

Week 1: Saturday 6th October at AIS- Incorporating Come and Try Day

	Track - Male and Female	Field - Male and Female
3:00pm	Becoming familiar with being on the track, or the field, at an AACT meet (optional)	
3:15pm	Using sprint Starting Blocks Familiarisation (optional)	
3:45pm	*1500m/2k/3k Low Steeplechase (15 min check-in) *2k/3k Steeplechase High Steeplechase Lower Height steeple events first unless otherwise advised	
4:00pm		Long Jump LESS than 4.5m High Jump 1.50m start height
4:15pm	1500m/3km/5km walk (no runners) -hand timed	
4:20pm	Sprint Hurdles (110m down to 80m)	
4:30pm		Javelin
4:40pm	60m	
4:55pm	100m	
5:25pm	800m	
5:45pm	400m	
5:45pm		Shot Put
6:05pm	200m	
6:25pm	Relay 2 x 100m	
6:35pm	3 k run (no walkers)	

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
- *If no steeple entries are received in Low and/or High via on-line entries, the event will be cancelled due to the resources required to put the event on. If on-line entries are received, then on-day entries will also be accepted.

Week 2: Saturday 13th October at WODEN

	Track - Male and Female	Field - Male and Female
3:15pm	Using sprint Starting Blocks Familiarisation (optional)	
3:45pm		Pole Vault 2.80m start height (15 min check-in)
4:00pm	1500m/3k Walk (no runners) - hand timed	Triple Jump (5/7 m Boards)
4:10pm	200m/400m Hurdles (in that order)	
4:30pm		Hammer
4:40pm	100m	
5:10pm	1500m	Pole Vault 1.50m start height Triple Jump (9/11/13 m Boards)
5:30pm	400m	Discus
5:50pm	200m	
6:10pm	3 k/ 5k run (no walkers)	

Additional Notes:

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Week 3: Saturday 20th October at Woden

	Track - Male and Female	Field - Male and Female
4:00pm	1500m/3km/5km walk (no runners) -hand timed	Long Jump LESS than 4.5m High Jump 1.50m start height
4:10pm	Sprint Hurdles (110m down to 80m)	
4:30pm	60m	Javelin
4:45pm	100m	
5:15pm	800m	Long Jump MORE than 4.5m High Jump 0.90m start height
5:30pm	400m	
5:40pm		Shot Put
6:00pm	200m	
6:20pm	2 x 100m Relay	
6:30pm	3 k run (no walkers)	

Additional Notes:

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Week 4: Friday 26th October at Woden: School Nitro- no AACT events

