 PM	Decathlon: #10 Men 1500 m U 18
2:30 PM	Decathlon: #10 Men 50+ 1500 m 50-109yrs

FESTIVAL

CANTEEN

BREKKY 7AM - 10AM



Bacon & Egg Muffins;

sauce of choice, cheese, bacon & egg \$5

Brekky Wrap;

sauce of choice, cheese, spinach, tomato, bacon & egg . . \$7

Toasted Sandwiches;

choice of bacon, egg, ham, cheese, tomato \$5

Croissant with either;

ham, cheese, tomato \$4

Quiche Lorraine \$4

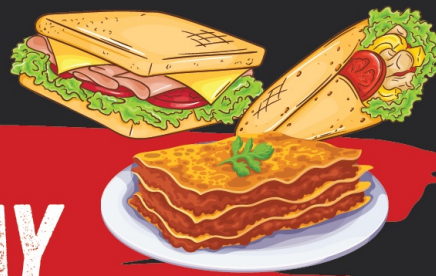
Hash Brown \$2



**ROSS RIVER
ATHLETICS CLUB**

CANTEEN

AVAILABLE ALL DAY



HOT MEALS

Beef Lasagne	\$7
Thai Green Chicken Curry with rice	\$7
Butter Chicken & rice.	\$7
3 Cheese macaroni	\$7

SANDWICHES

Egg, Ham or Chicken	\$4
-------------------------------	-----

ROLLS

With cheese, spinach, tomato, carrot, cucumber and red onion - Chicken or Ham	\$6
---	-----

TURKISH ROLLS - Can be toasted or fresh	\$7
---	-----

BLT, Buffalo Chicken BLT or Ham

WRAPS - Can be toasted or fresh	\$7
---	-----

Chicken Caesar, Greek Lamb or Buffalo Chicken



**ROSS RIVER
ATHLETICS CLUB**

CANTEEN

AVAILABLE FROM 10AM



Hot Chips	\$3
Wedges with Sweet Chilli & Sour Cream	\$5
Pluto Pup	\$4
Vegetable Spring Rolls with Sweet Chilli (x3)	\$4
Chicken Chippee's	\$5
Nuggets & Chips	\$5
Meat Pie & Sauce	\$4
Sausage Roll & Sauce	\$4
Fish & Chips with lemon & tartare	\$7
Roast Pork & gravy roll	\$7
Hamburger; Bun, cheese, lettuce, carrot, tomato, cucumber, onion & beetroot	\$8



**ROSS RIVER
ATHLETICS CLUB**

CANTEEN

AVAILABLE ALL DAY



SUSHI

(Saturday only to ensure freshness) per roll \$5

Teriyaki Chicken with cucumber,
Prawn & avocado, Tuna & cucumber
or Karaage Chicken & avocado



SALAD BOWLS

add lemon marinated chicken / tuna for extra \$2 .. \$6

Caesar Salad, Greek Salad or Garden Salad

FRUIT & MISCELLANIOUS



Tub of Greek yoghurt \$3

Fruit Salad cup \$5

Watermelon cup \$4

Orange pieces cup \$4

Berry cup \$5

Banana \$1

ASSORTED CAKES / SLICES / BISCUITS \$3

Gluten free options available \$3



ROSS RIVER
ATHLETICS CLUB