

AACT Winter Series Track & Field Meets 2021- Version 5 (as at 5 May, 2021)



On-Line entry is \$7.80 for registered athletes and FREE for All Meet Members.
 On-Day entry is \$16.50 for registered athletes, \$31.50 for non-registered athletes and \$10 for All Meet Members.

- U14-U18 Junior athletes *are expected to have a parent volunteer help* officiate during the meet under the supervision and direction of an experienced official twice during over the winter series program. Contact Dianne Calvert to *officiate or volunteer* dcalvert@grapevine.net.au
- On-Line Entry to each Winter Series meet is available through the relevant Calendar entry. A copy of the On-Day Entry form can also be found through each Calendar entry.
- Entries close at 9pm on the Thursday before the weekend of the competition.
- Note that if an event, particularly in the Field, has already received large entries on-line, the event may be closed to on-day entries, or may be closed to on-line entries before the advertised close off time as per in the point above.
- **Coaches and athletes should plan their competitions around when the event is offered on the program – no additional field events can be added due to time constraints.**

	May 16	May 30	June 27	July 18	Aug 1	August 29	Sept 26
VENUE	AIS	AIS	AIS	Woden	Woden	Woden	Woden
	Meet 1	Meet 2	Meet 3	Meet 4	Meet 5	Meet 6	Meet 7
Long Jump	✓	✓			✓		✓
Triple Jump	✓		✓	✓		✓	
High Jump	✓	✓		✓		✓	
Pole Vault			✓		✓		✓##
Hammer		✓		✓		✓##	
Javelin	✓		✓		✓		✓
Discus	✓			✓		✓	
Shot Put		✓	✓		✓		✓
Seated Shot Put		✓	✓				
Long Hurdles	✓		✓			✓##	
Sprint Hurdles		✓			✓		✓##
100	✓	✓	✓		✓	✓	✓
200	✓	✓	✓		✓	✓	✓
400	✓	✓	✓		✓	✓	✓
800	✓		✓			✓	
1500		✓			✓		✓
Steeplechase		✓			✓		✓##
3k/5k (including Community Event)	✓	✓	✓		✓	✓##	✓
Walks	✓	✓	✓	✓	✓	✓##	✓
50/60m Hurdles				✓			
60m				✓			
150m				✓			
300m				✓			
600m				✓			
2k (including Community Event)				✓			

In the circumstance that the National All-School's Track and Field Championship are occurring in 2021, the events marked above will be the designated Selection Trial for the ACT team for these championships

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Sunday May 16: Winter Series Meet 1 at AIS

	Track	Field
Track Entry	11:00am for Officials, 11:15am for Athletes, Parents and Coaches	
11:50am	1500m /3k / 5k walk <u>only</u> (hand timed) (20-minute check in)	High Jump 1.50m start Triple Jump (20-minute check in)
11:55pm	Long Hurdles 200m 1 st , then 300m then 400m	
12:15pm	800m	
12:30pm	100m	Javelin
12:45pm		High Jump 0.90m start
12:50pm	3k Run	Long Jump
12:55pm		Discus
1:05pm	200m	
1:25pm	400m	

** All throws and horizontal jumps will be restricted to a **maximum** of 4 attempts, **or** approximately 45 minutes, due to time constraints.

Sunday May 30: Winter Series Meet 2 at AIS

	Track	Field
Track Entry	11:00am for Officials and Steeple, Seated Throws and Hammer athletes, 11:15am for other Athletes, Parents and Coaches	
11:40am	Steeplechase** (76cm/84cm/91cm) (10-minute check in)	
11:45am		Hammer Throw (restricted to 40 throw max) Seated Shot Put (15-minute check in)
12:00pm		High Jump 1.50m start Long Jump (less than 5.0m)
12:10pm	1500m	
12:25pm	Sprint Hurdles	
12:40pm	100m	Shot Put
12:45pm		Long Jump (more than 5.0m) High Jump 0.90m start
1:00pm	3k/5k Run 1500/3k Walk	
1:20pm	200m	
1:40pm	800m Wheelchair (only)	
1:45pm	400m	

All throws and horizontal jumps will be restricted to a **maximum** of 4 attempts **or** approximately 40 minutes due to time constraints.

