

# **Illawong Winter Track and Field Series – 2011**

**Competition Dates – Saturdays 16<sup>th</sup> July through to 3rd September.  
The Ridge Athletic Field, Recreation Drive, (off New Illawarra Rd)  
Barden Ridge**

Ideally located only a straight drive of 20 minutes from Homebush and within easy driving distance of Campbelltown or Wollongong.

## **Standard Competition Programme**

It is ideal competition for athletes as they prepare for upcoming Schools and Masters Competitions.

<b>10.00</b>	<b>Short or Long Hurdles</b>	<b>High Jump</b>	<b>Discus</b>
<b>10.10</b>	<b>1000m</b>		
<b>10.20</b>	<b>60m</b>		
<b>10.30</b>	<b>100m</b>	<b>Long Jump</b>	<b>Javelin</b>
<b>10.45</b>	<b>600m</b>		
<b>11.00</b>	<b>145m</b>	<b>Shot</b>	
<b>11.15</b>	<b>300m</b>		
<b>11.30</b>	<b>200m/400m Hurdles</b>		

**Cost - Visiting Athletes \$5.**

**Illawong Seniors and LAs athletes compete for free.**

**Canteen and barbeque will be operating**

With the program you should note the following:-

- Each week we will either run the short hurdles (80m – 110m) and the other week we will run 200m or 400m hurdles (10 flights) The short hurdles will be run on 16 July, 30 July, 13 August and 27 August.

Note: due to the ANSW and National Cross Country Championships there may be some weekends where electronic timing is not available. Please refer to the Illawong Athletics website ([www.illawongathletics.org.au](http://www.illawongathletics.org.au)) and refer to specific dates on the "Event Calendar".

If you have any questions please call  
Michael Dooley on 9528 8494 or 041 333 2484