



**2018 High Noon Meet No 4 - Saturday 7<sup>th</sup> July 2018, AIS Athletics Field**

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

	<b>Track - Male &amp; Female</b>	<b>Field - Male &amp; Female</b>
11:30am	Steeplechase (10-minute check in)	Pole Vault 2.80m Starting Height Hammer Throw (restricted 40 throw max) (10-minute check in)
11:40am		Long Jump (all distances) – may only be 3 jump maximum depending on entries (20 minute check in)
11:50am	1500m /3k <u>walk only</u> (hand timed)	High Jump 0.90m Start
12:00pm	Sprint Hurdles	
12:15pm	100m	Discus – may only be 3 throw maximum depending on entries
12:35pm	1500m	Pole Vault 1.50m Starting Height Triple Jump All Boards – may only be 3 jump maximum depending on entries
12:45pm	400m	High Jump 1.50m Start
1:00pm	Long Hurdles (400m, then 200m)	Shot Put – may only be 3 throw maximum depending on entries
1:15pm	200m	
1:25pm	3 / 5k 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 3 or 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
- \*\* 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 on-line entries)