



2018 High Noon Meet No 6 - Sunday 5th July 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
11:30am		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	

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
- ** 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)