



**2019 FLACK ADVISORY VICTORIAN COUNTRY TRACK & FIELD CHAMPIONSHIPS
PROVISIONAL TIMETABLE (as at 23/01/2019)**



Saturday 26th January 2019

TRACK EVENTS				FIELD EVENTS			
TIME	AGE GROUP	EVENT	ROUND	TIME	AGE GROUP	EVENT	ROUND
				2:00	Men 50+	Hammer (6kg)	Final
				2:00	Men Open	Long Jump (Pit 1)	Final
				2:00	Men 50+	Long Jump (Pit 2)	Final
				2:00	Men 60+	Long Jump (Pit 2)	Final
				2:30	Men Open	Discus (2kg)	Final
				3:00	Women Open	Pole Vault	Final
				3:30	Women 40+	Javelin (600g)	Final
				3:30	Women U14	Javelin (400g)	Final
				3:30	Women 60+	Javelin (400g)	Final
4:00	Men 40+	400m Hurdles (91.4cm)	Final	4:00	Men U14	Long Jump (Pit 1)	Final
4:00	Men U20	400m Hurdles (91.4cm)	Final	4:00	Men 40+	Long Jump (Pit 2)	Final
4:05	Men Open	400m Hurdles (91.4cm)	Final	4:30	Women U20	Discus (1kg)	Final
4:15	Men U18	400m Hurdles (84.0cm)	Final	5:00	Women U14	Long Jump	Final
4:15	Men 50+	400m Hurdles (84.0cm)	Final	5:00	Women 50+	Long Jump	Final
4:25	Women U18	400m Hurdles (76.2cm)	Final	5:00	Women 60+	Long Jump	Final
4:25	Women U20	400m Hurdles (76.2cm)	Final	5:15	Women U16	Pole Vault	Final
4:25	Women 40+	400m Hurdles (76.2cm)	Final	5:15	Women U18	Pole Vault	Final
4:30	Women Open	400m Hurdles (76.2cm)	Final	5:15	Women U20	Pole Vault	Final
4:35	Men 60+	300m Hurdles (76.2cm)	Final	5:15	Women 40+	Shot Put (4kg)	Final
4:35	Women 50+	300m Hurdles (76.2cm)	Final	5:15	Ambulant Women	Shot Put	Final
4:35	Women 60+	300m Hurdles (68.8cm)	Final	5:30	Men U14	Javelin (600g)	Final
4:50	Men U14	200m Hurdles (76.2cm)	Final	5:30	Men 60+	Javelin (600g)	Final
4:50	Men U16	200m Hurdles (76.2cm)	Final	6:30	Women U18	Discus (1kg)	Final
4:55	Women U14	200m Hurdles (76.2cm)	Final	6:30	Ambulant Women	Discus	Final
5:00	Women U16	200m Hurdles (76.2cm)	Final	7:00	Women U20	Shot Put (4kg)	Final
6:10	Women U14	3000m	Final	7:15	Men U20	Javelin (800g)	Final
6:10	Women 50+	3000m	Final	7:15	Men 40+	Javelin (800g)	Final
6:10	Women 60+	3000m	Final	7:45	Men 60+	Discus (1kg)	Final
6:30	Women U16	3000m	Final	7:45	Men U14	Discus (1kg)	Final
6:50	Women U18	3000m	Final	7:45	Men U16	Discus (1kg)	Final
6:50	Women U20	3000m	Final	7:45	Ambulant Men	Discus	Final
7:10	Men U14	3000m	Final				
7:10	Men U16	3000m	Final				
7:30	Men U18	3000m	Final				
7:50	Men 50+	3000m	Final				
7:50	Men 60+	3000m	Final				
8:10	Women Open	5000m	Final				
8:10	Women 40+	5000m	Final				
8:40	Men U20	5000m	Final				
8:40	Men Open	5000m	Final				
8:40	Men 40+	5000m	Final				

Note:

U14 Athletes wishing to compete in the Hammer Throw must have competed in a round of AV Shield prior to the 2019 Victorian Country Championships.



