

Week 12: Saturday 16th February at AIS: PB Meet 1

	Track - Male and Female	Field - Male and Female
Track access	4:00pm	
4:45pm	*1500m/2km/3km Low Steeplechase (15 min check-in) *2k/3k Steeplechase High Steeplechase Lower Height steeple events first unless otherwise advised	Pole Vault 2.80m start height (15 min check-in) The event must start on time and athletes need to complete their own warmups before this time.
5:00pm		Javelin Long Jump LESS than 5.0m
5:15pm	1500m/3k Walk (no runners) - hand timed	
5:20pm	Long Hurdles (200m then 400m)	
5:35pm	60m Invitational- 2 heats maximum (**)	
5:45pm	100m	
6:00pm		Long Jump MORE than 5.0m Pole Vault 1.5m start height
6:15pm	1500m	
6:30pm		Shot Put
6:45pm	3k run (no walkers)	
7:00pm	400m	

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
- *If no steeple entries are received in Low and/or High via on-line entries, the event will be cancelled due to the resources required to put the event on. If on-line entries are received, then on-day entries will also be accepted.
- ** 60m Invitational- Athletes to email Competition Manager at Gerard.Ryan@nswciact.edu.au to reserve a spot

Last Amended: 12th February 2019