	Track - Male and Female	Field - Male and Female	Field Event timetable
4:30pm		Shot Put -Junior Girls Long Jump -Junior Boys High Jump -Intermediate Girls Javelin -Intermediate Boys	Shot Put 4:30pm: Jun Girls 5:00pm: Sen Girls 5:30pm: Jun Boys 6:00pm: Int Girls 6:30pm: Int Boys 7:00pm: Sen Boys
5:00pm	1000m Int Boys &Girls, Sen Boys & Girls	Shot Put -Senior Girls Long Jump- Senior Boys Javelin -Intermediate Girls	Javelin 4:30pm: Int Boys 5:00pm: Int Girls 5:50pm: Sen Boys 6:20pm: Sen Girls 6:50pm: Jun Girls 7:20pm: Jun Boys
5:15pm		High Jump -Senior Boys	
5:20pm	800 Jun Boys &Girls		
5:30pm		Shot Put -Junior Boys	Long Jump 4:30pm: Jun Boys 5:00pm: Sen Boys 5:50pm: Int Boys 6:20pm: Jun Girls 6:50pm: Int Girls 7:20pm: Sen Girls
5:50pm	Sprint Hurdles Int Girls 90m (76cm), Int Boys 100m (84cm) Sen Girls 100m (76cm), Sen Boys 110m (91cm)	Long Jump -Intermediate Boys Javelin -Senior Boys	High Jump 4:30pm: Int Girls 5:15pm: Sen Boys 6:00pm: Int Boys 6:50pm: Sen Girls
6:00pm		Shot Put -Intermediate Girls High Jump -Intermediate Boys	
6:10pm	Relays 2 x 100 Sen Boys & Girls, Jun Boys &Girls 2 x 300 Int Boys &Girls		Implement weights:
6:20pm		Long Jump -Junior Girls Javelin -Senior Girls	Shot Put Girls - Junior (3kg), Intermediate (3kg), Senior (3kg) Boys - Junior (4kg), Intermediate (4kg), Senior (5kg)
6:30pm		Shot Put -Intermediate Boys	Javelin Girls - Junior (500g), Intermediate (500g), Senior (500g) Boys - Junior (700g), Intermediate (700g), Senior (700g)
6:50pm	60m All Groups	Long Jump - Intermediate Girls High Jump -Senior Girls Javelin -Junior Girls	Additional notes:
7:00pm		Shot Put -Senior Boys	High Jump athletes nominate, before the comp begins, three heights that they will attempt. Thus jumpers will have a maximum of 9 jumps, and a minimum of 3 jumps.
7:10pm	150m Jun Boys &Girls		
7:20pm	200m Int Boys &Girls,	Long Jump -Senior Girls Javelin -Junior Boys	
7:35pm	400m Sen Boys & Girls		
7:45pm	Relays 4 x 200 Jun Boys &Girls Medley Int Boys &Girls, Sen Boys & Girls		
8:10pm	Presentations		

Week 5: Saturday 3rd November at AIS

	Track - Male and Female	Field - Male and Female
3:45pm	*1500m/2km/3km Low Steeplechase (15 min check-in) *2k/3k Steeplechase High Steeplechase Lower Height steeple events first unless otherwise advised	Pole Vault 2.80m start height (15 min check-in)
4:00pm		Triple Jump (5/7 m Boards)
4:15pm	1500m/3km/5km walk (no runners) -hand timed	
4:20pm	200m/400m Hurdles (in that order)	
4:40pm	60m	Hammer
4:55pm	100m	
5:00pm		Pole Vault 1.50m start height
5:20pm	1500m	Triple Jump (9/11/13 m Boards)
5:40pm	400m	
5:45pm		Discus
6:00pm	200m	
6:20pm	Relay 2 x 100m	
6:30pm	3 km run (no walkers)	

Additional Notes:

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- 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
- *If no steeple entries are received in Low and/or High via on-line entries, the event will be cancelled due to the resources required to put the event on. If on-line entries are received, then on-day entries will also be accepted.

Thursday 8th November Masters' Hosted Meet at WODEN- No additional events are possible

	Track - Male and Female	Field - Male and Female

Additional Notes:

Week 6: Saturday 17th November at WODEN- CBR Twilight & ACT 3000m Championships

	Track - Male and Female	Field - Male and Female
5:45pm		Pole Vault 2.80m start height (15 min check-in)
6:00pm	1500m/3km walk (no runners) -hand timed	Long Jump Less than 4.50m
6:10pm	Sprint Hurdles	
6:30pm	100m	Javelin
7:00pm	300m	Discus
7:20pm		Pole Vault 1.50m start height Long Jump More than 4.50m
7:30pm	1000m	
7:40pm	Masters and U14/16/18 3 km Championships (Women)	Shot Put
7:55pm	Open and U20 3 km Championships (Women)	
8:10pm	Masters and U14/16/18 3 km Championships (Men)	
8:25pm	Open and U20 3 km Championships (Men)	

Additional Notes:

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Week 7: Saturday 24th November at WODEN- Club Nitro

Junior – Athletes in the U14 – U18 age groups (Use Intermediate model)

Senior – Athletes in the U20 – Open age groups (Use Senior model)