2019 FLACK ADVISORY VICTORIAN COUNTRY TRACK & FIELD CHAMPIONSHIPS PROVISIONAL TIMETABLE (as at 23/01/2019)



Sunday 27th January 2019

TRACK EVENTS				FIELD EVENTS			
TIME	AGE GROUP	EVENT	ROUND	TIME	AGE GROUP	EVENT	ROUND
9:00	Men U20	5000m Race Walk	Final	9:00	Men U14	Triple Jump	Final
9:00	Men 40+	5000m Race Walk	Final	9:00	Men U16	Triple Jump	Final
9:00	Men Open	5000m Race Walk	Final				
9:00	Women U20	5000m Race Walk	Final	9:00	Women U16	Hammer (3kg)	Final
9:00	Women 40+	5000m Race Walk	Final	9:00	Women U18	Hammer (3kg)	Final
9:00	Women Open	5000m Race Walk	Final	9:00	Women U20	Hammer (4kg)	Final
9:45	Men U16	2000m Steeplechase (76.2cm)	Final	9:00	Men 40+	High Jump	Final
9:45	Men 60+	2000m Steeplechase (76.2cm)	Final	9:00	Men 50+	High Jump	Final
10:00	Women U16	2000m Steeplechase (76.2cm)	Final	9:00	Men U18	Shot Put (5kg)	Final
10:00	Women U18	2000m Steeplechase (76.2cm)	Final				
10:15	Women 40+	2000m Steeplechase (76.2cm)	Final	10:00	Men U16	Shot Put (4kg)	Final
10:15	Women 60+	2000m Steeplechase (76.2cm)	Final	10:00	Men 60+	Shot Put (5kg)	Final
10:30	Women Open	3000m Steeplechase (76.2cm)	Final	10:00	Men U20	High Jump	Final
10:30	Women U20	3000m Steeplechase (76.2cm)	Final	10:00	Men Open	High Jump	Final
10:50	Men U18	2000m Steeplechase (91.4cm)	Final	10:00	Women U14	Hammer (3kg)	Final
				10:00	Women 50+	Hammer (3kg)	Final
				10:00	Women 60+	Hammer (3kg)	Final
				10:00	Women 40+	Hammer (4kg)	Final
				10:00	Men U18	Triple Jump (Pit 1)	Final
11:00am Opening Ceremony				11:00am Opening Ceremony			
11:15	Men 40+	3000m Steeplechase (91.4cm)	Final	11:15	Women Open	Triple Jump	Final
11:15	Men Open	3000m Steeplechase (91.4cm)	Final				
11:15	Men U20	3000m Steeplechase (91.4cm)	Final	11:15	Men U20	Shot Put (6kg)	Final
11:15	Men 50+	3000m Steeplechase (91.4cm)	Final				
11:36	Women Ambulant	100m	Final	11:30	Women Open	High Jump	Final
11:39	Men Ambulant	100m	Final	11:30	Women U20	High Jump	Final
11:42	Women U14	100m	Timed Final	11:15	Men Open	Hammer (7.26kg)	Final
11:48	Men U14	100m	Final	11:15	Men 40+	Hammer (7.26kg)	Final
11:51	Women U16	100m	Timed Final				
11:57	Men U16	100m	Timed Final	12:00	Men 40+	Pole Vault	Final
12:03	Women U18	100m	Timed Final				
12:09	Men U18	100m	Timed Final	12:15	Men U14	Hammer (3kg)	Final
12:15	Women 60+	100m	Final	12:15	Men U16	Hammer (4kg)	Final
12:18	Women 50+	100m	Final				
12:21	Men 60+	100m	Final				
12:24	Men 50+	100m	Final				
12:30pm Lunch Break				12:30pm Lunch Break			
1:00	Women U20	100m	Timed Final	1:00	Men U18	Hammer (5kg)	Final
1:06	Men U20	100m	Timed Final	1:00	Men 60+	Hammer (5kg)	Final
1:12	Women 40+	100m	Final				
1:15	Men 40+	100m	Final	1:00	Women U14	Triple Jump (Pit 2)	Final
1:18	Women Open	100m	Timed Final				
1:24	Men Open	100m	Timed Final	1:00	Women U16	High Jump	Final
				1:00	Women U18	High Jump	Final
1:40	Men U16	3000m Race Walk	Final				
1:40	Men U18	3000m Race Walk	Final	1:30	Men U20	Pole Vault	Final
1:40	Women U16	3000m Race Walk	Final	1:30	Men Open	Pole Vault	Final
1:40	Women U18	3000m Race Walk	Final				
1:40	Women 50+	3000m Race Walk	Final	1:45	Men 50+	Shot Put (6kg)	Final
				1:45	Ambulant Men	Shot Put	Final
2:10	Women U14	400m	Timed Final				
2:19	Men U14	400m	Final	2:00	Women Open	Hammer (4kg)	Final
2:23	Women U16	400m	Timed Final				
2:31	Men U16	400m	Timed Final	2:00	Women 40+	Triple Jump (Pit 1)	Final
2:39	Women U18	400m	Final	2:00	Women 50+	Triple Jump (Pit 1)	Final
2:43	Men U18	400m	Timed Final	2:00	Women 60+	Triple Jump (Pit 1)	Final
2:51	Women 60+	400m	Final	2:00	Men 50+	Triple Jump (Pit 2)	Final
2:51	Women 50+	400m	Final	2:00	Men 60+	Triple Jump (Pit 2)	Final
2:55	Men 60+	400m	Final				
2:59	Men 50+	400m	Final	2:30	Men U16	High Jump	Final
3:07	Women U20	400m	Final	2:30	Men U18	High Jump	Final
3:11	Ambulant Women	400m	Final				
3:11	Ambulant Men	400m	Final	3:00	Men 40+	Shot Put (7.26kg)	Final
3:15	Men U20	400m	Timed Final				
3:23	Women 40+	400m	Final	3:00	Women Open	Discus (1kg)	Final
3:27	Men 40+	400m	Final				
3:31	Women Open	400m	Timed Final	3:00	Women U20	Triple Jump (Pit 1)	Final
3:39	Men Open	400m	Timed Final	3:00	Women U18	Triple Jump (Pit 2)	Final

