



2017 High Noon Meet No 5 - Sunday 23rd July 2017, Woden Park

Entry fee: \$6.50 On-Line, \$14.00 On-Day

	Track - Male & Female	Field - Male & Female
11:55am	1500m/3km/ walk (no runners) - hand timed	
12:00pm	200 Metre Hurdles 400 Metre Hurdles	High Jump (1.50m starting height) Long Jump (less than 4.50m) Discus
12:15pm	100 Metres	
12:35pm	800 Metres	
12:40pm		High Jump (0.90m starting height) Long Jump (4.50m or greater) Shot Put
12:50pm	400 Metres	
1:05pm	200 Metres	
1:15pm	3km run (no walkers)	

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 to 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