**Sunday September 4: Winter Series Meet 5 at AIS**

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|  | Track | Field |
| Track Entry 11:00am | | |
| 11:40am | Steeplechase (76cm/84cm/91cm)  (20-minute check in) |  |
| 11:50am |  | Hammer Throw\*  (20-minute check in) |
| 12:00pm |  | High Jump 1.50m start  Triple Jump (5/7m Boards) |
| 12:10pm | 1500/3k/5k Walk (Hand-timed) |  |
| 12:15pm | Long Hurdles  200m Hurdles 1st, then 300m then 400m Hurdles |  |
| 12:40pm | 800m |  |
| 12:55pm | 100m | High Jump 0.90m start  Triple Jump (9/11/13m Boards) |
| 1:00pm |  | Shot Put |
| 1:15pm | 3k Run |  |
| 1:30pm | 200m |  |
| 1:50pm | 400m |  |

Selection Trials for National All-Schools

Hammer Throw athletes need to have some experience with this implement to enter this selection trial

Because of the resources involved, athletes in the steeple need to do an online entry if a registered club member or email [Gerard.ryan@merici.act.edu.au](mailto:Gerard.ryan@merici.act.edu.au) to advise that they will do an on-day entry if they are a non-registered athlete.

\*\***If no pre-entries** are made for Steeplechase, **the event will be cancelled** (i.e. no on-day entries if no pre-entries received)

\*Hammer is limited to 60 impacts by the AIS, including warmup throws. The Event Chief will discuss with the athletes how many competition throws will be possible.