



Athletics ACT High Noon Track & Field Meets 2019- Version 1

On-Line entry is \$7.50 for registered athletes and FREE for Gold Members. On-Day entry is \$16 for registered athletes and \$10 for Gold Members.

- All athletes turning at least 12 years of age by 31st December 2019 are invited to compete at these meets
- AACT, LAACT or ACTM current registration numbers to be worn.
- 2018/19 registered AACT, ACT Little Athletes and ACT MASTERS athletes are registered until 30th September, 2019.
- 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 program. Contact Dianne Calvert to *officiate or volunteer* dcalvert@grapevine.net.au
- Extra events may be scheduled with **AT LEAST 10 day's** notice before the competition date to gerard.ryan@merici.act.edu.au
- On-Line Entry to each High Noon meet is available through the relevant Calendar entry. A copy of the On-Day Entry form can also be found through each Calendar entry

	May 5	May 19	June 2	June 16	July 28	Aug 18	Sept 1	Sept 22	Number of times the event conducted in HN
VENUE	AIS	AIS	Woden (TBC)	AIS	Woden (TBC)	AIS	Woden (TBC)	AIS	
Long Jump		✓		✓		✓		✓	4
Triple Jump	✓		✓		✓		✓		4
High Jump	✓		✓		✓		✓		4
Pole Vault		✓		✓		✓		✓###	4
Hammer		✓		✓		✓		✓###	4
Javelin	✓		✓		✓		✓		4
Discus		✓		✓		✓		✓	4
Shot Put	✓		✓		✓		✓		4
Long Hurdles	✓		✓		✓			✓###	4
Sprint Hurdles		✓		✓		✓	✓###		4
100	✓	✓	✓	✓	✓	✓	✓	✓	8
200	✓		✓	✓		✓		✓	5
2 x 100m Relay		✓			✓		✓		3
400	✓		✓		✓		✓	✓	5
800	✓		✓		✓		✓		4
1500		✓		✓		✓		✓	4
Steeplechase		✓		✓		✓		✓###	4
3k	✓	✓	✓	✓	✓	✓	✓###	✓	8
Walks	✓	✓	✓	✓	✓	✓	✓	✓###	8

Selection Trial for ACT All School Team for All-Schools National Championships (TBC)

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Sunday May 5 at AIS

	Track	Field
11:40am	Using Start Blocks Familiarisation for anyone interested	
12:00pm	1500m /3k /5k <u>walk only</u> (hand timed)	High Jump 1.50m start Triple Jump (5/7m Board)
12:05pm	Long Hurdles 200m Hurdles 1 st , then 400m Hurdles	
12:15pm		Javelin
12:20pm	100m	
12:40pm	800m	
12:45pm		High Jump 0.9m start Triple Jump (9/11/13m Boards)
12:55pm	200m	
1:00pm		Shot Put
1:10pm	3k Run	
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 May 19 at AIS

	Track	Field
11:30am	Using Start Blocks Familiarisation for anyone interested	Pole Vault 2.80m Starting Height (10-minute check in, athletes must warm up in time for an 11:30am start)
11:40am	Steeplechase** (10-minute check in)	
11:45am		Hammer Throw (restricted 40 throw max) (15-minute check in)
12:00pm		Long Jump Less than 5.0m
12:05pm	1500m / 3k <u>walk only</u> (hand timed)	
12:10pm	Sprint Hurdles	
12:25pm	100m	Discus Pole Vault 1.50m Starting Height
12:45pm	1500m	Long Jump More than 5.0m
1:00pm	2 x 100m Relay	
1:05pm	3k Run	

All throws and horizontal jumps will be restricted to a **maximum** of 4 attempts **or** approximately 40 minutes due to time constraints. Note that on-day entries for Pole Vault may not be possible if there are already significant pre-entries received on-line.

