

Disclaimer: All athletes understand they enter the event at their own risk and that AAI will not be responsible for any accident suffered or injury sustained by them from any cause whatsoever.

Sunday 15th January 2012

11.30am

Regulations & Timetable

1. Athletes must wear their club colours
2. **Only 5mm** spikes may be used in both track and field
3. **A female athlete becomes a Master athlete on her 35th Birthday**
A male athlete becomes a Master on his 35th Birthday
4. **Master athletes may compete in a maximum of 5 events**
5. Athletes must check in at least **60 minutes** before the event on the day
6. IAAF False start rule applies. Any athlete responsible for a false start shall be disqualified. (Rule 162.7)
Note this rule applies to all race distances.
7. An athlete shall be excluded from participation in all further events in the competition, including relays, in cases where:
 - (a) a final confirmation was given that the athlete would start in an event but then failed to participate;
 - (b) an athlete qualified in preliminaries or heats for further participation in an event but then failed to participate further. (Rule 142.4)

TRACK				FIELD		
11.30	3000 walk	Women		11.30	High Jump	Women
11.50	3000 walk	Men		12.00	Long Jump	Men
12.15	800m	Women	Final			
12.30	800m	Men	Final	13.00	Shot Putt	Women
13.05	60m	Women	Heats			
13.20	60m	Men	Heats	13.15	Long Jump	Women
13.35	400m	Women	Final			
14.05	400m	Men	Final	13.45	Shot Putt	Men
14.45	60m	Women	Final			
14.55	60m	Men	Final			
15.10	3000m	Women	Final	15.30	High Jump	Men
15.25	200m	Women	Heats			
15.45	200m	Men	Heats			
16.10	1500m	Women	Final			
16.35	1500m	Men	Final			
17.00	3000m	Men	Final			
17.20	200m	Women	Final			
17.30	200m	Men	Final			

Medals may be decided on Times