



Coles 2019 ACT Athletics Championships

AIS Track & Field Facility

Friday 8th February – Sunday 10th February

Introduction

The following information pack outlines key details for the ACT Championships. Athletes and coaches are encouraged to familiarise themselves with the details of this document to ensure the smooth running of the ACT Championships.

Competition Rules

Ensure you have read the ACT Championships rules available [here](#)

Timetable

The final schedule of events is available [here](#)

Entry Lists and Live Results

Available [here](#)

Venue

A venue map is available [here](#)

Live Stream

The Coles 2019 ACT Athletics Championships will be live streamed through our Facebook and YouTube account – [click here](#) to access

Check-in

Athletes will need to check-in for every event they have entered on each day (unless otherwise indicated on the timetable). **Check-in closes 45mins before the first event in each block.** Check-in times vary for events, please ensure you are aware of these times and aim to check-in well before the final closing time. Failure to check-in by the closing time will see you automatically scratched from the event.

Athlete Check-in is located in **Building D – Commonwealth Room** at the rear of the grandstand. Entry is via the backdoor.



Bib Numbers

Athletes will need to collect their bib numbers at check-in. Athletes must compete in assigned bib numbers throughout the whole competition.

Call Room

There is no call room for the ACT Championships. Athletes will need to be at the site of their event (either start line or field event site) at least 15mins – for field and 10mins for track.

Heat Lists

For all track events run as heats or seeded finals the heat sheets will be available at the start line of your event.

Please note that these are final and there will be no adjustments made to final heat sheet at the start line.

Men's open 200m preliminary round

The list of athletes who have qualified directly into the heats of the 200m will be published on the Athletics ACT website by Friday 8th February.

Event Progressions

100m and 200m

Preliminary round → Heat (Men's 200m only)

8 heats – 1st in each heat + next 8 fastest times

7 heats – 1st in each heat + next 9 fastest times

Heat → Final (200m)

8 heats – 1st in each heat

7 heats – 1st in each heat + next 1 fastest time

6 heats – 1st in each heat + next 2 fastest times

5 heats – 1st in each heat + next 3 fastest times

4 heats – 1st and 2nd in each heat

3 heats – 1st and 2nd in each heat + next 2 fastest times

2 heats – 1st, 2nd and 3rd in each heat + next 2 fastest times



Heat → Final (100m) 9 Lane Final

8 heats – 1st in each heat + next 1 fastest time

7 heats – 1st in each heat + next 2 fastest times

6 heats – 1st in each heat + next 3 fastest times

5 heats – 1st in each heat + next 4 fastest times

4 heats – 1st and 2nd in each heat + next 1 fastest time

3 heats – 1st and 2nd in each heat + next 3 fastest times

2 heats – 1st, 2nd and 3rd in each heat + next 3 fastest times

Vertical Jump Progressions

This information will be available at athletes check-in and/or once on the field of play.

Implement Check-in

If you have implements that need to be checked this must be done at least 90mins before your event start time. Implements to be checked in at the technical shed on the back straight

Field of Play

Only athletes and officials are permitted onto the field of play, unless otherwise specified. Unauthorised access to the field of play may result in eviction from the arena.

Cases where spectators and/or coaches will be authorised into the field of play will be done so in a controlled manner and barriers must be left in place.

First Aid

First Aid is available at the top of the grandstand between building B and C.

Ice will be available in the first aid room.

Parking

Parking is available in the 2 parking lots located outside GIO stadium on Battye St, with additional overflow parking outside the AIS arena.

NOTE: Due to the Wheat-Bix kids Try-Athlon on Sunday 10th February there will be a number of road closures around the AIS, including parking lots. Please allow for extra time to find parking and adhere to road closures. Below is a map for reference.



Thank you for attending the 2019 ACT Athletics Championships