

# AACT Winter Series

## AACT Winter Series - Week 5: Sunday 1 August 2021 at Woden Park

Track - Male and Female		Field - Male and Female	
<i>Venue Entry: Athletes, coaches, etc from 10:45am, Officials from 10:30am</i>		<i>Venue Entry: Athletes, coaches, etc from 10:45am, Officials from 10:30am</i>	
11:30am	1500/2000/3000 Steeplechase – 20 min check-in	11:30am	Pole Vault – 20 min check-in
		11:50am	Long Jump (less than 5.0 metres)
12:00pm	1500 Metres	12:00pm	Javelin
12:20pm	Sprint Hurdles (starting with 110 metres and down to 80 metres)		
12:35pm	100 Metres		
		12:45pm	Long Jump (5.0 metres or greater) Discus
12:55pm	2000/3000 Metre run 1500/3000 Metre Walk		
1:15pm	200 Metres		
1:30pm	400 Metres		

### 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 should expect to get at least 4 attempts. However, a maximum of 45 minutes applies to these events.