****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)

Athletics ACT High Noon Track & Field Meets 2019- Version 1

Sunday June 2 at Woden (TBC)

	Track	Field
12:00pm	1500m / 3k / 5k <u>walk only</u> (hand timed)	High Jump 1.50m start Long Jump Less than 5.0m
12:05pm	Long Hurdles 200m Hurdles 1 st , then 400m Hurdles	
12:15pm		Javelin
12:20pm	100m	
12:40pm	800m	
12:45pm		High Jump 0.9m start Long Jump More than 5.0m
12:55pm	200m	
1:05pm		Shot Put
1:10pm	3k Run	
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 June 16 at AIS

	Track	Field
11:30am		Pole Vault 2.80m Starting Height (10-minute check in, athletes must warm up in time for an 11:30am start)
11:40am	Steeplechase** (10-minute check in)	
11:45am		Hammer Throw (restricted 40 throw max) (15-minute check in)
12:00pm		Long Jump Less than 5.0m
12:05pm	1500m /3k <u>walk only</u> (hand timed)	
12:10pm	Sprint Hurdles	
12:25pm	100m	Discus Pole Vault 1.50m Starting Height
12:45pm	1500m	Long Jump More than 5.0m
1:00pm	200m	
1:15pm	3k Run	

All throws and horizontal jumps will be restricted to a **maximum** of 4 attempts **or** approximately 40 minutes due to time constraints. Note that on-day entries for Pole Vault may not be possible if there are already significant pre-entries received on-line.

****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)

Athletics ACT High Noon Track & Field Meets 2019- Version 1

Sunday July 28 at Woden (TBC)

	Track	Field
11:55am	1500m /3k / 5k <u>walk only</u> (hand timed)	
12:00pm	Long Hurdles 200m Hurdles 1 st , then 400m Hurdles	High Jump 1.50m start Triple Jump (5/7m Board)
12:15pm	100m	Javelin
12:35pm	800m	
12:45pm		High Jump 0.9m start Triple Jump (9/11/13m Boards)
12:50pm	200m	
1:05pm	2 x 100m Relay	Shot Put
1:10pm	3k Run	
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 August 18 at AIS

	Track	Field
11:30am		Pole Vault 2.80m Starting Height (10-minute check in, athletes must warm up in time for an 11:30am start)
11:40am	Steeplechase** (10-minute check in)	
11:45am		Hammer Throw (restricted 40 throw max) (15-minute check in)
12:00pm		Long Jump Less than 5.0m
12:05pm	1500m /3k <u>walk only</u> (hand timed)	
12:10pm	Sprint Hurdles	
12:25pm	100m	Discus Pole Vault 1.50m Starting Height
12:45pm	1500m	Long Jump More than 5.0m
1:00pm	200m	
1:15pm	3k Run	

All throws and horizontal jumps will be restricted to a **maximum** of 4 attempts **or** approximately 40 minutes due to time constraints. Note that on-day entries for Pole Vault may not be possible if there are already significant pre-entries received on-line.

****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)

Athletics ACT High Noon Track & Field Meets 2019- Version 1

Sunday Sept 1 at Woden (TBC)

	Track	Field
11:45am	1500m/3km/5km <u>walk only</u> (hand timed) (15 min check in)	
11:55pm	## Sprint Hurdles (110m / 100m / 90m / 80m)	
12:00pm		High Jump 0.90 m Start Triple Jump (5/7m Board)
12:15pm	100m (Including the Father's Day – DAD's DASH)	Javelin
12:35pm	800m	
12:45pm		High Jump 1.50 m Start Triple Jump (9/11/13m Board)
12:50pm	2 x 100m Relay	
12:55pm	##3k Run	Shot Put
1:15pm	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

Sunday September 22 at AIS

	Track	Field
11:30am	##Steeplechase (10-minute check in)	## Pole Vault 2.80m Starting Height (10-minute check in)
11:50am		## Hammer Throw (restricted 40 throw max) (20-minute check in)
12:00pm	##1500m/3km walk only (hand timed)	Long Jump Less than 5.0 m
12:05pm	##Long Hurdles 200m Hurdles 1st, then ##400m Hurdles	
12:20pm	100m	
12:40pm	1500m	## Pole Vault 1.50m Starting Height
12:45pm		Long Jump More than 5.0 m
12:55pm	200m	
1:00pm		Discus
1:10pm	3k Run	
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