## Play on the Gold Coast in 2014!















## ATHLETICS EVENT SCHEDULE SUMMARY

as at 6 February 2014

Day 1: Saturday 1 November	
5000m Finals	80m Hurdles (W40+/M70+)
Long Jump (M)	100m Hurdles (W30-39)(M50-69)
Discus (M)	110m Hurdles (M30-49)
Hammer (W)	High Jump (W30-49/M30-49)
Javelin (W)	Shot Put (M30-59)
Triple Jump (W)	5000m Track Walk Final
200m Heats	Weight Throw (M60+)
100m Heats/Finals	Weight Pentathlon*
800m Finals	

Day 2: Sunday 2 November		
10km Road Race Walk	Hammer (M60+)	
4km or 8km Cross Country	400m Heats	
400m Hurdles Finals (W30-49/M30-59)	200m Hurdles Finals (W70+/M80+)	
Discus (W)	Javelin (M60+)	
2000m Steeplechase Finals (W30+/M60+)	3000m Steeplechase Finals (M30-59)	
Shot Put (W)	Weight Throw (M30-59)	
Long Jump (W)	200m (Finals)	
300m Hurdles Finals (W50-69/M60-79)	Weight Pentathlon*	



Day 3: Monday 3 November		
400m (Finals)	Hammer (M30-59)	
1500m Finals	Pole Vault (W/M)	
60m Heats/Finals	Javelin (M30-59)	
3000m Track Race Walk	Weight Throw (W)	
Triple Jump (M)	High Jump (W50+/M50+)	
Shot Put (M60+)	Weight Pentathlon*	

<sup>\*</sup>Weight Pentathlon will be conducted in conjunction with each individual throws event over the three competition days.

