



2017 High Noon Meet No 8 - Sunday 3rd September 2017, AIS Athletics Field Entry fee: \$6.50 On-Line, \$14.00 On-Day

	Track - Male & Female	Field - Male & Female
11:40am	2km Low Steeple	## Pole Vault 2.80m starting height (10 minute check in)
11:50am		## Hammer Throw – 40 throws max (20 minute Check-In)
12:00pm	1500m/3km/ walk (no runners) - hand timed (20 minute check in)	Triple Jump (9, 11, 13 Take Off)
12:05pm	## Sprint Hurdles (110, 100, 90 & 80 metres)	
12:20pm	100 Metres	
12:40pm	1500 Metres	## Pole Vault 1.50 starting height
12:45pm		Triple Jump (5, 7 Take Off) Discus
12:50pm	400m	
1:00pm	150m	
1:10pm	200m	
1:20pm	3km/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

Selection Trial - All Schools Specialist Events in addition to normal AACT event