



**2017 Summer Series Meet No 3      Friday 20<sup>th</sup> October 2017, Woden Park Athletics Field**

**Entry Fee: \$9.00 On-Line  
\$19.00 On-Day (\$10.00 On-Day for Gold Members)**

	Track - Male & Female	Field - Male & Female
5:00pm	1500m/3km/5km Walk (no runners) - hand timed - AACT Only	Shot Put - Females (SKO Only)
5:05pm	Sprint Hurdles - SKO Only	
5:30pm	100 Metres - SKO first and then AACT events	High Jump – Males (SKO Only)
5:50pm		Shot Put – Males (SKO Only)
6:00pm		Long Jump - Females (SKO Only)
6:15pm	800 Metres - SKO first and then AACT events	
6:45pm	1500 Metres - SKO Only	High Jump – Females (SKO Only)
6:50pm		Javelin – Females (SKO Only)
7:00pm	400 Metres - SKO first and then AACT events	
7:15pm		Long Jump – Males (SKO Only)
7:30pm	200 Metres - SKO first and then AACT events	
7:45pm		Javelin – Males (SKO Only)
7:55pm	3000 Metres - AACT Only	
8:10pm	Swedish Relays (100/300/200/400) - SKO Only	
8:20pm	4 x 200 Relay - SKO Only	
8:30pm	Medley Relay (200/200/400/800) - SKO Only	



**Additional Notes:**

- Events may start up to 10 minutes early depending on how other events have gone through the night USUALLY with at least 30 minute's notice.
- Track events with multiple heats will be run from fastest to slowest
- All field events are limited to three trials only.

**School Knockout events are:**

- Junior: 100m, 800m, Sprint Hurdles, 4 x 200m Relay, Javelin, Shot Put and Long Jump
- Intermediate: 100m, 200m, 800m, Sprint Hurdles, Swedish Relay, Javelin, Shot Put, High Jump and Long Jump
- Senior: 100m, 400m, 1500m, Sprint Hurdles, Medley Relay, Javelin, Shot Put, High Jump and Long Jump