

# THE 2020 AUSTRALIAN MASTERS MULTI-EVENTS CHAMPIONSHIPS

are on in Bendigo - Sat 4th & Sun 5 January 2019

DECATHLON for Men - HEPTATHLON for Women

**Entries Opening Soon**

**Early Bird - will be 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 : Coming soon

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