



**2018 High Noon Meet No 5 - Sunday 22<sup>nd</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>
11:55am	1500m /3k / 5k <u>walk only</u> (hand timed)	
12:00pm	Long Hurdles 200m Hurdles 1 <sup>st</sup> , 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	

**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