

AACT Summer Series

AACT Summer Series - Week 5: Saturday 12 November 2022 at Woden Athletics Track *(This is a National Permit meet)*

Track - Male and Female		Field - Male and Female	
<i>Venue entry is from 3:00pm</i> <i>Venue entry for officials is from 2:45pm</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>	
3:45pm	1500 Metre Run	3:45pm	Pole Vault Hammer Triple Jump (9/11/13m Boards)
4:10pm	1500/3000/5000 Metre Walk (hand-timed)	5:15pm	Discus Triple Jump (5/7m Boards)
4:15pm	Long Hurdles (200m first, then 400m)		
4:35pm	60 Metres		
4:55pm	100 Metres		
5:20pm	3000/5000 Metre Run		
5:40pm	200 Metres		
6:00pm	2 x 100m Relay		
6:10pm	800 Metres		
6:25pm	400 Metres		
Sunset: 7:30pm			

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.