

## 2015/2016 AACT Championships (incorporating 2016 Canberra IPC Grand Prix)

### DRAFT Timetable

Depending on entries for field events, some ages may be combined in different combinations over the three days.

Day 1 Champs 5 <sup>th</sup> February	Track - Male and Female	Field - Male	Field - Female
6:30pm (15 min check in)		High Jump <ul style="list-style-type: none"> <li>• All Ages M</li> </ul>	Discus <ul style="list-style-type: none"> <li>• U18 &amp; U20 &amp; Open</li> </ul> Long Jump <ul style="list-style-type: none"> <li>• Under U14 &amp;16</li> </ul>
6:45pm (15 min check in)	3/5km Walk	Shot Put <ul style="list-style-type: none"> <li>• U18 &amp; U20 &amp; Open</li> </ul>	
7:30pm (30 min check in for all athletes from start of the first Hurdles race)		Long Jump <ul style="list-style-type: none"> <li>• Under U14 &amp;16</li> </ul>	High Jump <ul style="list-style-type: none"> <li>• All Ages F</li> </ul>
7:45pm (30 min check in)	200m Hurdles Finals  400m Hurdles Finals	Shot Put <ul style="list-style-type: none"> <li>• U14 &amp; U16</li> </ul>	Discus <ul style="list-style-type: none"> <li>• U14 &amp; U16</li> </ul>
8:15pm (30 min check in for all athletes from the start of the first 800m race)	800 m Timed Finals (A and B finals if required- <b>current</b> season times to be submitted)		

**45 MIN CHECK IN FOR ALL EVENTS ON Day 2 FROM THE START OF THE FIRST EVENT IN THAT SERIES**

**(e.g. all Sprint Hurdlers to report in by 3:15pm, not 45 mins before your actual Sprint Hurdles race)**

Day 2 of Championships includes IPC Grand Prix and Invitational Heptathlon

<b>Day 2 Champs 6<sup>th</sup> February</b>	<b>Track - Male and Female</b>	<b>Field - Male</b>	<b>Field - Female</b>
3:30pm	Sprint Hurdles Finals <ul style="list-style-type: none"> <li>• Heptathlon Invitational 100m Hurdles</li> </ul>	Ambulant Long Jump Male	Seated Throws IPC event
4:00pm	100m Heats including IPC Heats	Javelin <ul style="list-style-type: none"> <li>• All Ages M</li> </ul>	
4:30pm		Ambulant Long Jump Female	<ul style="list-style-type: none"> <li>• High Jump Heptathlon Invitational</li> </ul>
5:15pm		Ambulant Shot Put Male	Long Jump (2 pits running) <ul style="list-style-type: none"> <li>• U18 F</li> <li>• U20 F &amp; Open F</li> </ul>
5:30pm			Javelin <ul style="list-style-type: none"> <li>• All Ages F</li> </ul>
5:45pm	100m Finals including IPC Finals		
6:00pm			<ul style="list-style-type: none"> <li>• Shot Put Heptathlon Invitational</li> </ul>
6:15pm		Long Jump (2 pits running) <ul style="list-style-type: none"> <li>• U18 M</li> <li>• U20 M &amp; Open M</li> </ul>	
6:30pm	400m Timed Final including IPC Timed Finals	Ambulant Shot Put Female	
7:30pm	1500m Finals including IPC Wheelchair events		
8:15pm	<ul style="list-style-type: none"> <li>• 200m Heptathlon Invitational</li> </ul>		

If Heats are scheduled and are subsequently cancelled due to athletes not checking in, **Finals will be run at the Heat time**

**45 MIN CHECK IN FOR ALL EVENTS ON Day 3 FROM THE START OF THE FIRST EVENT IN THAT SERIES  
(e.g. all 400m Heat runners to report in by 8:45am, not 45 mins before your actual 400m heat race)**

<b>Day 3 Champs 7<sup>th</sup> February</b>	<b>Track - Male and Female</b>	<b>Field - Male</b>	<b>Field - Female</b>
10:30am		Hammer Pole Vault 2.80 m Start	Hammer Pole Vault 2.80 m Start Long Jump Heptathlon Invitational (on the back straight)
10:45am	1500m/2km/3km Low Steeplechase		Triple Jump • All Ages F
11:00am	2km/3km High Steeplechase		
11:20am	200m Heats including IPC Heats	Discus • U18 & U20 & Open	Shot Put • U18 & U20 & Open
11:30am		Pole Vault 1.50 m Start	Pole Vault 1.50 m Start
12:00pm			Javelin Heptathlon Invitational
12:20pm	800m IPC event	Triple Jump • All Ages M	
12:45pm		Discus • U14 & U16	Shot Put • U14 & U16
1:00pm	200m Finals including IPC Finals		
1:30pm	800m Heptathlon Invitational		

If Heats are scheduled and are subsequently cancelled due to athletes not checking in, **Finals will be run at the Heat time**