

17th September 2022 Saturday Venue SAF

Additional information

9.45am Short coaching session on sprint starts at the 100m start area

10.00am Extra training? Partner with another athlete and run alternate laps in the 1500m swapping a relay baton each crossing of the finish line

10.00am High Jump coaching for beginners

Throws Throws guidance will be provided to participants new to throwing events in the 10 minutes prior to each throws event start time

Program

8.00 3000m Run/Walk
Javelin M30+ Northern End
Shot Put W30+ Northern End
High Jump

8.30 60m

9.00 100m
Discus M30+ Southern Cage
Javelin W30+ Northern End

9.15 Pole Vault

9.30 200m

9.45 Long Jump

10.00 1500m Run/Walk
Shot Put M30+ Northern End
Discus W30+ Southern End

10.20 300m

24th September 2022 Saturday Venue SAF

Additional Information

Throws Throws guidance will be provided to participants new to throwing events in the 10 minutes prior to each throws event start time

8.00am Speed endurance training? Partner with another athlete and run alternate laps in the 5000m swapping a relay baton each crossing of the finish line

10.15am Pole vault lesson for beginners

Program

8.00 5000m Run/Walk
8.00 Hammer W30+ Southern Cage
Weight M30+ North/West Corner
Pole Vault

8.15 Sprint Hurdles

- 8.40** 200m
- 9.00** Weight W30+ North/West Corner
Hammer M30+ Southern Cage
- 9.10** 60m
High Jump
- 9.35** 100m
- 10.00** 800m
56 lb M30+ North/West Corner
56 lb W30+ North/West Corner
Long Jump/Triple Jump
- 10.15** 400m