



2019 VICTORIAN & AMA MULTI-EVENTS CHAMPIONSHIPS TIMETABLE			
DRAFT TIMETABLE			
as at 19.11.18			
DAY 1 - SAT. 12-01-19			
10:30	100m Hurdles - Women Open/U20	5 min	
10:35	100m Hurdles - Men U16	5 min	+5
10:45	100m Hurdles - Women U18	5 min	+5
10:55	90m Hurdles - Women U16	5 min	+5
11:05	80m Hurdles - Women Masters	5 min	
11:05	High Jump - Women Open/U20 Pit 1	60 min	
11:10	Shot Put - Men U16	15 min	
11:20	High Jump - Women U18 Pit 2	60 min	
11:30	100 metres - Men Open/U20/U18/Masters	15 min	
12:05	High Jump - Men U16 Pit 1	30 min	
12:15	Long Jump - Men Open/M40 Group A Pit 1	30 min	
12:15	Long Jump - Men U20/M50 Pit 2	30 min	
12:20	High Jump - Women U16/Masters Pit 2	60 min	
12:35	Shot Put - Women Open/U20	30 min	
12:45	Long Jump - Men Open/M40 Group B Pit 1	30 min	
12:45	Long Jump - Men U18/M60+ Pit 2	30 min	
13:15	Shot Put - Men Open/M40 Group A Circle 1	30 min	
13:15	Shot Put - Men U20/M50 Circle 2	30 min	
13:30	200 metres - Men U16	5 min	
13:35	200 metres - Women Open/U20	5 min	
13:45	Shot Put - Men Open/M40 Group B Circle 1	30 min	
13:45	Shot Put - Men U18/M60+ Circle 2	30 min	
14:15	Shot Put - Women U18 Circle 1	30 min	
14:15	Shot Put - Women U16/Masters Circle 2	30 min	
14:15	High Jump - Men Open/M40 Group A Pit 1	60 min	
14:45	High Jump - Men Open/M40 Group B Pit 2	60 min	
15:15	High Jump - Men U20/U18 Pit 1	60 min	
15:15	200 metres - Women U18/U16/Masters	10 min	
15:45	High Jump - Men M50+ Pit 2	60 min	
16:15	400 metres - Men Open/M40	15 min	
16:45	400 metres - Men U20/U18	10 min	
17:15	400 metres - Men M50+	10 min	



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DAY 2 - SUN. 13-01-19			
9:00	110m Hurdles - Men Open	5 min	+5
9:10	110m Hurdles - Men U20/M40	5 min	+5
9:20	110m Hurdles - Men U18	5 min	+5
9:30	100m Hurdles - Men M50	5 min	+5
9:30	Long Jump - Women Open/U20/W40	30 min	
9:40	100m Hurdles - Men M60	5 min	+5
9:45	Discus - Men U20	15 min	
9:50	90m Hurdles - Men U14	5 min	+5
10:00	80m Hurdles - Women U14	5 min	+5
10:00	Long Jump - Women U18/U16/W50+	45 min	
10:05	Discus - Men U18/M50+	45 min	
10:10	80m Hurdles - Men M70+	5 min	
10:30	Javelin - Women Open/U20/W40	30 min	
10:30	Pole Vault - Men U20	45 min	
10:35	High Jump - Men U14, Women U14	60 min	
10:50	Discus - Men Open/M40	60 min	
11:00	Long Jump - Men U16	15 min	
11:15	Javelin - Women U18/U16/W50+	45 min	
11:20	Pole Vault - Men U18/M50+	75 min	
11:30	800 metres - Women Open/U20/W40	10 min	
12:00	Javelin - Men U20/U16	30 min	
12:05	200 metres - Men U14, Women U14	5 min	
12:30	800 metres - Women U18/U16/W50+	10 min	
12:35	Pole Vault - Men Open/M40 Group A	60 min	
12:40	Shot Put - Men U14, Women U14	30 min	
13:00	1500 metres - Men U20/U16	10 min	
13:05	Javelin - Men U18/M50+	45 min	
13:35	Pole Vault - Men Open/M40 Group B	60 min	
13:40	800 metres - Men U14, Women U14	10 min	
14:05	Javelin - Men Open/M40 Group A	30 min	
14:20	1500 metres - Men U18/M50+	10 min	
15:05	Javelin - Men Open/M40 Group B	30 min	
16:00	1500 metres - Men Open/M40	10 min	