

Sunday 18 June at AIS

	Track	Field
11:40am		Seated Throws (Shot / Discus/ Club) (20-min check-in)
11:50am		Long Jump (20-min check-in)
12:00pm	1500m/3km <u>walk only</u> (hand timed)	High Jump 1.50m start Discus
12:05pm	Long Hurdles 200m Hurdles 1 st , then 400m Hurdles	
12:20pm	100m	
12:40pm	800m	
12:45pm		Shot Put High Jump 0.9m start
12:50pm	400m	
1:05pm	200m	
1:15pm	3 km	

** All throws and horizontal jumps will be restricted to a maximum of 4 attempts **or** approximately 40 minutes due to time constraints

SATURDAY 1 July at AIS

	Track	Field
11:30am		
11:40am		Pole Vault 2.8m start (10-minute check in)
11:50am	1500m/3km/5km <u>walk only</u> (hand timed) (20-minute check in)	Hammer Throw (restricted 40 throw max) (20-minute check in)
11:55am	Sprint Hurdles	
12:00pm		Triple Jump 9 / 11 / 13m Board
12:15pm	100m	
12:30pm	1500m	
12:40pm		Discus Pole Vault 1.50m Start
12:45pm	200m	Triple Jump 5 / 7m Board
1:05pm	2 x 100m Relay	
1:15pm	3/5km	

** All throws and horizontal jumps will be restricted to a maximum of 4 attempts **or** approximately 40 minutes due to time constraints

Sunday 23 July at WODEN

	Track	Field
11:55am	1500m/3km <u>walk only</u> (hand timed)	
12:00pm	Long Hurdles 200m Hurdles 1 st , then 400m Hurdles	High Jump 1.50m start Long Jump less than 4.5m Discus
12:15pm	100m	
12:35pm	800m	
12:40pm		High Jump 0.9m start Long Jump more than 4.5m Shot Put
12:50pm	400m	
1:05pm	200	
1:15pm	3 km	

** All throws and horizontal jumps will be restricted to a maximum of 4 attempts **or** approximately 40 minutes due to time constraints

Sunday 6 August at AIS

	Track	Field
11:40am		Pole Vault 2.8m start (10-minute check in)
11:50am	1500m/3km/5km <u>walk only</u> (hand timed) (20-minute check in)	Hammer Throw (restricted 40 throw max) (20-minute check in)
11:55am	Sprint Hurdles	
12:00pm		Triple Jump 9 / 11 / 13m Boards
12:15pm	100m	
12:30pm	1500m	
12:40pm		Javelin
12:45pm	400m	Pole Vault 1.50m start Triple Jump 5 / 7m Boards
1:00pm	200m	
1:15pm	3 / 5 km	

** All throws and horizontal jumps will be restricted to a maximum of 4 attempts **or** approximately 40 minutes due to time constraints

Sunday 20 August at WODEN

	Track	Field
11:50am	# # 1500m/3km/5km walk only (hand timed)	
11:55pm	Long Hurdles # # 200m Hurdles 1 st , then #400m Hurdles	
12:00pm		High Jump 0.90 m Start Long Jump more than 4.5m Shot Put
12:20pm	100m	
12:35pm	800m	
12:45pm		High Jump 1.50 m Start Long Jump less than 4.5 m
12:50pm	200m	
1:05pm	2 x 100m Relay	
1:10pm	3km	

** All throws and horizontal jumps will be restricted to a maximum of 4 attempts or approximately 40 minutes due to time constraints

selection trial for ACT All Schools team for Nationals in December

No second throw possible on 20 August due to upcoming soccer finals at Woden

Sunday 3 September at AIS

	Track	Field
11:40am	2km Low Steeple	# # Pole Vault 2.8m Start (10-minute check in)
11:50am		# # Hammer Throw (restricted 40 throw max) (20-minute check in)
12:00pm	1500m/3km walk only (hand timed)	Triple Jump 9 / 11 / 13m Boards
12:05pm	# # Sprint Hurdles (110m / 100m / 90m / 80m)	
12:20pm	100m	
12:40pm	1500m	# # Pole Vault 1.5m Start
12:45pm		Triple Jump 5 / 7m Boards Discus
12:50pm	400m	
1:05pm	200m	
1:15pm	# #3 / 5km	

** All throws and horizontal jumps will be restricted to a maximum of 4 attempts or approximately 40 minutes due to time constraints

selection trial for ACT All Schools team for Nationals in December

Sunday 24 September at AIS

	Track	Field
11:30am	# # Steeplechase 2/3km (Low then High)	
12:00pm	1500m/3km/5km <u>walk only</u> (hand timed)	
12:05pm	Long Hurdles 200m Hurdles 1 st , then 400m Hurdles	
		High Jump 0.90 m Start Long Jump more than 4.5m Javelin
12:20pm	100m	
12:35pm	800m	
12:45pm	400m	High Jump 1.50 m Start Long Jump less than 4.5 m Shot Put
1:05pm	200m	
1:15pm	3km	

** All throws and horizontal jumps will be restricted to a maximum of 4 attempts or approximately 40 minutes due to time constraints

selection trial for ACT All Schools team for Nationals in December