



# TIMETABLE of EVENTS BALLARAT REGION

## SATURDAY 6<sup>TH</sup> OCTOBER 2018

### TRACK EVENTS Program 1 Round 1 as at 13.09.18

BALLARAT REGION		
Time	Event	Grades
2.00pm	800 Metres	Men
2.15pm	800 Metres	Women
2.30pm	2000m Walk 2000m Walk or 5000m Walk	U14/U16/40+/50+/60+ Men & Women Open/U20/U18 Men & Women
2.45pm	400 Metre Hurdles 300 Metre Hurdles 200 Metre Hurdles	Open/U20/U18/40+/50+ Men & Open/U20/U18/40+ Women 60+ Men & 50+ Women U14/U16 Men & U14/U16/60+ Women
2.55pm	200 Metres	Men
3.20pm	200 Metres	Women
3.45pm	3000 Metres	All Men & Women
4.00pm	Mixed Swedish (100m, 300m, 200m, 400m) Relay (Non points scoring)	All Men & Women

### FIELD EVENTS Program 1 Round 1 as at 13.09.18

Time	Discus Throw (1 Cage) Max 15 per sheet	Hammer Throw (1 Cage) Max 15 per sheet	Triple Jump (1 Pit) Max 15 per sheet	High Jump (1 Bed)
1.00pm		Sheet 1		
1.30pm		Sheet 2		
1.45pm				1.05m – 1.35m
2.00pm	Sheet 1		Sheet 1	
2.15pm				1.30m – 1.60m
2.30pm	Sheet 2		Sheet 2	
2.45pm				1.55m+
3.00pm	Sheet 3		Sheet 3	



# TIMETABLE of EVENTS BALLARAT REGION

## SATURDAY 13<sup>TH</sup> OCTOBER 2018

### TRACK EVENTS Program 2 Round 2 as 13.09.18

BALLARAT REGION		
Time	Event	Grades
2.00pm	1500 Metres	Men
2.15pm	1500 Metres	Women
2.30pm	100 Metres	Men
2.55pm	100 Metres	Women
3.15pm	1500m Walk 3000m Walk	U14/U16 Men & Women Open/U20/U18/40+/50+/60+ Men & Women
3.20pm	80 Metre Hurdles 90 Metre Hurdles 100 Metre Hurdles 110 Metre Hurdles	U14/40+/50+/60+ Women U16 Women & U14 Men U18/U20/Open Women & U16/50+/60+ Men U18/U20/Open/40+ Men
3.30pm	Mixed Medley (200m, 200m, 400m, 800m) Relay (Non points scoring)	Men & Women
3.50pm	3000 Metres 5000 Metres	U14/U16/U18 Men & Women Open/U20/40+/50+/60+ Men & Women
4.20pm	400 Metres	Men
4.35pm	400 Metres	Women

### FIELD EVENTS Program 2 Round 2 as at 13.09.18

Time	Shot Put Max 15 per sheet	Javelin (1 runway) Max 15 per sheet	Long Jump (1 Pit) Max 15 per sheet	Pole Vault
1.45pm	Sheet 1			
2.00pm			Sheet 1	
2.15pm	Sheet 2			1.60m – 2.50m
2.30pm			Sheet 2	
2.45pm	Sheet 3			
3.00pm		Sheet 1	Sheet 3	2.35m+
3.30pm		Sheet 2		
4.00pm		Sheet 3		



# TIMETABLE of EVENTS BALLARAT REGION

## SATURDAY 20<sup>TH</sup> OCTOBER 2018

### TRACK EVENTS Program 1 Round 3 as at 13.09.18

BALLARAT REGION		
Time	Event	Grades
2.00pm	800 Metres	Men
2.15pm	800 Metres	Women
2.30pm	1500m Walk 3000m Walk	U14/U16 Men & Women Open/U20/U18/40+/50+/60+ Men & Women
2.45pm	400 Metre Hurdles 300 Metre Hurdles 200 Metre Hurdles	Open/U20/U18/40+/50+ Men & Open/U20/U18/40+ Women 60+ Men & 50+ Women U14/U16 Men & U14/U16/60+ Women
2.55pm	200 Metres	Men
3.20pm	200 Metres	Women
3.40pm	3000 Metres	All Men & Women
4.00pm	4 x 100m Relay	Men
4.15pm	4 x 100m Relay	Women

