

**Week 1: Saturday 7th October at WODEN**

	<b>Track - Male and Female</b>	<b>Field - Male and Female</b>
3:45pm	*1500m/2km/3km Low Steeplechase (15 min check-in) *2k/3k Steeplechase High Steeplechase Order of steeple events announced at 3:30pm	
4:00pm		High Jump 0.90m start Long Jump more than 4.5m Javelin
4:15pm	1500m/3km/5km walk (no runners) -hand timed	
4:20pm	Sprint Hurdles (110m down to 80m)	
4:35pm	100m	
5:05pm	800m	
5:15pm		High Jump 1.50m start Long Jump less than 4.5m Discus
5:30pm	400m	
6:00pm	200m	
6:20pm	Relay 2 x 100m	
6:30pm	3 km 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
- \*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.

**Week 2: Saturday 14<sup>th</sup> October at WODEN**

	<b>Track - Male and Female</b>	<b>Field - Male and Female</b>
3:45pm		Hammer (15 min check-in)
4:00pm	1500m/3km/5km Walk (no runners) - hand timed	Triple Jump
4:10pm	200m/400m Hurdles (in that order)	
4:30pm	100m	
4:30pm		Shot Put (Women)
5:00pm	1500m	
5:20pm	400m	Shot Put (Men) Long Jump
5:50pm	200m	
6:15pm	3 km/ 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

### Week 3: Friday 20<sup>th</sup> October at WODEN: ACT School Knockout plus limited Summer Competition

School Knockout events are:

Junior: 100m, 800m, Sprint Hurdles, 4 x 200m Relay, Javelin, Shot Put and Long Jump

Intermediate: 100m, 200m, 800m, Sprint Hurdles, Swedish Relay, Javelin, Shot Put, High Jump and Long Jump

Senior: 100m, 400m, 1500m, Sprint Hurdles, Medley Relay, Javelin, Shot Put, High Jump and Long Jump

	Track - Male and Female	Field - Male and Female
5:00pm	1500m/3km walk (no runners)-hand timed <b>AACT event only</b>	Shot Put Females* <b>Knockout only</b>
5:05pm	Sprint Hurdles: Order of events: <b>Knockout only</b> <ul style="list-style-type: none"> <li>• 110m Senior Boys (91cm)</li> <li>• 100m Intermediate (84cm)</li> <li>• 100m Junior Boys (84cm)</li> <li>• 100m Senior Girls (76cm)</li> <li>• 90m Intermediate Girls (76cm)</li> <li>• 90m Junior Girls (76cm)</li> </ul>	
5:30pm	100m (School Knockout will be first races)	High Jump Males <b>Knockout only</b>
5:50pm		Shot Put Males* <b>Knockout only</b>
6:00pm		Long Jump Females* <b>Knockout only</b>
6:15pm	800m (School Knockout will be first races)	
6:45pm	1500m <b>(School Knockout only)</b>	High Jump Females <b>Knockout only</b>
6:50pm		Javelin Females* <b>Knockout only</b>
7:00pm	400m (School Knockout will be first races)	
7:15pm		Long Jump Males* <b>Knockout only</b>
7:30pm	200m (School Knockout will be first races)	
7:45pm		Javelin Males* <b>Knockout only</b>
7:55pm	3000m	
8:10pm	Swedish Relay (100/300/200/400) <b>(School Knockout only)</b>	
8:20pm	4 x 200m Relay <b>(School Knockout only)</b>	
8:30pm	Medley Relay (200/200/400/800) <b>(School Knockout only)</b>	

\*All athletes will receive only three trials in Javelin, Shot Put and Long Jump on this day.

