

2019-20 GO FOR 2 & 5 STRIVE TRACK & FIELD SEASON

2019		
DATE	DAY	EVENT
SEP 3	TUES / PM	Nitro Schools Challenge (WA)
OCT 5-6	SAT-SUN	LAWA North West Regional Championships
OCT 11	FRI / PM	Track & Field Program A
OCT 20	SUN / AM	Track & Field Program B
OCT 25	FRI / PM	Track & Field Program C
NOV 1-3	FRI - SUN	Go for 2&5 WA All Schools Championships
NOV 8	FRI / PM	Track & Field Program D
NOV 15	FRI / PM	Track & Field Program A & State 10,000m Championships
NOV 17	SUN / AM	LAWA Junior Athletics Carnival (ECAC)
NOV 23	SAT / PM	Track & Field Program B
		Combined Events Competition Day 1
NOV 24	SUN / AM	Combined Events Competition Day 2
NOV 29	FRI / PM	Track & Field Program C
DEC 1	SUN / AM	Australian 50km Walk (VIC)
DEC 6-8	FRI - SUN	Australian All Schools Championships (Perth, WA)
DEC 9	MON	Coles National Nitro School Challenge (Perth, WA)
DEC 13	FRI / PM	Track & Field Program D
DEC 14	SAT	AWA Open State Relay Championships (held at LAWA State Track & Field Relay Championships)
DEC 14	SAT	2019 Australian 10,000m Championships - Zatopek:10 (Melbourne VIC)
DEC 20	FRI / PM	Track & Field Program A
2020		
JAN 4	SAT / PM	Track & Field Program B
JAN 10	FRI / PM	Track & Field Program C
JAN 11	SAT	Bunbury Street Pole Vault Meet
JAN 17-19	FRI - SUN	LAWA Country Championships (Margaret River, WA)
JAN 18	SAT / PM	Athletics WA State Combined Event Championships (Under 15 - Open) Day 1
	SAT / PM	Track & Field Program D
JAN 19	SUN / AM	Athletics WA State Combined Event Championships (Under 15 - Open) Day 2
JAN 22	WED / PM	Track & Field Program A
FEB 1	SAT / PM	Jandakot Airport Track Classic
FEB 6	THUR / PM	Melbourne Track Classic
FEB 7	FRI / PM	Track & Field Program B + State 5,000m Championships
FEB 8-9	SAT-SUN	LAWA State Combined Events Champs (WAAS)
FEB 9	SUN	Australian 20km Race Walking Championships (Adelaide SA)
FEB 13	THUR / PM	Canberra Track Classic
FEB 14	FRI / PM	Track & Field Program C
FEB 15-16	SAT - SUN	LAWA Zones Championships
FEB 15-16	SAT - SUN	Australian Combined Event Championships (QLD)
FEB 21-23	FRI - SUN	Western Australia State Championships
FEB 22	SAT	Sydney Track Classic
FEB 26	WEDS / PM	Track & Field Program D
FEB 29- MAR 1	SAT - SUN	WesTrac Bunbury Geographe Gift
MAR 7	SAT / PM	Track & Field Program A

MAR 11	WEDS / PM	Track & Field Program B
MAR 13-15	FRI - SUN	LAWA State Track and Field Championships
MAR 20	FRI	Oceania Area Permit Meet - Brisbane
MAR 21-29	SAT - SUN	Australian Track & Field Championships - Junior and Open (Sydney NSW)
APR 10-13	FRI - SUN	Australian Masters Track & Field Championships (QLD)
APR 18-19	SAT - SUN	Australian Little Athletics Championships (ACT)
APR 19	SUN	Gallipoli Run

DRAFT

TRACK & FIELD PROGRAMS

PROGRAM A	
EVENT	DIVISIONS
Walk [^]	M & W
200m	M & W
3000m	M & W
200m Hurdles	M & W
400m Hurdles	M & W
800m	M & W

PROGRAM A	
EVENT	DIVISIONS
Pole Vault	Div A or B*
Long Jump	W
Discus	W
High Jump	M
Javelin	M
Pole Vault	Div A or B*
Long Jump	M
Shot Put	W
Hammer Throw	M

PROGRAM B	
EVENT	DIVISIONS
2000m Steeple	M & W
100m	M & W
1500m	M & W
80/90m Hurdles	M & W
100m Hurdles	M & W
110m Hurdles	M
400m	M & W

PROGRAM B	
EVENT	DIVISIONS
Seated Throws	Mixed
Discus	M
Triple Jump	M
High Jump	W
Javelin	W
Shot Put	M
Hammer Throw	W
Triple Jump	W

PROGRAM C	
EVENT	DIVISIONS
400m Hurdles	M & W
200m Hurdles	M & W
800m	M & W
5000m	M & W
200m	M & W
60m	M & W
Walk [^]	M & W

PROGRAM C	
EVENT	DIVISIONS
Pole Vault	Div A or B*
Hammer Throw	M
Long Jump	M
High Jump	M - Div A
Shot Put	W
Pole Vault	Div A or B*
Javelin	M
Long Jump	W
Discus	W

PROGRAM D	
EVENT	DIVISIONS
80/90m Hurdles	M & W
100m Hurdles	M & W
110m Hurdles	M
400m	M & W
1500m	M & W
100m	M & W
3000m Steeple	M & W

PROGRAM D	
EVENT	DIVISIONS
Seated Throws	Mixed
Hammer Throw	W
Shot Put	M
High Jump	W - Div A
Triple Jump	W
Discus	M
High Jump	Mixed - Div B
Javelin	W
Triple Jump	M

*Divisions vary for Pole Vault - please see event grid for details

[^]Distances vary - please see event grid for details