

2018/19 Season: **DRAFT 5 (October 30)** Track and Field Event Roster for all Summer Comp Meets

	6 Oct	20 Oct	3 Nov	8 Nov Masters Hosted	17 Nov CBR Twilight	23 Nov Throws Meet	24 Nov	1 Dec Relay Meet	6 Dec Masters Hosted	16 Dec	5 Jan	12-13 Jan Comb Event	19-20 Jan SDU	27-28 Jan National Series	2 Feb	8-10 Feb ACT Champs	16 Feb PB Meet 1	23 Feb	2 March	9 March PB Meet 2	23 March	Total for season
	AIS	Woden	AIS	Woden	AIS	Woden	AIS	AIS	Woden	TBC	Woden	AIS	AIS	AIS	AIS	AIS	AIS	Woden	Woden	AIS	Woden	
Long Jump	✓	✓			✓			✓		✓		✓				✓	✓		✓		✓	10
Triple Jump			✓	✓			✓		✓		✓	✓			✓	✓		✓		✓		11
High Jump	✓	✓	✓	✓			✓	✓		✓		✓			✓	✓		✓		✓		12
Pole Vault			✓		✓		✓		✓		✓	✓				✓	✓		✓		✓	11
Hammer			✓					✓	✓	✓	✓					✓		✓		✓		9
Javelin	✓	✓		✓		✓		✓	✓			✓			✓	✓	✓		✓		✓	11
Discus			✓	✓		✓			✓	✓	✓	✓			✓	✓		✓		✓		11
Shot Put	✓	✓		✓	✓	✓						✓				✓	✓		✓		✓	10
60	✓		✓				✓								✓					✓		5
100	✓		✓	✓	✓		✓		✓	✓		✓	✓		✓	✓	✓	✓	✓	✓	✓	18
200	✓		✓	✓			✓		✓	✓		✓	✓		✓	✓	✓	✓	✓	✓	✓	16
300					✓																	1
400	✓		✓							✓	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	15
800	✓		✓	✓	✓				✓		✓	✓	✓		✓	✓		✓		✓		12
1500				✓			✓			✓		✓mile	✓			✓	✓		✓		✓	10
2 x 100m Relay	✓	✓	✓					✓		✓	✓									✓		8
2 x 400m Relay								✓														
4 x 100m Relay								✓														
4 x 400m Relay								✓														
Dist Med Relay								✓														
Swedish Relay								✓														
Sprint Hurdles	✓				✓					✓		✓				✓		✓		✓		7
Long Hurdles			✓				✓		✓		✓	✓				✓	✓		✓		✓	10
1500/3k Walk	✓		✓		✓		✓			✓	✓	✓			✓	✓	✓	✓	✓	✓	✓	15
5k Walk	✓		✓							✓		✓				✓	✓		✓	✓	✓	9
3k Run	✓		✓	✓	✓*		✓		✓	✓	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	18
5k Run							✓		✓		✓	✓			✓***	✓		✓		✓		9
Steeplechase	✓		✓				✓					✓				✓	✓			✓		7

17th November *AACT 3k Open and Junior Championship

12/13th January **AACT Mile Championships

2nd February * Under 20/Open 5km Championship**

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	Long Jump MORE than 4.5m High Jump 0.90m start height
5:45pm	200m	Shot Put
6:05pm	Relay 2 x 100m	
6:15pm	3 k run (no walkers)	
6:30pm	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
- *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 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
5:40pm	200m	Shot Put
6:00pm	2 x 100m Relay	
6:10pm	3 k run (no walkers)	
6:25pm	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.
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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
3:00pm	Track Access	
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) The event must start on time and athletes need to complete their own warmups before this time
4:00pm		Triple Jump (5/7 m Boards)
4:15pm	1500m/3km/5km walk (no runners) -hand timed	
4:20pm	400m	
4:40pm	60m	Hammer High Jump (0.90m start height)
4:55pm	100m	
5:00pm		Pole Vault 1.50m start height
5:20pm	200m/400m Hurdles (in that order)	Triple Jump (9/11/13 m Boards)
5:40pm	800m	High Jump (1.50m start height)
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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- 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.