### FIELD EVENTS Program 1 Round 3 as at 13.09.18

Time	Discus Throw (1 Cage) Max 15 per sheet	Hammer Throw (1 Cage) Max 15 per sheet	Triple Jump (1 Pit) Max 15 per sheet	High Jump (1 Bed)
1.00pm		Sheet 1		
1.30pm		Sheet 2		
1.45pm				1.05m – 1.35m
2.00pm	Sheet 1		Sheet 1	
2.15pm				1.30m – 1.60m
2.30pm	Sheet 2		Sheet 2	
2.45pm				1.55m+
3.00pm	Sheet 3		Sheet 3	



# TIMETABLE of EVENTS BALLARAT REGION

**SATURDAY 27<sup>TH</sup> OCTOBER 2018**

**TRACK EVENTS Program 2 Round 4 as at 13.09.18**

BALLARAT REGION		
Time	Event	Grades
2.00pm	1500 Metres	Men
2.15pm	1500 Metres	Women
2.30pm	100 Metres	Men
2.55pm	100 Metres	Women
3.15pm	1500m Walk 3000m Walk	U14/U16 Men & Women Open/U20/U18/40+/50+/60+ Men & Women
3.20pm	80 Metre Hurdles 90 Metre Hurdles 100 Metre Hurdles 110 Metre Hurdles	U14/40+/50+/60+ Women U16 Women & U14 Men U18/U20/Open Women & U16/50+/60+ Men U18/U20/Open/40+ Men
3.45pm	4 x 400m Relay	Men
3.55pm	4 x 400m Relay	Women
4.05pm	3000 Metres Steeple (91cm) 2000 Metres Steeple (91cm)	Open/U20/40+/50+ Men U18 Men
4.20pm	3000 Metres Steeple (76.2cm) 2000 Metres Steeple (76.2cm)	Open/U20 Women 60+/U16/U14 Men 40+/50+/60+/U18/U16/U14 Women
4.45pm	400 Metres	Men
5.00pm	400 Metres	Women
5:15pm	3000m Invitation (Non point scoring)	Men & Women

**FIELD EVENTS Program 2 Round 4 as at 13.09.18**

Time	Shot Put Max 15 per sheet	Javelin (1 runway) Max 15 per sheet	Long Jump (1 Pit) Max 15 per sheet	Pole Vault
1.45pm	Sheet 1			
2.00pm			Sheet 1	
2.15pm	Sheet 2			1.60m – 2.50m
2.30pm			Sheet 2	
2.45pm	Sheet 3			
3.00pm		Sheet 1	Sheet 3	2.35m+
3.30pm		Sheet 2		
4.00pm		Sheet 3		



# TIMETABLE of EVENTS BALLARAT REGION

## SATURDAY 10<sup>TH</sup> NOVEMBER 2018

### TRACK EVENTS Program 1 Re-shuffled Round 5 as at 13.09.18

BALLARAT REGION		
Time	Event	Grades
2.00pm	200 Metres	Men
2.15pm	200 Metres	Women
2.30pm	3000 Metres	All Men & Women
2.45pm	2000m Walk 2000m Walk or 5000m Walk	U14/U16/40+/50+/60+ Men & Women Open/U20/U18 Men & Women
2.55pm	400 Metre Hurdles 300 Metre Hurdles 200 Metre Hurdles	Open/U20/U18/40+/50+ Men & Open/U20/U18/40+ Women 60+ Men & 50+ Women U14/U16 Men & U14/U16/60+ Women
3.10pm	800 Metres	Men
3.30pm	800 Metres	Women
3.45pm	4 x 200m Relay	Men
4.00pm	4 x 200m Relay	Women

### FIELD EVENTS Program 1 Round 5 as at 13.09.18

Time	Discus Throw (1 Cage) Max 15 per sheet	Hammer Throw (1 Cage) Max 15 per sheet	Triple Jump (1 Pit) Max 15 per sheet	High Jump (1 Bed)
1.00pm		Sheet 1		
1.30pm		Sheet 2		
1.45pm				1.05m – 1.35m
2.00pm	Sheet 1		Sheet 1	
2.15pm				1.30m – 1.60m
2.30pm	Sheet 2		Sheet 2	
2.45pm				1.55m+
3.00pm	Sheet 3		Sheet 3	