****If no pre-entries** are made for Steeplechase, **the event will be cancelled** due to the resources involved in putting this event on. (i.e. no on-day entries if no pre-entries received)

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Sunday June 27: Winter Series Meet 3 at AIS

	Track	Field
Track Entry	11:00am for Officials and Pole Vault athletes, 11:15am for other Athletes, Parents and Coaches	
11:50am	1500m/3km/5km walk only (hand timed) (20 min check in)	Pole Vault Seated Shot Put (20 min check-in)
11:55pm	Long Hurdles 200m 1 st , then 300m then 400m	
12:00pm		Javelin Triple Jump (5/7m Boards)
12:15pm	800m	
12:30pm	100m	
12:50pm	3k Run	Triple Jump (9/ 11/ 13m Boards) Shot Put
1:05pm	200m	
1:25pm	400m	

** All throws and horizontal jumps will be restricted to a **maximum** of 4 attempts, **or** approximately 40 minutes, due to time constraints.

**Sunday July 18: Winter Series Meet 4 at Woden
Odd distance Day**

	Track	Field
Track Entry	10:30am for Officials, 11:00 for Athletes, Parents and Coaches	
11:50am	800m/2km (hand timed) (20 min check in)	Hammer Throw (restricted 40 throw max) (20 min check-in)
12:00pm	Sprint Hurdles (60m (for the 110/100 athletes)/50m for the 90/80m athletes)	Triple Jump (5/7 m Boards)
12:20pm	600m	
12:40pm	60m	Discus
12:45pm		Triple Jump (9/11/13 m Boards)
12:55pm	150m	
1:10pm	2k Run	
1:25pm	300m	

All throws and horizontal jumps will be restricted to a **maximum** of 4 attempts **or** approximately 40 minutes due to time constraints.

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Sunday August 1: Winter Series Meet 5 at Woden

	Track	Field
Track Entry Coaches	10:30am for Officials 10:45am for Steeplechase and Pole Vault athletes, 11:00 for other Athletes, Parents and	
11:30am	Steeplechase (76cm/84cm/91cm) (20-minute check in)	Pole Vault (20 min check-in)
11:50am		Long Jump (less than 5.0m)
12:00pm	1500m	Javelin
12:20pm	Sprint Hurdles	
12:35pm	100m	
12:45pm		Long Jump (more than 5.0m) Discus
12:55pm	3k/5k Run 1500/3k Walk	
1:15pm	200m	
1:30pm	400m	

** All throws and horizontal jumps will be restricted to a maximum of 4 attempts, **or** approximately 40 minutes, due to time constraints.

Sunday August 29: Winter Series Meet 6 at Woden

	Track	Field
Track Entry	10:30am for Officials, 11:00 for Athletes, Parents and Coaches	
11:45am	##1500m/3km/5k walk only (hand timed) (20-minute check in)	## Hammer Throw (20-minute check in)
11:55am	##Long Hurdles 200m 1 st , then 300m then 400m	Triple Jump (5/7m Boards)
12:15pm	800m	High Jump 1.50m start
12:35pm	100m	
12:45pm		Triple Jump (9/ 11/ 13m Boards)
12:50pm		Discus High Jump 0.90m start
12:55pm	##3k Run	
1:10pm	200m	
1:25pm	400m	

** All throws and horizontal jumps will be restricted to a maximum of 4 attempts, **or** approximately 40 minutes, due to time constraints.

selection trial for ACT All Schools team for Nationals in December

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Sunday September 26: Winter Series Meet 7 at Woden

	Track	Field
Track Entry	10:30am for Officials 10:45am for Steeplechase and Pole Vault athletes, 11:00 for other Athletes, Parents and Coaches	
11:30am	## Steeplechase (76cm/84cm/91cm) (20-minute check in)	## Pole Vault (20 min check-in)
11:50am		Long Jump (less than 5.0m)
12:10pm	1500m	Javelin
12:30pm	## Sprint Hurdles	
12:45pm	100m	
12:45pm		Long Jump (more than 5.0m)
12:55pm		Shot Put
1:05pm	3k/5k Run 1500/3k Walk	
1:25pm	200m	
1:40pm	400m	

** All throws and horizontal jumps will be restricted to a **maximum** of 4 attempts, **or** approximately 40 minutes, due to time constraints.

selection trial for ACT All Schools team for Nationals in December