



# BALLARAT REGION 2016 – 17: PROGRAM

## Sat 8<sup>th</sup> October Round 1 Program 1

### TRACK

Time	Event	Grades
2:00pm	800m	Men
2:15pm	800m	Women
2:30pm	1500m Walk / 3000m Walk	All Grades
2:45pm	Long Hurdles	All Grades (Highest to Lowest spec)
3:00pm	200m	Men
3:25pm	200m	Women
3:45pm	3000m / 5000m	All Grades
4:30pm	4 x 200m Relay	Men
4:45pm	4 x 200m Relay	Women

### FIELD

Time	Hammer	High Jump	Triple Jump	Discus
1:00pm	Sheet 1 (15)			
1:30pm	Sheet 2 (15)			
1:45pm		1.05m – 1.35m		
2:00pm			Sheet 1 (15)	Sheet 1 (15)
2:15pm		1.30m – 1.60m		
2:30pm			Sheet 2 (15)	Sheet 2 (15)
2:45pm		1.55m +		
3:00pm			Sheet 3 (15)	Sheet 3 (15)



## BALLARAT REGION 2016 – 17: PROGRAM

### Sat 15<sup>th</sup> October Round 2 Program 2

#### TRACK

Time	Event	Grades
2:00pm	1500m	Men
2:15pm	1500m	Women
2:30pm	100m	Men
2:55pm	100m	Women
3:15pm	3000m Walk / 5000m Walk	All Grades
3:20pm	Short Hurdles	All Grades (Highest to Lowest spec)
3:40pm	4 x 100m Relay	Men
3:50pm	4 x 100m Relay	Women
4:00pm	3000m Steeple (91cm) 2000m Steeple (91cm)	MO, M20, M40, M50 M18
4:15pm	3000m Steeple (76cm) 2000m Steeple (76cm)	WO, W20 M16, M14, M60, W18, W16, W14, W40/50/60
4:30pm	400m	Men
4:45pm	400m	Women

#### FIELD

Time	Shot Put	Long Jump	Pole Vault	Javelin
1:45pm	Sheet 1 (15)			
2:00pm		Sheet 1 (15)		
2:15pm	Sheet 2 (15)			
2:30pm		Sheet 2 (15)	1.60m – 2.50m	
2:45pm	Sheet 3 (15)			
3:00pm		Sheet 3 (15)	2.35m +	Sheet 1 (15)
3:30pm				Sheet 2 (15)
4:00pm				Sheet 3 (15)



## BALLARAT REGION 2016 – 17: PROGRAM

### Sat 29<sup>th</sup> October Round 4 Program 2

#### TRACK

Time	Event	Grades
2:00pm	1500m	Men
2:15pm	1500m	Women
2:30pm	100m	Men
2:55pm	100m	Women
3:15pm	2000m Walk	All Grades
3:20pm	Short Hurdles	All Grades (Highest to Lowest spec)
3:40pm	4 x 100m Relay	Men
3:50pm	4 x 100m Relay	Women
4:00pm	3000m Steeple (91cm) 2000m Steeple (91cm)	MO, M20, M40, M50 M18
4:15pm	3000m Steeple (76cm) 2000m Steeple (76cm)	WO, W20 M16, M14, M60, W18, W16, W14, W40/50/60
4:30pm	400m	Men
4:45pm	400m	Women

#### FIELD

Time	Shot Put	Long Jump	Pole Vault	Javelin
1:45pm	Sheet 1 (15)			
2:00pm		Sheet 1 (15)		
2:15pm	Sheet 2 (15)			
2:30pm		Sheet 2 (15)	1.60m – 2.50m	
2:45pm	Sheet 3 (15)			
3:00pm		Sheet 3 (15)	2.35m +	Sheet 1 (15)
3:30pm				Sheet 2 (15)
4:00pm				Sheet 3 (15)



# BALLARAT REGION 2016 – 17: PROGRAM

## Sat 12<sup>th</sup> November Round 5 Program 1

### TRACK

Time	Event	Grades
2:00pm	200m	Men
2:15pm	200m	Women
2:30pm	3000m / 5000m	All Grades
3:00pm	1500m Walk / 3000m Walk	All Grades
3:10pm	Long Hurdles	All Grades (Highest to Lowest spec)
3:35pm	800m	Men
3:50pm	800m	Women
4:05pm	4 x 400m Relay	Men
4:20pm	4 x 400m Relay	Women

### FIELD

Time	Hammer	High Jump	Triple Jump	Discus
1:00pm	Sheet 1 (15)			
1:30pm	Sheet 2 (15)			
1:45pm		1.05m – 1.35m		
2:00pm			Sheet 1 (15)	Sheet 1 (15)
2:15pm		1.30m – 1.60m		
2:30pm			Sheet 2 (15)	Sheet 2 (15)
2:45pm		1.55m +		
3:00pm			Sheet 3 (15)	Sheet 3 (15)