# TIMETABLE of EVENTS BALLARAT REGION

## SATURDAY 17<sup>TH</sup> NOVEMBER 2018

### TRACK EVENTS Program 2 Re-shuffled Round 6 as at 13.09.18

BALLARAT REGION		
Time	Event	Grades
2.00pm	100 Metres	Men
2.25pm	100 Metres	Women
2.45pm	3000 Metres 5000 Metres	U14/U16/U18 Men & Women Open/U20/40+/50+/60+ Men & Women
3.10pm	400 Metres	Men
3.25pm	400 Metres	Women
3.40pm	1500m Walk 3000m Walk	U14/U16 Men & Women Open/U20/U18/40+/50+/60+ Men & Women
3.50pm	80 Metre Hurdles 90 Metre Hurdles 100 Metre Hurdles 110 Metre Hurdles	U14/40+/50+/60+ Women U16 Women & U14 Men U18/U20/Open Women & U16/50+/60+ Men U18/U20/Open/40+ Men
4.25pm	1500 Metres	Men
4.40pm	1500 Metres	Women
4.55pm	4 x 100m Relay	Men
5.05pm	4 x 100m Relay	Women
5.20pm	Special 100m event (Non points scoring)	All Men & Women

### FIELD EVENTS Program 2 Round 6 as at 13.09.18

Time	Shot Put Max 15 per sheet	Javelin (1 runway) Max 15 per sheet	Long Jump (1 Pit) Max 15 per sheet	Pole Vault
1.45pm	Sheet 1			
2.00pm			Sheet 1	
2.15pm	Sheet 2			1.60m – 2.50m
2.30pm			Sheet 2	
2.45pm	Sheet 3			
3.00pm		Sheet 1	Sheet 3	2.35m+
3.30pm		Sheet 2		
4.00pm		Sheet 3		



# TIMETABLE of EVENTS BALLARAT REGION

## SATURDAY 1<sup>ST</sup> DECEMBER 2018

### TRACK EVENTS Program 1 Round 7 as at 13.09.18

BALLARAT REGION		
Time	Event	Grades
2.00pm	800 Metres	Men
2.15pm	800 Metres	Women
2.30pm	1500m Walk 3000m Walk	U14/U16 Men & Women Open/U20/U18/40+/50+/60+ Men & Women
2.45pm	400 Metre Hurdles 300 Metre Hurdles 200 Metre Hurdles	Open/U20/U18/40+/50+ Men & Open/U20/U18/40+ Women 60+ Men & 50+ Women U14/U16 Men & U14/U16/60+ Women
2.55pm	200 Metres	Men
3.20pm	200 Metres	Women
3.40pm	3000 Metres	All Men & Women
4.10pm	Parlauf Relay - Mixed gender, age group and club. 10 min + 10 min (Non points scoring)	Men & Women

### FIELD EVENTS Program 1 Round 7 as at 13.09.18

Time	Discus Throw (1 Cage) Max 15 per sheet	Hammer Throw (1 Cage) Max 15 per sheet	Triple Jump (1 Pit) Max 15 per sheet	High Jump (1 Bed)
1.00pm		Sheet 1		
1.30pm		Sheet 2		
1.45pm				1.05m – 1.35m
2.00pm	Sheet 1		Sheet 1	
2.15pm				1.30m – 1.60m
2.30pm	Sheet 2		Sheet 2	
2.45pm				1.55m+
3.00pm	Sheet 3		Sheet 3	



# TIMETABLE of EVENTS BALLARAT REGION

**SATURDAY 15<sup>TH</sup> DECEMBER 2018**

**TRACK EVENTS Program 2 Round 8 as at 13.09.18**

**CHRISTMAS Theme**

<b>BALLARAT REGION</b>		
<b>Time</b>	<b>Event</b>	<b>Grades</b>
4.00pm	1500 Metres	Men
4.15pm	1500 Metres	Women
4.30pm	100 Metres	Men
4.55pm	100 Metres	Women
5.15pm	1500m Walk 3000m Walk	U14/U16 Men & Women Open/U20/U18/40+/50+/60+ Men & Women
5.20pm	80 Metre Hurdles 90 Metre Hurdles 100 Metre Hurdles 110 Metre Hurdles	U14/40+/50+/60+ Women U16 Women & U14 Men U18/U20/Open Women & U16/50+/60+ Men U18/U20/Open/40+ Men
5.45pm	4 x 100m Relay	Men
5.55pm	4 x 100m Relay	Women
6.05pm	3000 Metres Steeple (91cm) 2000 Metres Steeple (91cm)	Open/U20/40+/50+ Men U18 Men
6.20pm	3000 Metres Steeple (76.2cm) 2000 Metres Steeple (76.2cm)	Open/U20 Women 60+/U16/U14 Men 40+/50+/60+/U18/U16/U14 Women
6.35pm	400 Metres	Men
6.50pm	400 Metres	Women
7:05pm	3000m & 5000m Inv. (Non points scoring) Mental Health awareness run – Gold coin don.	Men & Women & Non-registered athletes
7:30pm	BRAC BBQ Invitation to all members	

