

Week 3: Saturday 20th October at AIS

	Track - Male and Female	Field - Male and Female
1:00pm	Track access booked	
1:15pm	Using starting blocks familiarisation session	
1:45pm		Pole Vault 2.80m start height (15 min check-in) The PV event must start on time and athletes need to complete their own warmups before this time Hammer Throw (15 min check-in)
2:00pm	1500m/3km/5km walk (no runners) -hand timed	High Jump 0.90m start height Triple Jump: All Boards (3-4 jump comp only depending on entries)
2:10pm	200m/400m Hurdles (in that order)	
2:30pm	60m	
2:45pm	100m	Discus (4 throw comp only)
3:00pm		Long Jump All distances (3-4 jump comp only depending on entries) Pole Vault 1.50m start height
3:15pm	1500m	High Jump 1.50m start height
3:35pm	200m	Shot Put (4 throw comp only)
3:55pm	3/5 k run (no walkers)	
4:15pm	400m	

Additional Notes:

- Events may start up to 10 minutes early depending on how other events have gone through the night USUALLY with at least 30 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