

UPDATED EVENT SCHEDULE & RULES FOR 1ST MoC GRAND PRIX & RELAYS

Tuesday 12-Jun-18

DAY 1

MORNING SESSION		RULES
BIB COLLECTION OPENS	08:00	All Athletes have been assigned specific Bib numbers - please collect only your assigned Bib number
MEN'S LONG JUMP PRELIMS A	09:00	Each Athlete will have 3 Jumps, with the best 8 overall in Prelims A, B & C advancing to the Final
WOMEN'S 400M HEATS	09:00	1 st place in each race plus the next 12 fastest Athletes will go through to Finals A & B
MEN'S 400M HEATS	09:20	1 st place in each race plus the next 6 fastest Athletes will go through to Finals A & B
MEN'S SHOTPUT FINAL	10:00	Straight Final, 1st three win the Prize Money
MEN'S 100M PRELIMS	10:30	15 Fastest Times will join 17 Athletes who have received byes to the Heats (Athletes going straight to Heats have run sub-11s in AFN competitions in the last 2 years - SEE LIST BELOW)
MEN'S LONG JUMP PRELIMS B	11:00	Each Athlete will have 3 Jumps, with the best 8 overall in Prelims A, B & C advancing to the Final
WOMEN'S 100M HEATS	12:00	1 st place in each race plus the next 10 fastest Athletes will go through to Finals A & B
LUNCH BREAK		
13:00		
AFTERNOON SESSION		
MEN'S LONG JUMP PRELIMS C	14:00	Each Athlete will have 3 Jumps, with the best 8 overall in Prelims A, B & C advancing to the Final
WOMEN'S 400M HURDLES FINAL B	14:00	
WOMEN'S 400M HURDLES FINAL A	14:10	The Athletes with the fastest times in AFN Competitions in the last 2 years will be grouped in FINAL A, however the best 3 times overall from FINALS A & B will win the Prize Money
MEN'S 400M HURDLES FINAL B	14:20	
MEN'S 400M HURDLES FINAL A	14:30	
MEN'S 100M HEATS	15:00	1 st two in each race plus the next 8 fastest Athletes will go through to Finals A & B
WOMEN'S HAMMER THROW FINAL	15:30	Straight Final, 1st three win the Prize Money
MEN'S 800M HEATS	15:30	Up to 12 in each Heat. 1st two in each race plus the next 6 fastest Athletes will go through to Final
WOMEN'S 800M FINAL	16:00	Straight Final, 1st three win the Prize Money
WOMEN'S TRIPLE JUMP FINAL	16:00	
WOMEN'S 100M FINAL B	16:30	1 st place from each HEAT plus the next 2 fastest Athletes will run in Final A, however the best 3 times overall from FINALS A & B will win the Prize Money
WOMEN'S 100M FINAL A	16:40	
MEN'S 100M FINAL B	16:50	1 st place from each HEAT plus the next 4 fastest Athletes will run in Final A, however the best 3 times overall from FINALS A & B will win the Prize Money
MEN'S 100M FINAL A	17:00	

Wednesday 13-Jun-18

DAY 2

MORNING SESSION		RULES
WOMEN'S 200M HEATS	09:00	
MEN'S 200M HEATS	09:30	1 st place in each race plus the next fastest Athletes will go through to Finals A & B
MEN'S JAVELIN FINAL	10:00	Straight Final, 1st three win the Prize Money
WOMEN'S HIGH JUMP FINAL	10:00	
MEN'S LONG JUMP FINAL	11:00	All 8 Finalists get 6 Jumps each, 1st three win the Prize Money
WOMEN'S 400M FINAL B	12:00	
WOMEN'S 400M FINAL A	12:10	1 st place from each HEAT plus the next 2 fastest Athletes will run in Final A, however the best 3 times overall from FINALS A & B will win the Prize Money
MEN'S 400M FINAL B	12:20	
MEN'S 400M FINAL A	12:30	
LUNCH BREAK		
13:00		
AFTERNOON SESSION		
WOMEN'S 100M HURDLES FINAL B	14:00	
WOMEN'S 100M HURDLES FINAL A	14:10	The Athletes with the fastest times in AFN Competitions in the last 2 years will be grouped in FINAL A, however the best 3 times overall from FINALS A & B will win the Prize Money
MEN'S 100M HURDLES FINAL B	14:20	
MEN'S 100M HURDLES FINAL A	14:30	
WOMEN'S LONG JUMP FINAL	14:30	Straight Final - All Athletes get 3 jumps, then the Top 8 only get a further 3 Jumps, 1st three win the Prize Money
WOMEN'S SHOT PUT FINAL	14:40	
MEN'S HIGH JUMP FINAL	14:50	Straight Final, 1 st three win the Prize Money
MEN'S 800M FINAL	15:00	1 st three win the Prize Money
WOMEN'S 200M FINAL B	15:30	
WOMEN'S 200M FINAL A	15:40	1 st place from each HEAT plus the next 1 fastest Athlete will run in Final A, however the best 3 times overall from FINALS A & B will win the Prize Money
MEN'S 200M FINAL B	15:50	
MEN'S 200M FINAL A	16:00	
MEN'S TRIPLE JUMP FINAL	16:00	Straight Final - All Athletes get 3 jumps, then Top 8 only get 3 more Jumps, 1st three win Prize Money
REGISTRATION FOR RELAYS	16:30	All Relays will go straight to A & B Finals, apart from the Men's 4x100m Men's 4x100m - Up to 8 Teams comprising of the Finalists from the Men's 100m & 200m, will receive byes directly to the Finals, with a further 8 teams to qualify for the Finals from the preliminaries

Thursday 14-Jun-18

DAY 3

AFTERNOON SESSION ONLY		RULES
MEN'S 4x100M PRELIMS	14:20	1 st place in each race plus the next 4 fastest Teams will go through to the FINALS
WOMEN'S 4x100M FINAL B	15:30	
WOMEN'S 4x100M FINAL A	15:40	
MEN'S 4x100M FINAL B	15:50	
MEN'S 4x100M FINAL A	16:00	
WOMEN'S 4x400M FINAL B	16:10	The Athletes with the fastest times in AFN Competitions in the last 2 years will generally be grouped in A FINALS, however the best 3 times overall from FINALS A & B will win the Prize Money
WOMEN'S 4x400M FINAL A	16:20	
MEN'S 4x400M FINAL B	16:30	
MEN'S 4x400M FINAL A	16:40	
MIXED 4x400M FINAL B	16:50	
MIXED 4x400M FINAL A	17:00	