

OAC Last Chance Challenge – Saturday August 7th 2021 Schedule

Please Note Age Groups:

U14: 2009/2008

U16: 2007/2006

U18: 2005/2004

U20: 2003/2002

Senior: 2001-1987

Master: age 35+

Track events:

9:30am: Mile
9:45am: 2000m
10:00am: 3000m
10:20am: 1500m
10:30am: 1200m
10:45am: 300m
10:55am: 400m
11:00am: 100m
11:45am: 400mH
12:00pm: 300mH
12:15pm: 200mH
12:30pm: 800m
12:45pm: 200m
1:00pm: 4 x 100m relay

Field Events:

9:30am: Hammer
11:00am: Discus
12:30pm: Shot Put
2:00pm: Javelin
9:30am: High Jump
12:30pm: Long Jump

