

THE 2019 AUSTRALIAN MASTERS MULTI-EVENTS CHAMPIONSHIPS

are on in Bendigo - 12-13 January 2019

DECATHLON for Men - HEPTATHLON for Women

Entries NOW OPEN

<https://www.registernow.com.au/secure/Register.aspx?E=32688>

Early Bird - before 18/12/18 is only \$30 (\$50 after)

NOTE : This year the event is being held in conjunction with the Athletics Victoria Multis so it will be a very busy and long couple of days.

The Victorian Masters Multis will be held simultaneously and entry to the AMA event automatically enters you for both.

Events Men -

DAY 1

100 metres
Long Jump
Shot Put
High Jump
400 metres

DAY 2

Short Hurdles
Discus
Pole Vault
Javelin
1500 metres

Events Women -

DAY 1

80m Hurdles
High Jump
Shot Put
200 metres

DAY 2

Long Jump
Javelin
800 metres

Draft Timetable :

<http://athsvic.org.au/wp-content/uploads/2018-19-Vic-Multi-Event-Championships-Draft-Timetable-2.pdf>

