

2024 USCAC Winter Track & Field Carnival Timetable

Saturday 6th & Sunday 7th July

UniSC Athletics Track

Sippy Downs

Saturday Morning Track

Time	Event	Age
8.00am	3000m	U16 - U20, Open, Masters Men
8.00am	3000m	U16 - U20, Open, Masters Women
8.30am	110m Hurdles	U20 & Open Men
8.30am	110m Hurdles	U18 Men
8.30am	100m Hurdles	U16 Men
8.30am	100m Hurdles	U18, U20, Open Women
8.45am	90m Hurdles	U14 Men
8.45am	90m Hurdles	U16 Women
8.45am	80m Hurdles	U14 Women
9.15am	800m	Open - Masters Men
9.15am	800m	U10 - U20 Men
9.15am	800m	Para Men
9.45am	800m	Open - Masters Women
9.45am	800m	U10 - U20 Women
9.45am	800m	Para Women
10.15am	100m	Open - Masters Men
10.15am	100m	U10 - U20 Men
10.15am	100m	Para Men
10.45am	100m	Open - Masters Women
10.45am	100m	U10 - U20 Women
10.45am	100m	Para Women
11.15am	400m	Open - Masters Men
11.15am	400m	U10 - U20 Men
11.15am	400m	Para Men
11.45am	400m	Open - Masters Women
11.45am	400m	U10 - U20 Women
11.45am	400m	Para Women

Saturday Morning Field

Time	Event	Age
8.00am	High Jump	U16 Men
8.00am	Javelin	U14 Men/Women
8.00am	Shot Put	U12 Men/Women
8.00am	Long Jump	Para & Men/Women Masters
8.30am	Long Jump	U10 Men/Women
8.45am	Javelin	Para & Masters Men & Women
9.00am	High Jump	U18, U20, Open & Masters Women
9.00am	Shot Put	U16 Men/Women
9.00am	Discus	10 & 11 years Women
9.30am	Long Jump	U14 Men/Women
9.30am	Shot Put	U16 Men
9.30am	Discus	10 & 11 Men
9.30am	Discus	U18, U20 & Open Women
10.00am	Shot Put	Masters Men & Women
10.00am	Long Jump	U16 Men/Women
10.00am	High Jump	U18, U20, Open & Masters Men
10.15am	Discus	U18, U20 & Open Men
10.30am	Triple Jump	U12 Men
11.00am	Long Jump	U18, U20 & Open Men/Women
11.00am	High Jump	U12 Women
11.00am	Shot Put	Para Men & Women
11.00am	Discus	U10 Men/Women
11.00am	Hammer	U14 - U20 Men/Women
11.30am	High Jump	U12 Men
11.30am	Triple Jump	U14 Men/Women
11.45am	Shot Put	U10 Men/Women

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Saturday Afternoon Track

Time	Event	Age
1.00pm	200m Hurdles	U16 Men/Women
1.15pm	400m Hurdles	U18, U20 & Open Men/Women
1.45pm	1500m	Open - Masters Men
1.45pm	1500m	U12 - U20 Men
1.45pm	1500m	Open - Masters Women
1.45pm	1500m	U12 - U20 Women
2.30pm	200m	Open - Masters Men
2.30pm	200m	U10 - U20 Men
2.30pm	200m	Para Men
3.00pm	200m	Open - Masters Women
3.00pm	200m	U10 - U20 Women
3.00pm	200m	Para Women

Sunday Morning

Time	Event	Age
8.30am	5000m Run	U16 to Masters Men/Women
9.00am	1500m Walk	U12 to Masters Men/Women
9.30am	700m/1100m Walk	8yr/9&10yr Men & Women
10.00am	3000m Walk	U14 to Masters Men/Women
10.30am	Pole Vault	Open (all ages)

Saturday Afternoon Field

Time	Event	Age
12.45pm	Hammer	Open & Masters Men/Women
12.45pm	High Jump	U14 Men
1.00pm	Long Jump	U12 Men/Women
1.00pm	Shot Put	U18, U20 & Open Women
1.30pm	Triple Jump	U16 Men/Women
1.30pm	Discus (750g)	12 years Men/Women (School)
1.30pm	Discus (1kg)	13 years & U16 Men/Women (QA)
2.00pm	Triple Jump	U18, U20 & Open Men
2.00pm	Javelin	U12 Men
2.00pm	Shot Put	U18, U20 & Open Men
2.15pm	Discus	Para & Masters Men/Women
2.30pm	Triple Jump	U18, U20 & Open Women
2.30pm	Javelin	U12 Women
2.45pm	High Jump	U16 Women
3.00pm	Shot Put	U14 Men/Women
3.15pm	Javelin	U16 Men/Women
3.15pm	Triple Jump	U12 Women & Masters Men/Women
3.45pm	High Jump	U14 Women
3.45pm	Weight Throw	Masters Men/Women
3.45pm	Javelin	U18, U20 & Open Men & Women