



Athletics ACT High Noon Track & Field Meets 2018- Version 4

On-Line entry is \$7 for registered athletes and FREE for Gold Members. On-Day entry is \$15 for registered athletes and \$10 for Gold Members.

- All athletes turning at least 12 years of age by 31st December 2018 are invited to compete at these meets
- AACT, LAACT or ACTM current registration numbers to be worn.
- 2017/18 registered AACT, ACT Little Athletes and ACT MASTERS athletes are registered until 30 September, 2018.
- U14-U18 Junior athletes *are expected to have a parent volunteer help officiate* during the meet under the supervision and direction of an experienced official twice during over the winter program. Contact Dianne Calvert to *officiate or volunteer* dcalvert@grapevine.net.au
- Extra events may be scheduled with **AT LEAST 10 day's** notice before the competition date to gerard.ryan@merici.act.edu.au
- On-Line Entry to each High Noon meet is available through the relevant Calendar entry. A copy of the On-Day Entry form can also be found through each Calendar entry

	May 6	May 20	June 17	(Sat) July 7	July 22	Aug 5	Sept 2	Sept 16	Number of times the event conducted in HN
VENUE	AIS	AIS	AIS	AIS	AIS	AIS	AIS	AIS	
Long Jump	✓		✓		✓		✓		4
Triple Jump		✓		✓		✓		✓	4
High Jump	✓		✓		✓		✓		4
Pole Vault		✓		✓		✓		✓###	4
Hammer		✓		✓		✓		✓###	4
Javelin	✓		✓			✓	✓		4
Discus		✓	✓		✓			✓	4
Shot Put	✓			✓	✓		✓		4
Long Hurdles	✓		✓		✓			✓###	4
Sprint Hurdles		✓		✓		✓	✓###		4
100	✓	✓	✓	✓	✓	✓	✓	✓	8
200	✓		✓	✓		✓		✓	5
2 x 100m Relay		✓			✓		✓		3
400	✓		✓		✓		✓	✓	5
800	✓		✓		✓		✓		4
1500		✓		✓		✓		✓	4
Steeplechase		✓		✓		✓		✓###	4
3k/5k	✓	✓	✓	✓	✓	✓	✓###	✓	8
Walks	✓	✓	✓	✓	✓	✓	✓###	✓	8

Selection Trial for ACT All School Team for December National Championships

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Sunday May 6 at AIS

	Track	Field
12:00pm	1500m /3k /5k <u>walk only</u> (hand timed)	High Jump 1.50m start Javelin Long Jump Less than 4.5m
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 Long Jump More than 4.5m
12:55pm	400m	
1:10pm	200m	
1:20pm	3 k Run	

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

Sunday May 20 at AIS (changes made May 6)

	Track	Field
11:30am		Pole Vault 2.80m Starting Height (10-minute check in) Invitational LJ * (max 6 athletes)
11:40am	Steeplechase** (10-minute check in)	
11:45am		Hammer Throw (restricted 40 throw max) (15-minute check in)
12:05pm	1500m / 3k <u>walk only</u> (hand timed)	
12:10pm	Sprint Hurdles	
12:25pm	100m	Discus Pole Vault 1.50m Starting Height
12:35pm		Triple Jump
12:40pm	1500m	
12:50pm	Invitational 400m Hurdles* (one race only)	
1:00pm	Invitational 400m (one race only)	
1:10pm	2 x 100m Relay	
1:20pm	3 / 5k Run	

All throws and horizontal jumps will be restricted to a maximum of 4 attempts **or** approximately 40 minutes due to time constraints. Note that on-day entries for Pole Vault may not be possible if there are already significant entries received on-line.

