



# Cathy Freeman Shield

Venue: QSAC - SAF, Nathan

Date: 12/02/2022

Timetable: **Final as at 11/02/2022**



| Track   |                               |        |               | Field   |                         |        |
|---------|-------------------------------|--------|---------------|---------|-------------------------|--------|
| 01:15PM | 110m Hurdles                  | Male   | U20/Open      | 01:30PM | Triple Jump (A Grade)   | Female |
| 01:22PM | 110m Hurdles                  | Male   | U18           |         | Discus (A Grade)        | Male   |
| 01:29PM | 100m Hurdles                  | Male   |               |         | High Jump under 1.55m   | Male   |
| 01:34PM | 100m Hurdles                  | Female | U20/Open      |         | High Jump 1.55m - 1.79m | Male   |
| 01:41PM | 100m Hurdles                  | Female | U18           |         |                         |        |
| 01:48PM | 90m Hurdles                   | Male   |               |         |                         |        |
| 01:53PM | 90m Hurdles                   | Female |               |         |                         |        |
| 02:00PM | 80m Hurdles                   | Female |               |         |                         |        |
|         |                               |        |               |         |                         |        |
| 02:07PM | 60m Hurdles (invitation only) |        |               |         |                         |        |
|         |                               |        |               |         |                         |        |
| 02:24PM | 1500m                         | Female | Heat 1        |         |                         |        |
| 02:31PM | 1500m                         | Female | Heat 2        |         |                         |        |
| 02:38PM | 1500m                         | Female | Heat 3        |         |                         |        |
| 02:45PM | 1500m                         | Male   | Heat 1        | 02:50PM | Triple Jump (B Grade)   | Female |
| 02:52PM | 1500m                         | Male   | Heat 2        |         | High Jump 1.80m +       | Male   |
| 02:59PM | 1500m                         | Male   | Heat 3        |         |                         |        |
| 03:06PM | 1500m                         | Male   | Heat 4        | 03:00PM | Discus (B Grade)        | Male   |
|         |                               |        |               |         |                         |        |
| 03:21PM | 100m                          | Female | Heat 1        |         |                         |        |
| 03:24PM | 100m                          | Female | Heat 2        |         |                         |        |
| 02:27PM | 100m                          | Female | Heat 3        |         |                         |        |
| 03:30PM | 100m                          | Female | Heat 4        |         |                         |        |
| 03:33PM | 100m                          | Female | Heat 5        |         |                         |        |
| 03:36PM | 100m                          | Female | Heat 6        |         |                         |        |
| 03:39PM | 100m                          | Female | Heat 7        |         |                         |        |
| 03:42PM | 100m                          | Female | Heat 8        |         |                         |        |
| 03:45PM | 100m                          | Female | Frame Running |         |                         |        |
| 03:48PM | 100m                          | Male   | Frame Running |         |                         |        |
| 03:51PM | 100m                          | Male   | Heat 2        |         |                         |        |
| 03:54PM | 100m                          | Male   | Heat 3        |         |                         |        |
| 03:57PM | 100m                          | Male   | Heat 4        |         |                         |        |
| 04:00PM | 100m                          | Male   | Heat 5        |         |                         |        |
| 04:03PM | 100m                          | Male   | Heat 6        |         |                         |        |
| 04:06PM | 100m                          | Male   | Heat 7        |         |                         |        |
| 04:09PM | 100m                          | Male   | Heat 8        |         |                         |        |
| 04:12PM | 100m                          | Male   | Heat 9        |         |                         |        |
| 04:15PM | 100m                          | Male   | Heat 10       |         |                         |        |
| 04:18PM | 100m                          | Male   | Heat 11       | 04:20PM | Triple Jump (A Grade)   | Male   |
| 04:21PM | 100m                          | Male   | Heat 12       |         | High Jump Under 1.55m   | Female |
|         |                               |        |               |         |                         |        |
| 04:36PM | 400m                          | Female | Heat 1        | 04:25PM | Discus (A Grade)        | Female |
| 04:39PM | 400m                          | Female | Heat 2        |         |                         |        |
| 04:42PM | 400m                          | Female | Heat 3        |         |                         |        |
| 04:45PM | 400m                          | Female | Heat 4        |         |                         |        |
| 04:48PM | 400m                          | Female | Heat 5        |         |                         |        |
| 04:51PM | 400m                          | Female | Heat 6        |         |                         |        |
| 04:54PM | 400m                          | Female | Heat 7        |         |                         |        |
| 04:57PM | 400m                          | Male   | Heat 1        |         |                         |        |
| 05:00PM | 400m                          | Male   | Heat 2        |         |                         |        |
| 05:03PM | 400m                          | Male   | Heat 3        |         |                         |        |
| 05:06PM | 400m                          | Male   | Heat 4        |         |                         |        |
| 05:09PM | 400m                          | Male   | Heat 5        |         |                         |        |
| 05:12PM | 400m                          | Male   | Heat 6        |         |                         |        |
| 05:15PM | 400m                          | Male   | Heat 7        |         |                         |        |
| 05:18PM | 400m                          | Male   | Heat 8        |         |                         |        |
|         |                               |        |               |         |                         |        |
| 05:40PM | 2000m Steeplechase (76.2cm)   | Female | Heat 1        | 05:40PM | Triple Jump (B Grade)   | Male   |
| 05:55PM | 2000m Steeplechase (76.2cm)   | Female | Heat 2        |         | High Jump 1.55m+        | Female |
| 05:55PM | 3000m Steeplechase (76.2cm)   | Female |               |         | Discus (B Grade)        | Female |
| 06:10PM | 2000m Steeplechase (76.2cm)   | Male   |               |         |                         |        |
| 06:25PM | 2000m Steeplechase (84cm)     | Male   |               |         |                         |        |
| 06:40PM | 3000m Steeplechase (91cm)     | Male   |               |         |                         |        |