

Sunday August 6: High Noon Series Meet 2 at Woden

	Track	Field
Track Entry 10:30am for Officials, 11:00 for Athletes, Parents and Coaches		
11:50am	Race walk (1500m, 3000m) – Hand-Timed - 20min check in Using Starting Blocks introduction (100m Start area)	
11:55am	Long Hurdles (200m, 300m, 400m in this order. No 68cm event)	
12:00pm		Javelin High Jump (Flight A) Long Jump (All)
12:15pm	800m	
12:30pm	100m	
12:50pm	##3k run (National All-Schools Selection Trial)	Discus High Jump (Flight B) Triple Jump (All)
1:05pm	200m	
1:20pm	2 x 100m relay	
1:30pm	400m	

selection trial for ACT All Schools team for Nationals in December

Sunday September 10: High Noon Series Meet 4 at Woden

	Track	Field
Track Entry 10:30am for Officials, 11:00 for Athletes, Parents and Coaches		
11:30am	##Steeplechase (1.5k,2k,3k) – 20min check in. (National All-Schools Selection Trial)	
11:45am	Use of Starting Blocks introduction (100m start area)	
12:00pm	##Long Hurdles - 200m, 300m, 400m in this order (National All-Schools Selection Trial)	Javelin High Jump (Flight A) Long Jump (All)
12:20pm	1000m	
12:35pm	60m	Triple Jump (9/ 11/ 13m Boards)
12:50pm	100m	
1:00pm	3k run (National All-Schools Selection Trial) 5k run	Discus High Jump (Flight B) Triple Jump (All)
1:10pm	200m	
1:20pm	4 x 100m relay	
1:30pm	400m	

selection trial for ACT All Schools team for Nationals in December



All Schools Specialty Events High Noon Series Program



Sunday September 17: High Noon Series Meet 5 at AIS

	Track	Field
Track Entry 10:30am for Officials 10:45am for Steeplechase and Pole Vault athletes, 11:00 for other Athletes, Parents and Coaches		
11:40am	##3k/5k Walk (National All-Schools Selection Trial)	
12:10pm	800m	##Pole Vault (National All-Schools Selection Trial) Triple Jump (9/11/13m Board) Shot Put
12:30pm	##Sprint Hurdles – 110m, 100m, 90m, 80m (National All-Schools Selection Trial)	
12:50pm	100m	##Hammer (National All-Schools Selection Trial) Triple Jump (5/7m Board)
11:10pm	3k run	
1:25pm	200m	
1:40pm	2 x 100m relay	
1:50pm	400m	

selection trial for ACT All Schools team for Nationals in December