## BALLARAT REGION 2016 – 17: PROGRAM

### Sat 19<sup>th</sup> November Round 6 Program 2

#### TRACK

Time	Event	Grades
2:00pm	400m	Men
2:15pm	400m	Women
2:30pm	3000m Steeple (91cm) 2000m Steeple (91cm)	MO, M20, M40, M50 M18
2:45pm	3000m Steeple (76cm) 2000m Steeple (76cm)	WO, W20 M16, M14, M60, W18, W16, W14, W40/50/60
3:00pm	100m	Men
3:20pm	100m	Women
3:40pm	3000m Walk / 5000m Walk	All Grades
3:50pm	Short Hurdles	All Grades (Highest to Lowest spec)
4:15pm	1500m	Men
4:30pm	1500m	Women
4:45pm	4 x 100m Relay	Men
4:55pm	4 x 100m Relay	Women

#### FIELD

Time	Shot Put	Long Jump	Pole Vault	Javelin
1:45pm	Sheet 1 (15)			
2:00pm		Sheet 1 (15)		
2:15pm	Sheet 2 (15)			
2:30pm		Sheet 2 (15)	1.60m – 2.50m	
2:45pm	Sheet 3 (15)			
3:00pm		Sheet 3 (15)	2.35m +	Sheet 1 (15)
3:30pm				Sheet 2 (15)
4:00pm				Sheet 3 (15)



# BALLARAT REGION 2016 – 17: PROGRAM

## Tues 22<sup>nd</sup> November Round 3 (Rescheduled) Program 1

### TRACK

Time	Event	Grades
7:00pm	800m	Men
7:15pm	800m	Women
7:30pm	1500m Walk / 3000m Walk	All Grades
7:45pm	Long Hurdles	All Grades (Highest to Lowest spec)
8:00pm	200m	Men
8:25pm	200m	Women
8:45pm	3000m	All Grades
8:30pm	4 x 200m Relay	Men
8:45pm	4 x 200m Relay	Women

### FIELD

Time	Hammer	High Jump	Triple Jump	Discus
6:00pm	Sheet 1 (15)			
6:30pm	Sheet 2 (15)			
6:45pm		1.05m – 1.35m		
7:00pm			Sheet 1 (15)	Sheet 1 (15)
7:15pm		1.30m – 1.60m		
7:30pm			Sheet 2 (15)	Sheet 2 (15)
7:45pm		1.55m +		
8:00pm			Sheet 3 (15)	Sheet 3 (15)



## BALLARAT REGION 2016 – 17: PROGRAM

### Tues 29<sup>th</sup> of November Round 7 (Rescheduled) Program 1

#### TRACK

Time	Event	Grades
7:00pm	800m	Men
7:15pm	800m	Women
7:30pm	1500m Walk / 3000m Walk	All Grades
7:45pm	Long Hurdles	All Grades (Highest to Lowest spec)
8:00pm	200m	Men
8:25pm	200m	Women
8:45pm	3000/5000m	All Grades
8:30pm	4 x 200m Relay	Men
8:45pm	4 x 200m Relay	Women

#### FIELD

Time	Hammer	High Jump	Triple Jump	Discus
6:00pm	Sheet 1 (15)			
6:30pm	Sheet 2 (15)			
6:45pm		1.05m – 1.35m		
7:00pm			Sheet 1 (15)	Sheet 1 (15)
7:15pm		1.30m – 1.60m		
7:30pm			Sheet 2 (15)	Sheet 2 (15)
7:45pm		1.55m +		
8:00pm			Sheet 3 (15)	Sheet 3 (15)



# BALLARAT REGION 2016 – 17: PROGRAM

## Sat 10<sup>th</sup> December Round 8 Program 2

### TRACK

Time	Event	Grades
2:00pm	1500m	Men
2:15pm	1500m	Women
2:30pm	100m	Men
2:55pm	100m	Women
3:15pm	2000m Walk	All Grades
3:20pm	Short Hurdles	All Grades (Highest to Lowest spec)
3:40pm	4 x 100m Relay	Men
3:50pm	4 x 100m Relay	Women
4:00pm	3000m	All Grades
4:30pm	400m	Men
4:45pm	400m	Women

### FIELD

Time	Shot Put	Long Jump	Pole Vault	Javelin
1:45pm	Sheet 1 (15)			
2:00pm		Sheet 1 (15)		
2:15pm	Sheet 2 (15)			
2:30pm		Sheet 2 (15)	1.60m – 2.50m	
2:45pm	Sheet 3 (15)			
3:00pm		Sheet 3 (15)	2.35m +	Sheet 1 (15)
3:30pm				Sheet 2 (15)
4:00pm				Sheet 3 (15)





