

**Week 16: Saturday 23<sup>rd</sup> March at Woden**

	<b>Track - Male and Female</b>	<b>Field - Male and Female</b>
3:30pm		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.
4:00pm	1500m/3km/5km walk (no runners) -hand timed	Long Jump LESS than 5.00m
4:10pm	Long Hurdles (200m then 400m)	
4:30pm	100m	Javelin
5:00pm	1500m	
5:15pm		Long Jump 5.00m or MORE Pole Vault 1.5m start height
5:30pm	200m	
5:50pm	Relay 2 x 100m	Shot Put
6:00pm	3km (no walkers)	
6:15pm	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
- *Requests for any additional events must be sent to the AACT Competition Manager ([gerard.ryan@merici.act.edu.au](mailto:gerard.ryan@merici.act.edu.au)) at least 10 days prior to the date of the competition.*