



# QUEENSLAND OPEN & U18 TRACK & FIELD CHAMPIONSHIPS

Incorporating the Queensland Under 23 Championships

20 - 22 February 2009  
State Athletics Facility, QSAC, Kessels Road, Nathan

## FINAL TIMETABLE

(Updated 18/2/09 – Corrections are marked in red)

### FRIDAY 20<sup>TH</sup> FEBRUARY

| TIME  | TRACK EVENTS          |
|-------|-----------------------|
| 19.00 | 800m Heats Open Men   |
| 19.10 | 800m Heats Open Women |
| 19.30 | 400m Heats Open Men   |
| 19.40 | 1500m Heats Open Men  |

### SATURDAY 21<sup>ST</sup> FEBRUARY

| TIME  | TRACK EVENTS                    | FIELD EVENTS              |
|-------|---------------------------------|---------------------------|
| 13.30 |                                 | Pole Vault Open/U18 Men   |
| 13.30 |                                 | Hammer Open/U18 Women     |
| 14.00 | 100m Heats U18 Women            | Triple Jump Open/U18 Men  |
| 14.10 | 100m Heats U18 Men              |                           |
| 14.25 | 100m Heats Open Women           |                           |
| 14.40 | 100m Heats Open Men             |                           |
| 14.45 |                                 | Discus Throw U18 Women    |
| 15.05 | 400m Hurdles Final U18 Women    |                           |
| 15.10 | 400m Hurdles Final Open Women   |                           |
| 15.20 | 400m Hurdles Final U18 Men      | Long Jump U18 Women       |
| 15.30 | 400m Hurdles Final Open Men     | High Jump Open/U18 Women  |
| 15.45 | 100m Final U18 Women            |                           |
| 15.52 | 100m Final U18 Men              |                           |
| 15.58 | 100m Final Open Women           | Discus Throw Open/U18 Men |
| 16.05 | 100m Final Open Men             |                           |
| 16.12 | 100m Wheelchair (M/W)           |                           |
| 16.20 | 1500m Final U18 Women           |                           |
| 16.30 | 1500m Final U18 Men             |                           |
| 16.40 | 1500m Final Open Women          |                           |
| 16.50 | 1500m Final Open Men            |                           |
| 16.45 |                                 | Long Jump Open Women      |
| 17.00 | 400m Final U18 Women            | Shot Put Open/U18 Men     |
| 17.07 | 400m Final U18 Men              |                           |
| 17.14 | 400m Final Open Women           |                           |
| 17.21 | 400m Final Open Men             | Discus Throw Open Women   |
| 17.26 | 400m Wheelchair (M/W)           |                           |
| 17.30 | 5000m Walk Final Open/U18 (M/W) |                           |

## SUNDAY 22<sup>ND</sup> FEBRUARY

| TIME  | TRACK EVENTS                   | FIELD EVENTS                 |
|-------|--------------------------------|------------------------------|
| 12.30 |                                | Hammer Open/U18 Men          |
| 13.00 |                                | Pole Vault Open/U18 Women    |
| 13.15 |                                | Triple Jump Open/U18 Women   |
| 13.20 | 200m Heats U18 Women           |                              |
| 13.30 | 200m Heats U18 Men             |                              |
| 13.40 | 200m Heats Open Women          |                              |
| 13.55 | 200m Heats Open Men            |                              |
| 14.15 |                                | Javelin Throw Open/U18 Women |
| 14.30 | 100m Hurdles Final U18 Women   | Long Jump Open/U18 Men       |
| 14.40 | 100m Hurdles Final Open Women  |                              |
| 14.55 | 110m Hurdles Final U18 Men     | High Jump U18 Men            |
| 15.05 | 110m Hurdles Final Open Men    |                              |
| 15.20 | 800m Final U18 Women           |                              |
| 15.27 | 800m Final U18 Men             |                              |
| 15.34 | 800m Final Open Women          |                              |
| 15.41 | 800m Final Open Men            |                              |
| 15.51 | 200m Wheelchair (M/W)          |                              |
| 15.58 | 200m Final U18 Women           | Javelin Throw U18 Men        |
| 16.05 | 200m Final U18 Men             |                              |
| 16.12 | 200m Final Open Women          |                              |
| 16.19 | 200m Final Open Men            |                              |
| 16.30 | 2000m Steeple Final U18 Women  |                              |
| 16.40 | 3000m Steeple Final Open Women | Shot Put Open/U18 Women      |
| 16.40 |                                | High Jump Open Men           |
| 16.55 | 2000m Steeple Final U18 Men    | Javelin Throw Open Men       |
| 17.05 | 3000m Steeple Final Open Men   |                              |

### CHECK-IN / CONFIRMATION OF ENTRIES

Athletes **MUST REPORT TO THE CHECK-IN CENTRE** to advise their intention to compete **NO LATER THAN 60 MINUTES PRIOR** to the scheduled starting time for their event/s (80 minutes for Pole Vault). Confirmation of entries for each event is the responsibility of each individual athlete. Athletes are encouraged to confirm for all events in which they are competing on that day at the same time. Athletes must sign to confirm their entries.

### COMPETITION NUMBERS

Athletes **MUST WEAR THEIR QUEENSLAND ATHLETICS COMPETITION NUMBERS** on the front and back of their uniform (HJ and PV athletes are permitted to wear just one). If you have misplaced your competition numbers, new sets can be purchased from the Queensland Athletics office. Athletes who are registered with Athletics North Queensland (ANQ) or another State Association will have competition numbers issued to them upon check-in at the Championships.

Further competition rules can be viewed on the Queensland Athletics website [here](#)