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

	Track - Male and Female	Field - Male and Female
6:00pm	1500m	Javelin Triple Jump
6:10pm	Walks	
6:20pm	200m	
7:00pm		Shot Put Discus
7:10pm	100m	
7:30pm	800m	High Jump
7:45pm	3000m	Shot Put Discus

Additional Notes: Entries are done on the day at the venue

Week 6: Saturday 17th November at AIS- ACT 3K Championships

	Track - Male and Female	Field - Male and Female
Track access	5:00pm	
5:45pm		Pole Vault 2.80m start height (15 min check-in). The event must start on time and athletes need to complete their own warmups before this time.
6:00pm	1500m/3km walk (no runners) -hand timed	Long Jump Less than 4.50m
6:10pm	Sprint Hurdles	
6:30pm	100m	Shot Put (Men)
7:00pm	300m	Pole Vault 1.50m start height
7:20pm	800m	Long Jump More than 4.50m
7:30pm		Shot Put (Women)
7:35pm	Masters and U14/16/18 3 km Championships (Women)	
7:50pm	Open and U20 3 km Championships (Women)	
8:05pm	Masters and U14/16/18 3 km Championships (Men)	
8:20pm	Open and U20 3 km Championships (Men)	

Additional Notes:

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- 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

Friday November 23 Canberra Throwers meet at WODEN- No additional events are possible

	Field - Male and Female
6:00pm	Javelin
6:45pm	Discus
7:30pm	Shot Put

Additional Notes:

Online entry – **NO ENTRY ON THE DAY**

Athletes are to check-in at field event location 15mins before the scheduled start time.

This will be an AA permit event.

Week 7: Saturday 24th November at AIS

	Track - Male and Female	Field - Male and Female
3:00pm	Track access	
3:40pm	*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) The event must start on time and athletes need to complete their own warmups before this time
4:00pm		Triple Jump (5/7 m Boards) High Jump (1.50m start)
4:10pm	1500m/3k Walk (no runners) - hand timed	
4:20pm	200m/400m Hurdles (in that order)	
4:35pm	60m	
4:50pm	100m	
5:00pm		Pole Vault 1.50m start height High Jump (0.90m start) Triple Jump (9/11/13 m Boards)
5:15pm	1500m	
5:30pm		
5:35pm	200m	
5:50pm	3 k/ 5k run (no walkers)	
6:15pm	400m	

Additional Notes:

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- 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

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.

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

	Track - Male and Female	Field - Male and Female
6:00pm	3000m	Hammer Pole Vault
6:20pm	200m	
6:30pm	Walks	
7:00pm	800m	Discus Javelin
7:15pm	200m Hurdles	Triple Jump
7:30pm	100m	
7:45pm	3000/5000m	Discus Javelin

Additional Notes: Entries are taken on the day at the venue

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	
6:00pm	1500m	Long Jump More than 4.50m High Jump 0.90m start height
6:30pm	200m	Discus
6:50pm	2 x 100m Relay	
7:00pm	3 k run (no walkers)	
7:15pm	400m	

Additional Notes:

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- 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

Week 10: Saturday 5th January at Woden

	Track - Male and Female	Field - Male and Female
4:30pm		Pole Vault 2.80m start height (15 min check-in) The event must start on time and athletes need to complete their own warmups before this time
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	200m	Discus
6:50pm	2 x 100m Relay	
7:00pm	3 / 5 k run (no walkers)	
7:20pm	400m	

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

Week 11: Saturday 2nd February at AIS: ACT Open and U20 5k Championships

	Track - Male and Female	Field - Male and Female
Track access	4:15pm	
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
5:45pm	800m	
6:05pm	60m	
6:20pm	100m	Triple Jump (9/11/13m boards) High Jump 0.90m Start
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	

Additional Notes:

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Week 12: Saturday 16th February at AIS: PB Meet 1

	Track - Male and Female	Field - Male and Female
Track access	4:15pm	
4:45pm		Pole Vault 2.80m start height (15 min check-in) The event must start on time and athletes need to complete their own warmups before this time
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	3k run (no walkers)	
7:00pm	400m	

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

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	200m	Discus
6:50pm	3 k run (no walkers)	
7:05pm	400m	

Additional Notes:

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- 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

Week 14: Saturday 2nd March at Woden

	Track - Male and Female	Field - Male and Female
4:30pm		Pole Vault 2.80m start height (15 min check-in) The event must start on time and athletes need to complete their own warmups before this time
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	200m	Shot Put
6:50pm	Relay 2 x 100m	
7:00pm	3km (no walkers)	
7:15pm	400m	

Additional Notes:

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- 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

Week 15: Saturday 9th March at AIS: PB Meet 2

	Track - Male and Female	Field - Male and Female
Track access	3:15pm	
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	
5:45pm	200m	Discus
6:05pm	3 km/ 5km run (no walkers)	
6:25pm	400m	

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
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Week 16: Saturday 23rd March at Woden

	Track - Male and Female	Field - Male and Female
3:30pm		Pole Vault 2.80m start height (15 min check-in). The event must start on time and athletes need to complete their own warmups before this time.
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	200m	
5:50pm	Relay 2 x 100m	Shot Put
6:00pm	3km (no walkers)	
6:15pm	400m	

Additional Notes:

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- 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