

Track Meet 2009

University of the Sunshine Coast Masters Club

Ph: Trevor Dryden (mob): 0407 775 853

Ph: Rob White (mob): 0447 699 397

Saturday 15 th August				Saturday 7 th November			
Track		Field		Track		Field	
2.00pm	60m	2.15pm	Discus	4.00pm	60m	4.15pm	Long/Triple Jump
2.45pm	100m	3.00pm	Long/Triple Jump	4.45pm	100m	5.00pm	Shot Put
3.30pm	400m	3.40pm	Shot Put	5.30pm	400m	5.45pm	Discus
4.00pm	1500m			6.00pm	1500m		
Saturday 29 th August				Saturday 21 st November			
2.00pm	60m	2.15pm	Long/Triple Jump	4.00pm	60m	4.15pm	Javelin
2.45pm	200m	3.00pm	Javelin	4.45pm	200m	5.00pm	Long/Triple Jump
3.30pm	800m	3.40pm	Shot Put	5.30pm	800m	5.45pm	Shot Put
4.00pm	3000m						
Saturday 5 th September				Saturday 5 th December			
2.00pm	60m	2.15pm	Discus	4.00pm	60m	4.15pm	Long/Triple Jump
2.45pm	150m	3.00pm	Long/Triple Jump	4.45pm	150m	5.00pm	Shot Put
3.30pm	300m	3.40pm	Shot Put	5.30pm	300m	5.45pm	Discus
4.00pm	500m			6.00pm	1000m		
Saturday 26 th September				Saturday 19 th December			
2.00pm	60m	2.15pm	Javelin	 “Christmas Break up” 			
2.45pm	400m	3.00pm	Long/Triple Jump	4.00pm	60m	4.15pm	Shot Put
3.30pm	100m	3.40pm	Shot Put	4.30pm	100m	4.45pm	Long/Triple Jump
4.00pm	1500m			“Short Meet”			
Saturday 10 th October				<u>SIGN ON</u> <ul style="list-style-type: none"> • Sign On – 1.30pm for a 2.00pm start until the 24th October • Sign On – 3.30pm for a 4.00pm start from the 7th November 			
2.00pm	60m	2.15pm	Discus				
2.45pm	150m	3.00pm	Long/Triple Jump				
3.30pm	300m	3.40pm	Shot Put				
4.00pm	500m						
Saturday 24 th October							
2.00pm	60m	2.15pm	Long/Triple Jump				
2.45pm	100m	3.00pm	Javelin				
3.30pm	200m	3.40pm	Shot Put				
4.00pm	300m						

Ground Fees: \$5.00 per person

Time Table is a Rough Guide of Events

High Jump and Hurdles on Request

“ALL ATHLETES WELCOME”