**Week 4: Saturday 28<sup>th</sup> October at AIS: Joint Meet with ACT Masters**

	<b>Track - Male and Female</b>	<b>Field - Male and Female</b>
3:45pm	*1500m/2km/3km Low Steeplechase (15 min check-in) 2k/3k Steeplechase High Steeplechase Order of steeple events announced at 3:30pm	Discus MASTERS ONLY
4:00pm		High Jump (0.70m start height) Triple Jump
4:15pm	1k /1500m/3k /5k walk (hand timed)	
4:30pm		Javelin
4:20pm	Sprint Hurdles (110m down to 80m)	
4:40pm	100m	
5:00pm		Shot Put (outside circle)/Javelin MASTERS ONLY
5:10pm	1500m	High Jump (1.50m start height)
5:15pm		Long Jump
5:30pm		
5:40pm	400m	Shot Put
5:45pm		Shot Put (outside circle)/Javelin MASTERS ONLY
6:10pm	200m	
6:30pm	2 x 100m Relay	
6:40pm	3k/5km (run only)	

**Additional Notes:**

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- 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, on-day entries will be accepted.

**Week 5: Saturday 4th November at WODEN**

	<b>Track - Male and Female</b>	<b>Field - Male and Female</b>
4:00pm		High Jump 0.90m start Triple Jump (9/11/13 m Boards) Javelin
4:15pm	1500m/3km walk (no runners) -hand timed	
4:20pm	Long Hurdles (200m then 400m)	
4:40pm	100m	
5:10pm	800m	
5:15pm		High Jump 1.50m start Triple Jump (5/7 m Boards) Discus
5:30pm		
5:40pm	400m	
6:10pm	200m	
6:30pm	Relay 2 x 100m	
6:40pm	3 km run (no walkers)	

**Additional Notes:**

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- 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

**Week 6: Saturday 11<sup>th</sup> November at WODEN**

	<b>Track - Male and Female</b>	<b>Field - Male and Female</b>
3:45pm	*1500m/2km/3km Low Steeplechase (15 min check-in) 2k/3k Steeplechase High Steeplechase Order of steeple events announced at 3:30pm	
4:00pm		High Jump 0.90m start Long Jump more than 4.5m Discus
4:15pm	1500m/3km/5km Walk (no runners) - hand timed	
4:25pm	Sprint Hurdles (110m/100m/90m/80m)	
4:45pm	100m	
5:15pm	1500m	High Jump 1.50m start Long Jump less than 4.5m Shot Put
5:45pm	400m	
6:15pm	200m	
6:35pm	3 km/ 5km run (no walkers)	

**Additional Notes:**

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- 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
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**Week 7: Saturday 18th November at WODEN**

	<b>Track - Male and Female</b>	<b>Field - Male and Female</b>
3:45pm		Hammer (15 min check-in)
4:00pm		Triple Jump
4:15pm	1500m/3km walk (no runners) -hand timed	
4:20pm	Long Hurdles (200m then 400m)	
4:40pm	100m	Discus (Men)
5:10pm	800m	
5:15pm		Long Jump
5:40pm	400m	Discus (Women)
6:10pm	200m	
6:30pm	Relay 2 x 100m	
6:15pm	AACT/Masters 3 km Open Championships (Women) -Juniors can run in Open race	
6:30pm	AACT/Masters 3 km Open Championships (Men) -Juniors can run in Open race	

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- 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

**Week 8: Saturday 25<sup>th</sup> November at WODEN**

	<b>Track - Male and Female</b>	<b>Field - Male and Female</b>
3:45pm	*1500m/2km/3km Low Steeplechase (15 min check-in) 2k/3k Steeplechase High Steeplechase Order of steeple events announced at 3:30pm	
4:00pm		High Jump 0.90m start Triple Jump (9/11/13 m Boards) Discus
4:15pm	1500m/3km/5km Walk (no runners) - hand timed	
4:25pm	Sprint Hurdles (110m/100m/90m/80m)	
4:45pm	100m	
5:15pm	1500m	High Jump 1.50m start Triple Jump (5/7 m Boards) Javelin
5:45pm	400m	
6:15pm	200m	
6:35pm	3 km/ 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
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**Week 9: Sunday 17th December at WODEN (High Noon type meet)**