# BALLARAT REGION 2016 – 17: PROGRAM

## Thurs 15<sup>th</sup> December Round 9 Program 1

### TRACK

Time	Event	Grades
6:00pm	800m	Men
6:15pm	800m	Women
6:30pm	1500m Walk / 3000m Walk	All Grades
6:45pm	Long Hurdles	All Grades (Highest to Lowest spec)
7:00pm	200m	Men
7:25pm	200m	Women
7:45pm	3000m / 5000m	All Grades
8:30pm	4 x 200m Relay	Men
8:45pm	4 x 200m Relay	Women

### FIELD

Time	Hammer	High Jump	Triple Jump	Discus
5:00pm	Sheet 1 (15)			
5:30pm	Sheet 2 (15)			
5:45pm		1.05m – 1.35m		
6:00pm			Sheet 1 (15)	Sheet 1 (15)
6:15pm		1.30m – 1.60m		
6:30pm			Sheet 2 (15)	Sheet 2 (15)
6:45pm		1.55m +		
7:00pm			Sheet 3 (15)	Sheet 3 (15)



## BALLARAT REGION 2016 – 17: PROGRAM

### Sat 7<sup>th</sup> January Round 10 Program 2

#### TRACK

Time	Event	Grades
4:00pm	400m	Men
4:15pm	400m	Women
4:30pm	3000m Steeple (91cm) 2000m Steeple (91cm)	MO, M20, M40, M50 M18
4:45pm	3000m Steeple (76cm) 2000m Steeple (76cm)	WO, W20 M16, M14, M60, W18, W16, W14, W40/50/60
5:00pm	100m	Men
5:20pm	100m	Women
5:40pm	3000m Walk / 5000m Walk	All Grades
5:50pm	Short Hurdles	All Grades (Highest to Lowest spec)
6:15pm	1500m	Men
6:30pm	1500m	Women
6:45pm	4 x 100m Relay	Men
6:55pm	4 x 100m Relay	Women

#### FIELD

Time	Shot Put	Long Jump	Pole Vault	Javelin
3:45pm	Sheet 1 (15)			
4:00pm		Sheet 1 (15)		
4:15pm	Sheet 2 (15)			
4:30pm		Sheet 2 (15)	1.60m – 2.50m	
4:45pm	Sheet 3 (15)			
5:00pm		Sheet 3 (15)	2.35m +	Sheet 1 (15)
5:30pm				Sheet 2 (15)
6:00pm				Sheet 3 (15)



## BALLARAT REGION 2016 – 17: PROGRAM

### Sat 14<sup>th</sup> January Round 11 Program 1

#### TRACK

Time	Event	Grades
4:00pm	200m	Men
4:15pm	200m	Women
4:30pm	3000m	All Grades
5:00pm	1500m Walk / 3000m Walk	All Grades
5:10pm	Long Hurdles	All Grades (Highest to Lowest spec)
5:35pm	800m	Men
5:50pm	800m	Women
6:05pm	4 x 400m Relay	Men
6:20pm	4 x 400m Relay	Women

#### FIELD

Time	Hammer	High Jump	Triple Jump	Discus
3:00pm	Sheet 1 (15)			
3:30pm	Sheet 2 (15)			
3:45pm		1.05m – 1.35m		
4:00pm			Sheet 1 (15)	Sheet 1 (15)
4:15pm		1.30m – 1.60m		
4:30pm			Sheet 2 (15)	Sheet 2 (15)
4:45pm		1.55m +		
5:00pm			Sheet 3 (15)	Sheet 3 (15)



## BALLARAT REGION 2016 – 17: PROGRAM

### Sat 21<sup>st</sup> January Round 12 Program 2

#### TRACK

Time	Event	Grades
2:00pm	1500m	Men
2:15pm	1500m	Women
2:30pm	100m	Men
2:55pm	100m	Women
3:15pm	2000m Walk	All Grades
3:20pm	Short Hurdles	All Grades (Highest to Lowest spec)
3:40pm	4 x 100m Relay	Men
3:50pm	4 x 100m Relay	Women
4:00pm	3000m Steeple (91cm) 2000m Steeple (91cm)	MO, M20, M40, M50 M18
4:15pm	3000m Steeple (76cm) 2000m Steeple (76cm)	WO, W20 M16, M14, M60, W18, W16, W14, W40/50/60
4:30pm	400m	Men
4:45pm	400m	Women

#### FIELD

Time	Shot Put	Long Jump	Pole Vault	Javelin
1:45pm	Sheet 1 (15)			
2:00pm		Sheet 1 (15)		
2:15pm	Sheet 2 (15)			
2:30pm		Sheet 2 (15)	1.60m – 2.50m	
2:45pm	Sheet 3 (15)			
3:00pm		Sheet 3 (15)	2.35m +	Sheet 1 (15)
3:30pm				Sheet 2 (15)
4:00pm				Sheet 3 (15)