



**Illawarra Blue Stars  
Athletic Club Inc**

# Winter Track & Field Series

**Every FOURTH Sunday of Each Month**

***Commencing Sunday 23 May 2010***

**at 10.00 am**

<b><i>SERIES 1</i></b>	<b><i>SERIES 2</i></b>	<b><i>SERIES 3</i></b>	<b><i>SERIES 4</i></b>
<b><i>23 May 2010</i></b>	<b><i>27 June 2010</i></b>	<b><i>25 July 2010</i></b>	<b><i>22 August 2010</i></b>
60 metres	60 metres	80 metres	100 metres
150 metres	120 metres	200 metres	400 metres
300 metres	600 metres	1 Mile	2 km
1500 metres	Steeplechase	Javelin	Hammer for all ages
Shot	Discus	Walk	Long Jump
Walk	Walk	Triple Jump	Walk
Long Jump	High Jump	Steeplechase	
Swedish Relay if time permits	Medley Relay	4 x 100m Relay	

**Entry fee for Winter Series:**

**Entry through Beaton Park Athletic Centre only – no competition fee**

*All events in age brackets from under 8 right through to Masters Men & Women*

If time permits, additional events will be conducted

**Illawarra All Schools and Youth Championships  
Sunday 29 August 2010  
Entry open to all schoolboy/girl athletes and youth**