

Date	6.00pm	6.00pm	6.00pm	6.20pm	6.30pm	7.00pm	7.00pm	7.10pm	7.20pm	7.30pm	7.40pm	7.45pm	7.50pm
	Throw 1	Jump 1			Walk		Throw 1		Jump 2			Throw 2	
12-Oct Wdn	Weight outside circle	High jump	3000m (GM)	60m	1000m 3000m	100m (B)	shot / discus	1500m	Long jump	200m (D)	4x200m	Shot/ Discus	4 lap spiral (A)
19-Oct Wdn	Hammer	Long jump	3000m	(1) Short hurdles	1500m	Mile	discus / javelin	200m	Triple Jump	400m(B)	800m)	discus/ javelin	3k/5k
Sat 28 Oct Wdn with AACT – 4pm start	3.45pm Discus	3.45pm Steeple chase 2km low 3km high	4.00pm High Jump		4.15pm 1000m 3000m 5000m WC Ch	4.40pm 100m	5.00pm javelin / shot	5.10pm 1500m	5.15pm Long jump	5.40pm 400m	5.45pm javelin/ shot	6.10pm 200m	6.40pm 3k/5k
2-Nov Wdn Come n Try Night	Javelin	Triple jump (QA)	3000m (GM)	60m	800m 2000m PH	1500m	shot / discus	200m	Long jump	4x800m 7.20pm	100m (hand timed)	shot/ discus	5 lap spiral (A)
9 Nov Wdn	Shot	Long jump	1500m (P)	(1) short hurdles (B)	1200m 3000m 5000m 10000m Ch 6.15pm	200m (B)	discus / javelin	100m (D)	High Jump	400m	4 x 100 relay	discus/ javelin	3k/5k
16-Nov Wdn	Hammer	Long jump	3000m	100m	800m 2000m PH	800m	javelin / shot	(2) 200m hurdles	Triple Jump + 4 x 200m relay	1 Hour Run		javelin/ shot	4 x100 (hand timed)
23 Nov Wdn ACTMA hosts AACT	Weight – outside circle	High Jump (QA)	60m (B)	3000m (GM) 6.10pm	1000m 3000PH 5000ms<30mins	100m (D)	discus / javelin	800m	Long Jump (QA)	200m	4 x 100m	discus/ javelin	6 lap spiral (A)
30Nov	Pentathlon		Men: Long jump, Javelin, 200m, Discus, 1500m Women: 100m, Shot, Long Jump, Javelin, 800m					Pentathlon events take precedence, and other events will be fitted in around them					
Wdn	discus	100m		1500m 6.15pm	1500m PH	200m		shot		Long jump		3k/5k	
7 Dec Wdn	Hammer	High jump (QA)	3000m 5K<20mins	100m	1000m 3000m	400m	javelin / shot	(3) 800m Higgins (P)	Triple jump (QA)	200m (D)	4 x 400m relay	javelin/ shot	7 lap spiral (A)
14-Dec Wdn	Caber Toss		2k turkey (run/ wk)	100m President' s h'cap	8 x 100 Relay (Walk)	Twosome 2000m	LH/RH shot	Preside nt's final	Obstacle Race	Standing Long Jump	300m	Parlour Relay	Egg'n'spoon race

20 Jan	26 Jan	2018	OCEANIA	MASTERS	CHAMPS	DUNEDIN	NZ						
26th April	29 April	2018	AMA	NATIONAL	CHAMPIONSHIPS	PERTH							

Handicap Series

(A)	Adler spiral handicap	Best 5 of 8	2 x 4 laps	2 x 5 laps	2 x 6 laps	2 x 7 laps	
(B)	Boag	Best 5 of 10	2 x 60m, 2 x 100m, 2 x 200m, 2 x 400m			Short Hurdles	Long Hurdles (200/300/400 depending on age)
(D)	Daniels handicap	Best 5 of 8	4 x 100m	4 x 200m			
(GM)	Geoff Moore	Best 4 of 6	3000m				
(P)	Pennington handicap		800m	1500m	3000m		
(QA)	Quentin Anthony	Best 5 of 9	3 x triple	3 x long	3 x high		
(PH)	Perry walk handicap	Best 4 of 6	2 x 1500m	2 x 2000m	2 x 3000m		

PLEASE NOTE: (1), (2) – if there are not enough people nominated for the hurdles, it will become a straight 60m race

Relays will be in groups of: W120-169, W170-219, W220+, M120-179, M180-239, M240+