

# Events

NITRO ATHLETICS MELBOURNE EVENTS DISCIPLINE	EVENT	WOMEN/MEN/MIXED	DESCRIPTION
Power	100m	W & M	Two races – one for women, one for men. Combined placings determine placing / points for team (e.g. 1st + 4th = 5pts. 2nd + 3rd = 5pts etc.) Ties based on highest place from both races
	150m	W & M	
Technique	Pole Vault	W & M (running concurrently in two adjacent pits)	Pre-defined starting heights Four attempts only at heights chosen by the athlete Combined height from W & M determine results, placing / points for team
Endurance	3-Minute Run	W & M	Men start and run for 3mins Finish distance to closest 25m determines start position of women Longest distance covered after both races determines placing / points for team
Teamwork	Medley Relay 200/200/400/800m Mixed 4x400m	Mixed*	Women run 200m legs, men run 400m/800m legs Finish position determines points for each team
Technique	Long Jump	W & M	Four attempts per athlete Combined placings determine placing and points Athlete can turbo-charge their points before one jump by predicting achievement of bonus distance – such as 8m for men, 6.60m for women
Teamwork	2 x 300m	W & M	Starting at the 200m mark Combination of mixed and/ or men and women Combined placings determine placing / points for team
	Relay	W & M	
	300m Sprint	W & M	
Technique	Hurdle Relay 100mH/100mH	W & M	On the back straight Two heats...three team in each heat
Power	60m Speed Sprint	W & M	Two races : one for women, one for men Combined placings determine placing / points for team
	Para Sprint 100m	W & M*	
	Para Sprint 200m	W & M*	
Technique	Javelin	W & M	Four attempts Combined placings determine placing and points Bonus points for landing in defined target area Focus on accuracy
Endurance	Elimination Mile	W & M	Two races Runners eliminated on designated laps Women and men placings combined
	Elimination 2 Mile	W & M	
Teamwork	Mixed 4x100m Relay	Mixed	Mixed relay with two women and two men Women legs 1/2; Men legs 3/4 Finish position determines points for each team

\*9th Feb Only