

Nitro Athletics Melbourne - Night 1

Saturday 4th February

	Discipline	Event	Gender	Description
1	Teamwork	Medley Relay	Mixed	Order will be women (200), men (400), women (600), men (800)
2	Power	150m	Men then women	Two individual races
3	Technical	Pole Vault	Men	Each athlete will receive four jumps with three at pre-set heights then final attempt at a nominated height. Combined total of all successful jumps will determine standings
4	Endurance	3 minute Distance Challenge	Women then men	Women run for 3 mins and then men do the same from their finish point
5	Technical	Long Jump	Men	Four jumps each. One jump can be nominated for bonus points if they clear a nominated distance. Longest distance determines placings and then bonus points are added on
6	Teamwork	2 x 300m relay	Women to men	Starting at the 200m start line before a 20m changeover zone at 1500m start
7	Power	60m sprint	Women then men	Traditional event. Combined placings for men and women will determine team points
8	Technical	100m Hurdles	Women	Traditional hurdles event on the back straight
9	Power	Seeded Para 100m	Women then men	Races will be seeded & distance advantages given to athletes based on classification
10	Technical	Javelin	Women	Four throws each either for distance or at a target on the field. If the target is hit bonus points are added on their placing points.
11	Endurance	Elimination Mile 1600m	Men then women	Last runner will be eliminated from the race after the first, second and third laps
12	Teamwork	4 x 100m relay	Mixed	Any order provided two men and two women compete