



2017 Summer Series Meet No 11 Saturday 24th February 2018, AIS 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
4:00pm		Pole Vault - 2.80m starting height <i>(15 min check-in)</i> Hammer <i>(15 min check-in)</i>
4:20pm	4 x 400 metre relay	
4:30pm	1500/3km Walk - no runners <i>(hand timed)</i>	High Jump - 0.90m starting height Triple Jump - 9/11/13m take-off boards
4:45pm	Sprint Hurdles (110/100/90/80m)	
5:00pm	100 metres	Discus (Men) Pole Vault - 1.50m starting height
5:35pm	1500 metres	
5:45pm		High Jump - 1.50m starting height Triple Jump - 5/7m take-off boards
6:00pm	400 metres	Discus (Women)
6:25pm	200 metres	
6:40pm	3km/5km run - no walkers	

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.