	<b>Track - Male and Female</b>	<b>Field - Male and Female</b>
5:00pm	1500m/3km walk (no runners) -hand timed	Triple Jump Shot Put
5:10pm	Long Hurdles (200m then 400m)	
5:20pm	100m	
5:50pm	1500m	
6:00pm		Discus Long Jump
6:15pm	200m	
6:35pm	2 x 100m Relay	
6:45pm	3 km	

**Additional Notes:**

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- 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

**Week 10: Saturday 10<sup>th</sup> February at AIS: Joint Meet with ACT Masters**

	<b>Track - Male and Female</b>	<b>Field - Male and Female</b>
3:45pm	*1500m/2km/3km Low Steeplechase (15 min check-in) 2k/3k Steeplechase High Steeplechase Order of steeple events announced at 3:30pm	Pole Vault 2.80m start height (15 min check-in)
4:00pm		High Jump 0.70m start Long Jump more than 4.5m Javelin
4:15pm	1500m/3km/5km Walk (no runners) - hand timed	
4:25pm	Long Hurdles (200m then 400m)	
4:45pm	100m	
5:15pm	800m	Pole Vault 1.5m start height High Jump 1.50m start
5:30pm		Long Jump less than 4.5m Shot Put
5:45pm	200m	
6:10pm	3km Junior Women: AACT (U 14/16/18) 3km Championship	
6:25pm	3km Junior Men: AACT (U 14/16/18) 3km Championship	
6:40pm	3km (All Others)	

**Additional Notes:**

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- 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, on-day entries will be accepted.

**Week 11: Saturday 24<sup>th</sup> February at AIS**

	<b>Track - Male and Female</b>	<b>Field - Male and Female</b>
3:45pm		Hammer (15 min check-in) Pole Vault 2.80m start height (15 min check-in)
4:00pm	1500m/3km Walk (no runners) - hand timed	High Jump 0.90m start Triple Jump (9/11/13 m Boards)
4:15pm	Sprint Hurdles (110m/100m/90m/80m)	
4:35pm	100m	Discus (Men)
5:05pm	1500m	Pole Vault 1.5m start height
5:15pm		High Jump 1.50m start Triple Jump (9/11/13 m Boards)
5:35pm	400m	Discus (Women)
6:05pm	200m	
6:25pm	3 km/ 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.
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**Week 12: Saturday 4th March at AIS**

	<b>Track - Male and Female</b>	<b>Field - Male and Female</b>
3:45pm	*1500m/2km/3km Low Steeplechase (15 min check-in) 2k/3k Steeplechase High Steeplechase Order of steeple events announced at 3:30pm	
4:00pm		Triple Jump Javelin
4:15pm	1500m/3km/5km walk (no runners) -hand timed	
4:20pm	Long Hurdles (200m then 400m)	
4:40pm	100m	
5:10pm	800m	
5:15pm		Long Jump Shot Put
5:40pm	400m	
6:10pm	200m	
6:30pm	Relay 2 x 100m	
6:50pm	3km (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
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**Week 13: Saturday 11<sup>th</sup> March at AIS**

	<b>Track - Male and Female</b>	<b>Field - Male and Female</b>
3:45pm		Hammer (15 min check-in) Pole Vault 2.80m start height (15 min check-in)
4:00pm	1500m/3km Walk (no runners) - hand timed	High Jump 0.90m start Long Jump more than 4.5m
4:15pm	Sprint Hurdles (110m/100m/90m/80m)	
4:35pm	100m	Discus (Men)
5:00pm		Pole Vault 1.5m start height High Jump 1.50m start
5:05pm	1500m	
5:15pm		Long Jump less than 4.5m
5:35pm	400m	Discus (Women)
6:05pm	200m	
6:25pm	3 km/ 5km run (no walkers)	

**Additional Notes:**

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