

## Coast2Coast International Athletics Meet

Saturday / Sunday July 15 &amp; 16

## DRAFT TIMETABLE

Saturday July 15<sup>th</sup>

## Track

1500m Heats –  
not required for males or females

Sprint hurdle Heats –  
not required for males or females

400m Heats –  
not required for males or females

10:00am

**Sprint hurdle finals**

**Final 1:** MU20 110H (99cm) [4]

**Final 2:** MU18 110H (91cm) [6]

**Final 3:** MU16 100H (84cm) [4]

**Final 4:** FU20 100H (84cm) [7]

**Final 5:** FU18 100H (76cm) [7]

**Final 6:** FU16 90H (76cm) [7]

11:15am

**100m Heats**

MU20 – 2 heats (14)

MU18 – 2 heats (15)

FU18 – 2 heats (17)

FU16 – 2 heats (14)

\*FU20 & MU16 – heats not  
required

12:00pm

**400m Finals**

**Final 1:** FU20 [5]

**Final 2:** FU18 [5] & FU16 [3]

**Final 3:** MU20 [6] & MU18 [2]

01:15pm

**100m Finals**

**Final 1:** FU16 [8]

**Final 2:** MU16 [6]

**Final 3:** FU18 [8]

**Final 4:** MU18 [8]

**Final 5:** MU20 [8]

**Final 6:** FU20 [5]

02:15pm

**1500m Finals**

**Final 1:** FU16 & FU18 [1, 5]

**Final 2:** MU16, MU18 & MU20  
[1, 2, 7]

02:55pm

**4x100m Relays** (Timed Finals)

## Field

08:45am **Pole Vault** (W all ages) warm-up

09:00am **Long Jump** (WU16 – 15)

09:00am Shot Put (WU16 – 1/MU18 – 6)

10:00am Shot Put (MU20 - 4)

09:45am **Pole Vault** (W all ages-11) comp

10:30am **Long Jump** (MU20 - 8)

10:30am Javelin (WU20 - 4)/ (MU18 - 3)

11:45am **Long Jump** (WU18 – 15)

12:00pm Discus (MU16 – 7/MU20 - 1)

12:00pm High J MU16 - 6

12:45pm **Pole Vault** (M) warm-up

01:15pm **Long J** (MU16 - 5)/(MU18 - 4)

01:30pm Discus (MU18 - 8)

01:45pm **Pole Vault** (M all ages-12) comp

02:45pm **Triple Jump** (WU18 - 10)

02:45pm Discus (WU16 - 3)

## Coast2Coast International Athletics Meet

Saturday / Sunday July 15 &amp; 16

DRAFT TIMETABLE

Sunday July 16<sup>th</sup>

## Track

800m Heats –  
Not required for males or females

10:00am

**300m hurdle Finals****Final 1:** MU20 & MU18 [3,3]**Final 2:** FU20 [3]**Final 3:** FU18 [6]

10:40pm

**200m hurdle Finals****Final 1:** MU16 [4]**Final 2:** WU16 [7]

11:20am

**3000m Finals****Final 1:** FU16 & FU18 & MU16  
[1, 4, 2]**Final 2:** MU18 & MU20  
[2, 5]

12:15pm

**200m Heats**

MU20 – 2 heats (16)

MU18 – 2 heats (14)

FU18 – 3 heats (21)

FU16 – 2 heats (13)

**\*FU20 & MU16 not required**

01:00pm

**800m Finals****Final 1:** FU16, FU18 & FU20  
[3, 3, 3]**Final 2:** MU18 & MU20  
[2, 3]

01:45pm

**200m Finals****Final 1:** FU16**Final 2:** MU16 [4]**Final 3:** FU18**Final 4:** MU18**Final 5:** MU20**Final 6:** FU20 [6]

02:30pm

**4x400m Relays**

## Field

09:00am

Shot Put (MU16 - 3)

09:00am

**High Jump** (WU16 - 10)

09:30am

Shot Put (WU20 - 4/WU18 - 2)

09:30am

**Triple J** (MU20 - 4)/ (MU16 - 2)

10:30am

Javelin (WU16 – 6)/WU18 - 2)

11:00am

**High Jump** (WU20 - 1)/WU18 - 6)

11:00am

**Triple J** (WU20 – 4/MU18 – 3)

12:00pm

Javelin (MU20 - 1)/ (MU16 - 2)

12:30pm

**Triple Jump** (WU16 - 12)

01:00pm

**High Jump** (MU18 - 4)

01:30pm

Discus (WU20 – 4/WU18 – 4)

02:30pm

**High Jump** (MU20 - 9)

02:30pm

**Long Jump** (WU20 – 11+2)