***Contact Gerard Ryan on gerard.ryan@merici.act.edu.au to reserve a spot**

**If no pre-entries are made for Steeplechase, the event will be cancelled due to the resources involved in putting this event on. (ie no on-day entries if no pre-entries)

Athletics ACT High Noon Track & Field Meets 2018- Version 4

Sunday June 17 at AIS

	Track	Field
12:00pm	1500m / 3k / 5k <u>walk only</u> (hand timed)	High Jump 1.50m start Javelin Long Jump More than 4.5m
12:05pm	Long Hurdles 200m Hurdles 1 st , then 400m Hurdles	
12:20pm	100m	
12:40pm	800m	
12:45pm		Discus High Jump 0.9m start Long Jump Less than 4.5m
12:55pm	400m	
1:10pm	200m	
1:20pm	3 k Run	

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

Saturday July 7 at AIS (Note that the competition is on Saturday, not Sunday)

	Track	Field
11:30am		Pole Vault 2.80m Starting Height (10-minute check in)
11:40am	Steeplechase (10-minute check in)	
11:45am		Hammer Throw (restricted 40 throw max) (15-minute check in)
11:50am		Triple Jump 9 / 11 / 13m Board (20-minute check in)
12:05pm	1500m /3k <u>walk only</u> (hand timed)	
12:10pm	Sprint Hurdles	
12:25pm	100m	Shot Put Pole Vault 1.50m Starting Height
12:45pm	1500m	
1:00pm	200m	Triple Jump 5 / 7m Board
1:15pm	3 / 5k Run	

All throws and horizontal jumps will be restricted to a maximum of 4 attempts **or** approximately 40 minutes due to time constraints. Note that on-day entries for Pole Vault may not be possible if there are already significant entries received on-line.

**If no pre-entries are made for Steeplechase, the event will be cancelled due to the resources involved in putting this event on. (ie no on-day entries if no pre-entries)

Athletics ACT High Noon Track & Field Meets 2018- Version 4

Sunday July 22 at AIS

	Track	Field
11:55am	1500m /3k / 5k <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	
1:20pm	3 k Run	

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

Sunday August 5 at AIS

	Track	Field
11:30am		Pole Vault 2.80m Starting Height (10-minute check in)
11:40am	Steeplechase (10-minute check in)	
11:45am		Hammer Throw (restricted 40 throw max) (15-minute check in)
11:50am		Triple Jump 9 / 11 / 13m Board (20-minute check in)
12:05pm	1500m /3k <u>walk only</u> (hand timed)	
12:10pm	Sprint Hurdles	
12:25pm	100m	Javelin Pole Vault 1.50m Starting Height
12:40pm	1500m	
12:50pm	200m	Triple Jump 5 / 7m Board
1:15pm	3 / 5k Run	

All throws and horizontal jumps will be restricted to a maximum of 4 attempts **or** approximately 40 minutes due to time constraints. Note that on-day entries for Pole Vault may not be possible if there are already significant entries received on-line.

**If no pre-entries are made for Steeplechase, the event will be cancelled due to the resources involved in putting this event on. (ie no on-day entries if no pre-entries)

Athletics ACT High Noon Track & Field Meets 2018- Version 4

Sunday Sept 2 at AIS

	Track	Field
11:45am	##1500m/3km/5km walk only (hand timed) (15 min check in)	
11:55pm	# # Sprint Hurdles (110m / 100m / 90m / 80m)	
12:00pm		High Jump 0.90 m Start Long Jump more than 4.5m Shot Put
12:15pm	100m	
12:35pm	800m	
12:45pm		High Jump 1.50 m Start Long Jump less than 4.5 m Javelin
12:50pm	400m	
1:05pm	2 x 100m Relay	
1:15pm	# #3 k Run	

** 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 September 16 at AIS

	Track	Field
11:30am	##Steeplechase (10-minute check in)	# # Pole Vault 2.80m Starting Height (10-minute check in)
11:40am		# # 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	##Long Hurdles 200m Hurdles 1 st , then #400m Hurdles	
12:20pm	100m	
12:30pm		# # Pole Vault 1.50m Starting Height
12:40pm	1500m	
12:45pm		Triple Jump 5 / 7m Boards Discus
12:55pm	400m	
1:15pm	200m	
1:25pm	3k Run	

** 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