ATHLETICS IN THE ACT

AACT Summer Series - Week 2: Saturday 15 October 2022 at Woden Park

(This is a State Permit meet)

	Track - Male and Female		Field - Male and Female
Venue entry is from 2:30pm *Venue entry for officials is from 2:00pm*		*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.*	
3:30pm	Steeplechase (low height to high height)	3:30pm	Javelin – Men
4:00pm	1500 Metres	3:30pm	Shot Put – Women
4:20pm	1500/3000/5000 Metre Walk (hand timed)	3:45pm	High Jump (0.90 metre starting height) Long Jump (5.00 metres and greater)
4:30pm	Sprint Hurdles (110/100/90/80 Metres in this order)	4:25pm	Javelin – Women
4:50pm	60 Metres	4:25pm	Shot Put – Men
5:10pm	100 Metres	5:00pm	High Jump (1.50 metre starting height)
5:35pm	3000 Metre Run	5:15pm	Long Jump (less than 5.00 metres)
5:50pm	200 Metres	5:20pm	Discus (all)
6:10pm	400 Metres		
Sunset: 7:18pm			

Additional Notes:

- The Officials and Volunteers get together will be from 6.15 to 7pm on Saturday at the check-in tent next to the admin building. Official of the month will be presented.
- 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
- If there are no On-Line Steeplechase entries, the Steeplechase will be closed off and no On-Day entries will be taken.
- 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.