



Amended: 27 May 2018

2018 High Noon Meet No 3 - Sunday 17th June 2018, AIS Athletics Field

**Entry fee: \$7.00 On-Line, \$15.00 On-Day
\$10.00 Gold Membership (On-Day)**

	Track - Male & Female	Field - Male & Female
11:50am	90 & 100 Metre Hurdles (U16/U18/U20 & Open Women, U14 & U16 Men) – Invitational*	
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	

Additional Notes:

- Unless otherwise indicated, check-in for all events closes 30 minutes prior to the scheduled start time of the event
- Events may start up to 10 minutes early depending on how other events have gone, USUALLY with at least 30 minutes notice.
- In the throws or horizontal jumps each athlete will be limited 4 attempts or the event to approximately 40 minutes duration
- Any requests for additional events to be added to the program must be made to the AACT Competition Director (Mr Gerard Ryan) at least 10 days prior to the date of the competition

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