

MUAC SHIELD FINAL TEAM 2013: MEN DIVISION 1

Track Events

Event	Athlete	Time
1500m	Mark Kirwan	1.05pm heat 15
1500m	David Paroissien	1.05pm heat 15
1500m	Leigh Goedecke	1.05pm heat 15
1500m	Grant Morgan	1.05pm heat 15
1500m	Jordan Mayston	1.05pm heat 15
1500m	Matthew Wason	1.05pm heat 15
1500m	Timothy Thomas	1.05pm heat 15
1500m	David McDonald	1.05pm heat 15
110m hurdles	Aaron Page	10.00am
100m	Luka Cosic	12.20pm heat 15
100m	Tyson Garnham	12.20pm heat 15
100m	Leighton Stace	12.20pm heat 15
100m	Mitchell Mackenzie	12.20pm heat 15
100m	David Kirszenblat	12.20pm heat 15
100m	Mina Barsoum	12.20pm heat 15
100m	Hari Konchada	12.20pm heat 15
100m	Tony Brain	12.20pm heat 15
2000m walk	Matthew Irons	11.45am
400m	Jordan Mayston	2.40pm heat 15
400m	Aaron Page	2.40pm heat 15
400m	Luka Cosic	2.40pm heat 15
400m	David Kirszenblat	2.40pm heat 15
400m	Leighton Stace	2.40pm heat 15
400m	Matthew Wason	2.40pm heat 15
400m	David McDonald	2.40pm heat 15
400m	Tyson Garnham	2.40pm heat 15
3km Steeple	Mark Kirwan	11.00am
3km Steeple	Hamish Beaumont	11.00am
3km Steeple	Matthew Irons	11.00am
4x100m relay	Luka Cosic	5.40pm heat 15
4x100m relay	Tyson Garnham	5.40pm heat 15
4x100m relay	David Kirszenblat	5.40pm heat 15
4x100m relay	Mina Barsoum	5.40pm heat 15
4x100m relay	Leighton Stace	5.40pm heat 15
4x100m relay	Mitchell Mackenzie	5.40pm heat 15

Field Events

Event	Athlete	Time
Discus	Aaron Page	10.00am
Discus	John Peavey	10.00am
Discus	Mitch Mackenzie	10.00am
Discus	Hamish Beaumont	10.00am
Javelin	John Peavey	12.55pm
Javelin	Aaron Page	12.55pm
Javelin	Jarrold Pageot	12.55pm
Javelin	Mitch Mackenzie	12.55pm
Javelin	Matthew Irons	12.55pm
Long Jump	Mitch Mackenzie	6.10pm
Long Jump	Aaron Page	6.10pm
Long Jump	Tyson Garnham	6.10pm
Long Jump	David McDonald	6.10pm
Long Jump	Matthew Wason	6.10pm
Pole Vault	Leon D'Onofrio	check heights for your time
Pole Vault	Aaron Page	check heights for your time
Pole Vault	Jorge De La Cruz	check heights for your time
Pole Vault	Hamish Beaumont	check heights for your time

Legend

Competing athlete

Reserve athlete

Congratulations to all athletes who made the team and thank you for all those who were eligible and helped provide the team with so much depth but weren't selected due to injury, being pipped at the post or absence on finals day. Peter Garkrodger, Adam Hannah, Kiao Inthavong, Tony Brain, Corwin Pusch, Matt Sullivan and Emil Gundessen.

Checklist for finals day.

Bib number (back & front)

MUAC uniform

Spikes/comp shoes

Food & drink

Sun screen

Other ritualistic precomp items