

**National AWD Underage Championships - 20/11/2010 to 21/11/2010**  
**AIS Athletics Track, Bruce ACT**  
**TIMETABLE – as at 10 November 2010**

**Saturday 20 November 2010**

2.30pm	U14, U16, U18, <del>U20</del>	Men	Ambulant	Shot Put	Final
2.30pm	U/14, U/16, U/18, U/20, Open	Men & Women	Secured	Discus /Club	Final
2.30pm	U/14, U/16, U/18, U/20, Open	Men	Ambulant	High Jump	Final
2.30pm	<del>U/18</del>	<del>Women</del>	<del>Ambulant</del>	<del>400 metres</del>	<del>Final</del>
<b>2.30pm</b>	U/14, U/16	Women	Ambulant	400 metres	Final
2.40pm	<del>U/18</del>	<del>Men</del>	<del>Ambulant</del>	<del>400 metres</del>	<del>Final</del>
<b>2.40pm</b>	U/14, U/16, <del>U18</del>	Men	Ambulant	400 metres	Final
<b>2.50pm</b>	<b>U/18, U/20</b>	<b>Men</b>	<b>Ambulant</b>	<b>400 metres</b>	<b>Final</b>
<b>3.00pm</b>	<del>U/14, U/18, U/20</del>	<b>Men &amp; Women</b>	<b>Wheelchair</b>	<b>200 metres</b>	<b>Final</b>
<b>3.05pm</b>	<b>U/16</b>	<b>Men &amp; Women</b>	<b>Wheelchair</b>	<b>200 metres</b>	<b>Final</b>
3.10pm	<del>U/14, U/16, U/18, U/20, Open</del>	Men & Women	Wheelchair	200 metres	Final
3.15pm	U/14, U/16, <b>U/18</b>	Women	Ambulant	Long Jump	Final
<b>3.45pm</b>	U/14, U/16, U/18	Women	Ambulant	Discus	Final
3.45pm	<del>U/14, U/16, U/18, U/20, Open</del>	Men	Wheelchair	800 metres	Final
3.50pm	U16	Men	Wheelchair	800 metres	Final
4.00pm	U/14, U/16, <del>U/18</del>	Women	Ambulant	800 metres	Final
<b>4.30pm</b>	U/14, <del>U/16, U/18</del>	Men	Ambulant	800 metres	Final
<b>4.45pm</b>	<del>U/16, U/18</del>	<b>Men</b>	<b>Ambulant</b>	<b>800 metres</b>	<b>Final</b>
<del>4.30pm</del>	<del>U/18, U/20, Open</del>	<del>Women</del>	<del>Ambulant</del>	<del>Long Jump</del>	<del>Final</del>
5.00pm	U/14, U/16, U/18, U/20, Open	Men & Women	Secured	Shot Put	Final
5.00pm	U/20, Open	Men & Women	Ambulant	Shot Put	Final
5.15pm	<del>U/14, U/16, U/18</del>	Men & Women	Wheelchair	100 metres	Final
5.25pm	U/20, Open	Men & Women	Wheelchair	100 metres	Final
5.35pm	U/14	Men	Ambulant	100 metres	Final
<b>5.45pm</b>	<b>U/14</b>	<b>Women</b>	<b>Ambulant</b>	<b>100 metres</b>	<b>Heats</b>
5.55pm	U/16	Women	Ambulant	100 metres	Final
6.00pm	<del>U14, U16, U/18, U/20, Open</del>	Men & Women	Ambulant	Javelin	Final
6.05pm	U/16	Men	Ambulant	100 metres	Final
6.15pm	U/18	Women	Ambulant	100 metres	Final
6.25pm	U/18	Men	Ambulant	100 metres	Final
<b>6.30pm</b>	<b>U/20</b>	<b>Men &amp; Women</b>	<b>Ambulant</b>	<b>100 metres</b>	<b>Final</b>
6.35pm	<del>U/20</del>	<del>Men</del>	<del>Ambulant</del>	<del>100 metres</del>	<del>Final</del>
6.45pm	<b>U/14</b>	<b>Women</b>	<b>Ambulant</b>	<b>100 metres</b>	<b>Final</b>

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**Sunday 21 November 2010**

<b>9.30am</b>	<b>U14, U16</b>	<b>Men &amp; Women</b>	<b>Ambulant</b>	<b>Javelin</b>	<b>Final</b>
10.30am	U14, U16, U18, U20	Men	Ambulant	Discus	Final
10.30am	U/14, U/16, U/18	Women	Ambulant	Shot Put	Final
<b>10.30am</b>	<b>U/18, U20</b>	<b>Men</b>	<b>Ambulant</b>	<b>Long Jump</b>	<b>Final</b>
10.45am	<del>U/14, U/16, U/18, U/20, Open</del>	Men & Women	Wheelchair	400 metres	Final
10.50am	U/18, U/20	Men & Women	Wheelchair	400 metres	Final
<b>10.55am</b>	<b>Open</b>	<b>Men &amp; Women</b>	<b>Wheelchair</b>	<b>400 metres</b>	<b>Final</b>
<del>11.00am</del>	<del>U/18</del>	<del>Men</del>	<del>Ambulant</del>	<del>200 metres</del>	<del>Final</del>
<b>11.00am</b>	U/18	Women	Ambulant	200 metres	<b>Final</b>
<b>11.10am</b>	U/16	Women	Ambulant	200 metres	<b>Final</b>
<b>11.20am</b>	<b>U/16</b>	<b>Men</b>	<b>Ambulant</b>	<b>200 metres</b>	<b>Final</b>
11.30am	<b>U/18</b>	<b>Men</b>	<b>Ambulant</b>	<b>200 metres</b>	<b>Final</b>
11.30am	U/14, U/16, U/18, U/20, Open	Men & Women	Secured	Javelin	Final
11.40am	U/14	Men	Ambulant	200 metres	<b>Final</b>
<b>11.50am</b>	<b>U/14</b>	<b>Women</b>	<b>Ambulant</b>	<b>200 metres</b>	<b>Heats</b>
<del>11.55am</del>	<del>U/20</del>	<del>Women</del>	<del>Ambulant</del>	<del>200 metres</del>	<del>Final</del>
12.00pm	U/20	Men & Women	Ambulant	200 metres	Final
12.00pm	U/20, Open	Men & Women	Ambulant	Discus	Final
12.00pm	<b>U14, U16</b>	<b>Men</b>	<b>Ambulant</b>	<b>Long Jump</b>	<b>Final</b>
<b>12.30pm</b>	U/14, U/16, U/18, U/20, Open	Men & Women	Wheelchair	1500 metres	Final
<b>12.45pm</b>	U/14, U/16, U/18, U/20, Open	Men & Women	Ambulant	1500 metres	Final
<b>12.50pm</b>	<b>U/14</b>	<b>Women</b>	<b>Ambulant</b>	<b>200 metres</b>	<b>Final</b>
1.00pm	Open	Men & Women	Wheelchair	4x400	Final

**\*Age Group & Events that are crossed out have changed time, please double check the new Event start time**

**\*Events in bold have been added**

