

### Week 7: Saturday 24<sup>th</sup> 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)	
4:30pm		Shot Put (Women)
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		Shot Put (Men)
5:35pm	200m	
5:50pm	3 k/ 5k run (no walkers)	
6:15pm	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