



2017 Summer Series Meet No 7 Saturday 18th November 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
3:45pm		Hammer (15 minute Check-In)
4:00pm		Triple Jump
4:15pm	1500/3000 metre Walk (no runners) - hand timed	
4:20pm	Long Hurdles (200 metres & then 400 metres)	
4:40pm	100 metres	Discus (Men)
5:10pm	800 metres	
5:15pm		Long Jump
5:40pm	400 metres	Discus (Women)
6:10pm	200 metres	
6:30pm	2 x 100 metre relay	
6:40pm	AACT/Masters 3000 metre Open Championships (Women)	
6:55pm	AACT/Masters 3000 metre Open Championships (Men)	

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.
- It is up to the Event Chief to determine how many throws or horizontal jumps each athlete will get in the time slot allowed but as a general rule each athlete should expect to get at least 4 attempts.