

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

	<b>Track - Male and Female</b>	<b>Field - Male and Female</b>
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:**

- 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