	Track - Male and Female	Field - Male and Female	Field Event timetable	
5:00pm	1000m Intermediate Male & Females, Senior Male & Females	Shot Put -Senior Females Long Jump- Senior Male High Jump -Intermediate Females Javelin- Intermediate and Senior Males	Javelin 5:00pm: Intermediate and Senior Male 5:40pm: Intermediate and Senior Females	Shot Put 6:20pm: Intermediate and Senior Females 7:00pm: Intermediate and Senior Male
5:30pm	Sprint Hurdles Specs to depend on age of athlete		Long Jump 5:00pm: Senior Male 5:40pm: Intermediate Male 6:30pm: Senior Females 7:10pm: Intermediate Females	High Jump 5:00pm: Intermediate Females 5:50pm: Senior Male 6:40pm: Intermediate Male 6:50pm: Senior Females
5:40pm		Javelin -Intermediate and Senior Females Long Jump -Intermediate Male		
5:50pm		High Jump -Senior Male		
6:00pm	Relays 2 x 100 Senior Male & Females 2 x 300 Intermediate Male & Females			
6:20pm		Long Jump -Junior Females Shot Put -Intermediate and Senior Females		
6:30pm	60m All Groups	Shot Put -Intermediate Male Long Jump - Senior Females		
6:40pm		High Jump -Intermediate Male		
6:50pm		High Jump -Senior Females Javelin -Intermediate Females		
7:00pm	200m Intermediate Male & Females,	Shot Put -Intermediate and Senior Males		
7:10pm		Long Jump -Senior Females		
7:20pm	400m Senior Male & Females			
7:35pm	Medley Relays Intermediate Male & Females Senior Male & Females			

Implement weights:

Shot Put
Depends on age of athlete

Javelin
Depends on age of athlete

Additional notes:

High Jump athletes nominate, before the comp begins, three heights that they will attempt. Thus jumpers will have a maximum of 9 jumps, and a minimum of 3 jumps.

Week 8: Saturday 1st December at Woden -Relay Championships

	Track - Male and Female	Field - Male and Female
4:00pm	2 x 100m	FIELD EVENT RELAYS TO BE ADDED
4:15pm	2 x 1500m walk	
4:40pm	2 x 400m	
5:00pm	Distance Medley	
5:30pm	4 x 100m	
6:00pm	4 x 400m	
6:30pm	Swedish Medley	

Additional Notes:

Thursday 6th December Masters' Hosted Meet at WODEN- No additional events are possible

	Track - Male and Female	Field - Male and Female

Additional Notes:

Week 9: Saturday 16th December at WODEN

	Track - Male and Female	Field - Male and Female
5:00pm	1500m/3k /5k walk (no runners) -hand timed	High Jump 1.50m start height Long Jump LESS than 4.50m Hammer Throw
5:10pm	Sprint Hurdles	
5:30pm	100m	Discus
6:00pm	1500m	Long Jump MORE than 4.50m High Jump 0.90m start height
6:30pm	400m	Discus
6:50pm	200m	
7:05pm	2 x 100m Relay	
7:15pm	3 k run (no walkers)	

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Week 10: Saturday 5th January at Woden

	Track - Male and Female	Field - Male and Female
4:45pm		Pole Vault 2.80m start height (15 min check-in)
5:00pm	1500m/3k walk (no runners) -hand timed	Triple Jump (5/7m boards) Hammer
5:10pm	200m/400m Hurdles (in that order)	
5:30pm	100m	
6:00pm	800m	Triple Jump (9/11/13m boards) Pole Vault 1.50m start height
6:30pm	400m	Discus
6:50pm	200m	
7:10pm	2 x 100m Relay	
7:20pm	3 / 5 k run (no walkers)	

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Week 11: Saturday 2nd February at AIS: ACT Open and U20 5000m Championships

