

Sunday August 29: Winter Series Meet 6 at Woden

	Track	Field
Track Entry	10:30am for Officials, 11:00 for Athletes, Parents and Coaches	
11:45am	##1500m/3km/5k walk only (hand timed) (20-minute check in)	## Hammer Throw (20-minute check in)
11:55am	##Long Hurdles 200m 1 st , then 300m then 400m	Triple Jump (5/7m Boards)
12:15pm	800m	High Jump 1.50m start
12:35pm	100m	
12:45pm		Triple Jump (9/ 11/ 13m Boards)
12:50pm		Discus High Jump 0.90m start
12:55pm	##3k Run	
1:10pm	200m	
1:25pm	400m	

** All throws and horizontal jumps will be restricted to a **maximum** of 4 attempts, **or** approximately 40 minutes, due to time constraints.

Sunday September 26: Winter Series Meet 7 at Woden

	Track	Field
Track Entry	10:30am for Officials 10:45am for Steeplechase and Pole Vault athletes, 11:00 for other Athletes, Parents and Coaches	
11:30am	## Steeplechase (76cm/84cm/91cm) (20-minute check in)	##Pole Vault (20 min check-in)
11:50am		Long Jump (less than 5.0m)
12:10pm	1500m	Javelin
12:30pm	##Sprint Hurdles	
12:45pm	100m	
12:45pm		Long Jump (more than 5.0m)
12:55pm		Shot Put
1:05pm	3k/5k Run 1500/3k Walk	
1:25pm	200m	
1:40pm	400m	

** All throws and horizontal jumps will be restricted to a **maximum** of 4 attempts, **or** approximately 40 minutes, due to time constraints.

selection trial for ACT All Schools team for Nationals in December