3:50	Women U14	1500m	Final	4:00	Women U14	High Jump	Final
3:58	Women U16	1500m	Final	4:00	Women 40+	High Jump	Final
4:06	Women U18	1500m	Final	4:00	Women 60+	High Jump	Final
4:14	Women 60+	1500m	Final				
4:14	Women 50+	1500m	Final	4:00	Men U18	Discus (1.5kg)	Final
4:14	Women 40+	1500m	Final	4:00	Men 50+	Discus (1.5kg)	Final
4:25	Women U20	1500m	Final				
4:25	Women Open	1500m	Final	4:00	Women U16	Triple Jump (Pit 1)	Final
				4:00	Men U20	Triple Jump (Pit 2)	Final
4:35	Men U14	1500m Race Walk	Final				
4:35	Women U14	1500m Race Walk	Final	4:00	Open Men	Shot Put (7.26kg)	Final
4:35	Women 60+	1500m Race Walk	Final	4:00	Men U20	Discus (1.75kg)	Final
4:50	Men U14	1500m	Final	5:00	Men U14	High Jump	Final
4:58	Men U16	1500m	Timed Final	5:00	Men 60+	High Jump	Final
5:06	Men U18	1500m	Final				
5:14	Men 60+	1500m	Final	5:00	Men 40+	Triple Jump (Pit 2)	Final
5:22	Men 50+	1500m	Final				
5:30	Men 40+	1500m	Final	5:00	Women U16	Discus (1kg)	Final
5:38	Men U20	1500m	Final	5:00	Women 40+	Discus (1kg)	Final
5:38	Men Open	1500m	Final				
				6:00	Men 40+	Discus (2kg)	Final
				6:00	Men Open	Triple Jump (Pit 2)	Final
				7:00	Women U14	Discus (1kg)	Final
				7:00	Women 50+	Discus (1kg)	Final
				7:00	Women 60+	Discus (1kg)	Final

**Note:**

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2019 FLACK ADVISORY VICTORIAN COUNTRY TRACK & FIELD CHAMPIONSHIPS PROVISIONAL TIMETABLE (as at 23/01/2019)



