

AACT Summer Series - Week 12: **Friday 11 March 2022 at the AIS**

(This is a National Permit meet)

Track - Male and Female		Field - Male and Female	
<p>Venue entry is from 6:00pm (officials/volunteers) & 6:15pm (athletes)</p> <p>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.</p> <p>Car spots close to the track have been reserved for only 100 cars as there is also a Raiders game at 6pm.</p>		<p>All Athletes, parents, coaches, officials and volunteers must sign in to the venue using the ACT Government QR Code app.</p> <p>Social distancing rules must be complied except when an athlete is actually competing</p> <p>Any person, 16 years and older, may be required to show evidence of double vaccination when entering the venue</p>	
6:45pm	Steeplechase (low, medium & high height) – 20 min check-in		
7:10pm	Long Hurdles (200/300/400 Metres in this order)	7:00pm	Pole Vault
7:25pm	800 Metres	7:00pm	Javelin
7:45pm	100 Metres	7:00pm	Long Jump – Invitational (Max 8 competitors & 4 jumps each)
8:05pm	3000 Metre Run	7:50pm	Triple Jump (9/11/13 Boards)
8:20pm	200 Metres	8:30pm	Discus
8:40pm	1500 Metres	8:50pm	Triple Jump (5/7 Boards)
9:00pm	400 Metres		
9:20pm	1500/3000 Metre Walk (Non Permit due to insufficient Walks Judges)		
Sunset: 7:26pm			

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 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.
- Requests for additional events must be lodged to later than 10 days prior to the date of the competition. Requests are to be sent to the [AACT Competition Manager](#).
- Requests for the Invitational Long Jump are to be sent to the [AACT Competition Manager](#). To be eligible for the On-Line entry rate of \$9.90, athletes must enter on-line for at least one event, even if they do not intend to compete in that event.
- If there are no on-line entries for the steeplechase events, there will be no on-day entries taken and the events will be cancelled.