



# AACT Summer Series

## AACT Summer Series - Week 12: Friday 17<sup>th</sup> March 2023 at AIS Athletics Track

Track - Male and Female		Field - Male and Female	
<i>Venue entry is from 5pm</i> <i>Venue entry for officials is from 4:30pm</i>		<i>Check-in/On-Day entry closes a minimum of 30 minutes before the scheduled start time of each event. Athletes can sign-in for all events they have entered at the same time.</i>	
6:00pm	1500m/3k/5k Walk Electronic timing (up to 34 minutes – after that hand-timed) and fully judged	6:00pm	High Jump (0.90m Start) Discus Long Jump (Invitational – 10 Athletes max, 4 jump max) To reserve a spot, athletes must email Athletics in the ACT at <a href="mailto:info@athleticsact.org.au">info@athleticsact.org.au</a>
6:35pm	1500m Run	7:00pm	Triple Jump (All Boards)
6:55pm	Sprint Hurdles (110/100/90/80 Metres in this order)	7:15pm	High Jump 1.50m Start Hammer
7:10pm	60 Metres		
7:30pm	100 Metres		
8:00pm	3000m/5000m Run		
8:20pm	200 Metres		
8:40pm	2 x 100m Relay		
8:50pm	400 Metres		
<b>Sunset: 8:03pm</b>			

### Additional Notes:

- Events may start up to 10 minutes early depending on how other events have gone through the meet, USUALLY with at least 20 minute's notice.
- Track events with multiple heats will be run from fastest to slowest
- It is up to the Event Chief to determine how many throws or horizontal jumps each athlete will get in the time slot allowed but, as a general rule, each athlete could normally expect to get *at least* 4 attempts. However, as the time allowed in the program for these events is limited, there may be instances where the number of attempts is reduced as the event must finish at least 10 minutes before the next event of the same type (ie throws or horizontal jumps) is due to commence