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## High Noon Track & Field Meets 2010

2010 will see a continuation of the popular 'High Noon' Track & Field meets conducted by Athletics ACT (AACT) during the winter months. All athletes turning **at least 12 years of age** by 31<sup>st</sup> December 2010 and older are invited to compete at these meets.

**WHERE:** AIS Athletics Field, Bruce 12pm-1:30pm

**WHEN:** Sundays, commencing at noon on the following days:

|                 |                     |
|-----------------|---------------------|
| <b>23 May</b>   | <b>15 August</b>    |
| <b>13 June</b>  | <b>5 September</b>  |
| <b>11 July</b>  | <b>19 September</b> |
| <b>1 August</b> |                     |

**WHY:** To introduce new participants to athletics at the AIS Track, introduce ACTLAA athletes to the Seniors environment, and provide competition opportunities for athletes at all levels, including AWD athletes, preparing for high level domestic and international meets.

**COST:** Registered Athletes: \$5.00  
Unregistered Athletes: \$10.00 (\$5.00 Gate Fee & \$5.00 One Day Rego)  
(An unregistered athlete is someone who is not currently registered with AACT, ACTLAA or ACTVAC and will be required to take out a one-day registration for insurance coverage)

**EVENTS:** There will be a rotating program of events in the 90 minute time-slot similar to the Summer T&F season. There will be at least 2 sprints, 1 middle-distance event, 2 jumps and 2 throws every 3 weeks. Constants will be 60m, 100m, Shot Put and High Jump. Rotation will be between 1500m and 800m, Sprint and Long Hurdles, Discus and Javelin, Long and Triple Jump. Other events included rotationally are the 400m and 3000m. Walking events will be meshed into running events.

### ***Special Note to Parents and Volunteers***

While the High Noon meets are coordinated by AACT, the ACT Little Athletics Association Inc (ACTLAA) has sanctioned these meets and all 2009/10 registered Little Athletes who meet the age requirements set by AACT are able to participate and are covered by their Little Athletics insurance.

ACTLAA request that parents of registered Little Athletes who are participating in these meets provide support as volunteers on the day.