

Week 8: Saturday 1st December at AIS -Relay Championships for track events

	Track - Male and Female	Field - Male and Female
Track access	3:15pm	
4:00pm	2 x 100m	Long Jump Less than 4.50m High Jump (1.50m start)
4:15pm	2 x 1500m walk	Hammer
4:40pm	2 x 400m	
5:00pm	Distance Medley (1200, 400, 800, 1600)	Long Jump More than 4.50m High Jump (0.90m start)
5:30pm	4 x 100m	Javelin
6:00pm	4 x 400m	
6:30pm	Swedish Medley (100, 200, 300, 400)	

Additional Notes:

Relay Championships

1. Teams, to win the ACT Championship, must be from the same club.
2. Teams entered from a combination of clubs are permitted but are not eligible to win the ACT Championship.
3. The age groups are: Junior (U14/16), Intermediate (U18/U20), and Open.
4. Teams must have at least one runner from the correct age group to be eligible for the ACT Championship.
5. Mixed gender teams are permitted but are automatically entered in the Male division.
6. Clubs can enter multiple teams in any one age group.
7. Teams can be entered up to 30 minutes before the start time.