**Sunday September 18: Winter Series Meet 6 at AIS**

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|  | Track | Field |
| Track Entry 11:00am | | |
| 11:40am |  | Pole Vault  (15-minute check in) |
| 11:50am | Sprint Hurdles  (20-minute check in) | Javelin  Long Jump (More than 5.0m)  (20-minute check in) |
| 12:15pm | 1500m |  |
| 12:30pm | 100m |  |
| 12:50pm | 3k/5k Run | Long Jump (Less than 5.0m)  Discus |
| 1:10pm | 200m |  |
| 1:30pm | 400m |  |

Selection Trials for National All-Schools

Pole Vault athletes need to have some experience to enter this selection trial