	Track - Male and Female	Field - Male and Female
4:45pm	*1500m/2km/3km Low Steeplechase (15 min check-in) *2k/3k Steeplechase High Steeplechase Lower Height steeple events first unless otherwise advised	
5:00pm		Triple Jump (5/7m boards) High Jump 1.50m Start
5:15pm	1500m/3k/5k walk (no runners) -hand timed	
5:25pm	200m/400m Hurdles (in that order)	
5:30pm		Javelin
5:50pm	60m	
6:05pm	100m	
6:15pm		Triple Jump (9/11/13m boards) High Jump 0.90m Start
6:30pm	800m	
6:45pm	400m	Discus
7:05pm	3k run (no walkers)	
7:20pm	5 k Open and Under 20 Womens' Championship	
7:40pm	5 k Open and Under 20 Mens' Championship	

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Week 12: Saturday 16th February at AIS: CBR PB Series 1

	Track - Male and Female	Field - Male and Female
4:45pm		Pole Vault 2.8m start height (15min check-in)
5:00pm	1500m/3k Walk (no runners) - hand timed	Javelin Long Jump LESS than 4.5m
5:10pm	Long Hurdles (200m then 400m)	
5:30pm	100m	
6:00pm		Long Jump MORE than 4.5m Pole Vault 1.5m start height
6:15pm	1500m	
6:30pm		Shot Put
6:45pm	400m	
7:10pm	3k run (no walkers)	

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Week 13: Saturday 23rd February at Woden

	Track - Male and Female	Field - Male and Female
5:00pm	1500m/3k /5k Walk (no runners) - hand timed	High Jump 0.90m start Triple Jump (9/11/13 m Boards)
5:10pm	Sprint Hurdles (110m/100m/90m/80m)	Hammer
5:30pm	100m	
6:00pm	800m	High Jump 1.50m start Triple Jump (5/7 m Boards)
6:30pm	400m	Discus
6:50pm	200m	
7:10pm	3 k run (no walkers)	

Additional Notes:

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Week 14: Saturday 2nd March at Woden

	Track - Male and Female	Field - Male and Female
4:45pm		Pole Vault 2.8m start height (15min check-in)
5:00pm	1500m/3km/5km walk (no runners) -hand timed	Long Jump LESS than 4.5m
5:10pm	Long Hurdles (200m then 400m)	
5:30pm	100m	Javelin
6:00pm	1500m	Long Jump MORE than 4.5m Pole Vault 1.5m start height
6:30pm	400m	Shot Put
6:50pm	200m	
7:10pm	Relay 2 x 100m	
7:20pm	3km (no walkers)	

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Week 15: Saturday 9th March at AIS: CBR PB Series 2

	Track - Male and Female	Field - Male and Female
3:45pm	*1500m/2km/3km Low Steeplechase (15 min check-in) *2k/3k Steeplechase High Steeplechase Lower Height steeple events first unless otherwise advised	
4:00pm	1500m/3k/5k Walk (no runners) - hand timed	High Jump 0.90m start Triple Jump (9/11/13 m Boards)
4:10pm	Sprint Hurdles (110m/100m/90m/80m)	
4:30pm	60m	Hammer
4:50pm	100m	
5:00pm		High Jump 1.50m start Triple Jump (5/7 m Boards)
5:15pm	800m	
5:40pm	400m	Discus
6:05pm	200m	
6:25pm	3 km/ 5km run (no walkers)	

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Week 16: Saturday 16th March at Woden

	Track - Male and Female	Field - Male and Female
3:45pm		Pole Vault 2.8m start height (15min check-in)
4:00pm	1500m/3km/5km walk (no runners) -hand timed	Long Jump LESS than 4.5m
4:10pm	Long Hurdles (200m then 400m)	
4:30pm	100m	Javelin
5:00pm	1500m	
5:15pm		Long Jump MORE than 4.5m Pole Vault 1.5m start height
5:30pm	400m	
5:50pm	200m	Shot Put
6:10pm	Relay 2 x 100m	
6:20pm	3km (no walkers)	

Additional Notes:

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