



2017 Summer Series Meet No 9 Sunday 17th December 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
12:00pm	1500/3000 metre Walk (no runners) - hand timed	Triple Jump Shot Put
12:10pm	Long Hurdles (200 metres, then 300 metres, then 400 metres)	
12:30pm	60 metres	
12:40pm	100 metres	
1:00pm	1500 metres	Discus Long Jump
1:20pm	200 metres	
1:35pm	2 x 100 metre relay	
1:45pm	3000 metres	

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.