Monday 28th January 2019

TRACK EVENTS				FIELD EVENTS			
TIME	AGE GROUP	EVENT	ROUND	TIME	AGE GROUP	EVENT	ROUND
8:00	Men 60+	10000m	Final				
8:00	Men 50+	10000m	Final				
8:00	Men 40+	10000m	Final				
8:00	Men U20	10000m	Final				
8:00	Men Open	10000m	Final				
8:00	Women 40+	10000m	Final				
8:00	Women Open	10000m	Final				
9:00	Men Open	110m Hurdles (106.7cm)	Final	9:00	Men U18	Javelin (700g)	Final
9:08	Men 40+	110m Hurdles (99.1cm)	Final	9:00	Men U16	Javelin (700g)	Final
9:16	Men U18	110m Hurdles (91.4cm)	Final	9:00	Men 50+	Javelin (700g)	Final
9:20	Men 50+	100m Hurdles (91.4cm)	Final				
9:30	Men 60+	100m Hurdles (84.0cm)	Final	9:00	Women U20	Long Jump (Pit 2)	Final
9:34	Women Open	100m Hurdles (84.0cm)	Final	9:00	Women U18	Long Jump (Pit 1)	Final
9:34	Women U20	100m Hurdles (84.0cm)	Final				
9:38	Men U16	100m Hurdles (84.0cm)	Final	9:00	Women U14	Shot Put (3kg) (Pit 1)	Final
9:45	Women U18	100m Hurdles (76.2cm)	Final	9:00	Women U16	Shot Put (3kg) (Pit 1)	Final
9:50	Women U16	90m Hurdles (76.2cm)	Final				
10:00	Women U14	80m Hurdles (76.2cm)	Final	9:00	Women 50+	Shot Put (3kg) (Pit 2)	Final
10:00	Women 40+	80m Hurdles (76.2cm)	Final	9:00	Women 60+	Shot Put (3kg) (Pit 2)	Final
10:10	Women U14	200m	Timed Final	9:00	Men U14	Pole Vault	Final
10:18	Women U16	200m	Timed Final	9:00	Men 50+	Pole Vault	Final
10:30	Women U18	200m	Timed Final	9:00	Men 60+	Pole Vault	Final
10:38	Women U20	200m	Timed Final				
10:46	Women 60+	200m	Final	10:00	Ambulant Men	Seated Discus	Final
10:46	Women 50+	200m	Final				
10:50	Women 40+	200m	Final	10:15	Women 40+	Long Jump (Pit 2)	Final
10:54	Women Open	200m	Timed Final	10:15	Men U20	Long Jump (Pit 1)	Final
11:02	Men U14	200m	Final				
11:06	Men U16	200m	Timed Final	10:30	Women Open	Shot Put (4kg)	Final
11:18	Men U18	200m	Timed Final				
11:26	Men U20	200m	Timed Final	10:30	Men Open	Javelin (800g)	Final
11:34	Men 60+	200m	Final				
11:38	Men 50+	200m	Final	11:00	Men U16	Pole Vault	Final
11:42	Men 40+	200m	Final	11:00	Men U18	Pole Vault	Final
11:46	Men Open	200m	Timed Final				
12:00	Women U14	800m	Final	11:30	Women U16	Long Jump (Pit 1)	Final
12:05	Women U16	800m	Timed Final	11:30	Women Open	Long Jump (Pit 2)	Final
12:10	Women U18	800m	Timed Final	11:45	Women U18	Shot Put (3kg)	Final
12:15	Women U20	800m	Final	11:45	Men U14	Shot Put (3kg)	Final
12:20	Women 40+	800m	Final				
12:20	Women 50+	800m	Final				
12:20	Women 60+	800m	Final	11:45	Ambulant Men	Shot Put Seated	Final
12:25	Women Open	800m	Timed Final				
12:30	Men U14	800m	Final	11:45	Women U20	Javelin (600g)	Final
12:35	Men U16	800m	Timed Final	11:45	Women Open	Javelin (600g)	Final
12:45	Men U18	800m	Timed Final				
12:50	Men U20	800m	Final	12:45	Men U18	Long Jump (Pit 1)	Final
12:55	Men 60+	800m	Final	12:45	Men U16	Long Jump (Pit 2)	Final
1:00	Men 50+	800m	Final				
1:05	Men 40+	800m	Final	1:00	Women U18	Javelin (500g)	Final
1:10	Men Open	800m	Timed Final	1:00	Women U16	Javelin (500g)	Final
				1:00	Women 50+	Javelin (500g)	Final
1:30	Womens U14	4x100m Relay	Timed Final	1:00	Women 40+	Pole Vault	Final
1:36	Womens U16	4x100m Relay	Timed Final	1:00	Women 50+	Pole Vault	Final
1:42	Womens U18	4x100m Relay	Timed Final	1:00	Women U14	Pole Vault	Final
1:48	Womens U20	4x100m Relay	Timed Final				
1:54	Womens 50+	4x100m Relay	Timed Final				
1:54	Womens 40+	4x100m Relay	Timed Final				
2:00	Womens Open	4x100m Relay	Timed Final				
2:12	Men U14	4x100m Relay	Timed Final				
2:12	Men U16	4x100m Relay	Timed Final				
2:18	Men U18	4x100m Relay	Timed Final				
2:24	Men 60+	4x100m Relay	Timed Final				
2:24	Men 50+	4x100m Relay	Timed Final				
2:30	Men U20	4x100m Relay	Timed Final				
2:30	Men 40+	4x100m Relay	Timed Final				
2:36	Men Open	4x100m Relay	Timed Final				
2:45	Women 40+	4x400m Relay	Timed Final				
2:55	Women Open	4x400m Relay	Timed Final				
3:15	Men 40+	4x400m Relay	Timed Final				
3:25	Men Open	4x400m Relay	Timed Final				

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Note:

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