



2017 High Noon Meet No 6 - Sunday 6th August 2017, AIS Athletics Field

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

	Track - Male & Female	Field - Male & Female
11:40am		Pole Vault 2.80m starting height (10 minute check in)
11:50am	1500m/3km/5km walk (no runners) - hand timed (10 minute check in)	Hammer Throw – 40 throws max (20 minute Check-In)
11:55pm	Sprint Hurdles (110, 100, 90 & 80 metres)	
12:00pm		Triple Jump (9, 11, 13 Take Off)
12:15pm	100 Metres	
12:30pm	1500 Metres	
12:40pm		Javelin
12:45pm	400m	Pole Vault 1.50 starting height Triple Jump (5, 7 Take Off)
1:00pm	200m	
1:15pm	3/5km 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