**FIELD EVENTS Program 2 Round 8 as at 13.09.18**

<b>Time</b>	<b>Shot Put Max 15 per sheet</b>	<b>Javelin (1 runway) Max 15 per sheet</b>	<b>Long Jump (1 Pit) Max 15 per sheet</b>	<b>Pole Vault</b>
3.45pm	Sheet 1			
4.00pm			Sheet 1	
4.15pm	Sheet 2			1.60m – 2.50m
4.30pm			Sheet 2	
4.45pm	Sheet 3			
5.00pm		Sheet 1	Sheet 3	2.35m+
5.30pm		Sheet 2		
6.00pm		Sheet 3		





# TIMETABLE of EVENTS BALLARAT REGION

## SATURDAY 12<sup>TH</sup> JANUARY 2019

### TRACK EVENTS Program 1 Round 9 as at 13.09.18

BALLARAT REGION		
Time	Event	Grades
10.00am	800 Metres	Men
10.15am	800 Metres	Women
10.30am	1500m Walk 3000m Walk	U14/U16 Men & Women Open/U20/U18/40+/50+/60+ Men & Women
10.45am	400 Metre Hurdles 300 Metre Hurdles 200 Metre Hurdles	Open/U20/U18/40+/50+ Men & Open/U20/U18/40+ Women 60+ Men & 50+ Women U14/U16 Men & U14/U16/60+ Women
10.55am	200 Metres	Men
11.15am	200 Metres	Women
11.35am	3000 Metres	All Men & Women
11.55am	4 x 400m Relay	Men
12.10am	4 x 400m Relay	Women

### FIELD EVENTS Program 1 Round 9 as at 13.09.18

Time	Discus Throw (1 Cage) Max 15 per sheet	Hammer Throw (1 Cage) Max 15 per sheet	Triple Jump (1 Pit) Max 15 per sheet	High Jump (1 Bed)
9.00am		Sheet 1		
9.30am		Sheet 2		
9.45am				1.05m – 1.35m
10.00am	Sheet 1		Sheet 1	
10.15am				1.30m – 1.60m
10.30am	Sheet 2		Sheet 2	
10.45am				1.55m+
11.00am	Sheet 3		Sheet 3	



# TIMETABLE of EVENTS BALLARAT REGION

## SATURDAY 19<sup>TH</sup> JANUARY 2019

### TRACK EVENTS Program 2 Re-shuffled Round 10 as at 13.09.18

BALLARAT REGION		
Time	Event	Grades
6.00pm	100 Metres	Men
6.20pm	100 Metres	Women
6.40pm	3000 Metres 5000 Metres	U14/U16/U18 Men & Women Open/U20/40+/50+/60+ Men & Women
7.10pm	400 Metres	Men
7.25pm	400 Metres	Women
7.40pm	1500m Walk 3000m Walk	U14/U16 Men & Women Open/U20/U18/40+/50+/60+ Men & Women
7.50pm	80 Metre Hurdles 90 Metre Hurdles 100 Metre Hurdles 110 Metre Hurdles	U14/40+/50+/60+ Women U16 Women & U14 Men U18/U20/Open Women & U16/50+/60+ Men U18/U20/Open/40+ Men
8.05pm	1500 Metres	Men
8.20pm	1500 Metres	Women
8.35pm	4 x 200m Relay	Men
8.45pm	4 x 200m Relay	Women

### FIELD EVENTS Program 2 Round 10 as at 13.09.18

Time	Shot Put Max 15 per sheet	Javelin (1 runway) Max 15 per sheet	Long Jump (1 Pit) Max 15 per sheet	Pole Vault
5.45pm	Sheet 1			
6.00pm			Sheet 1	
6.15pm	Sheet 2			1.60m – 2.50m
6.30pm			Sheet 2	
6.45pm	Sheet 3			
7.00pm		Sheet 1	Sheet 3	2.35m+
7.30pm		Sheet 2		
8.00pm		Sheet 3		



# TIMETABLE of EVENTS BALLARAT REGION

## SATURDAY 2<sup>ND</sup> FEBRUARY 2019

### TRACK EVENTS Program 1 Re-shuffled Round 11 as at 13.09.18

BALLARAT REGION		
Time	Event	Grades
6.00pm	200 Metres	Men
6.15pm	200 Metres	Women
6.30pm	3000 Metres	All Men & Women
6.50pm	1500m Walk 3000m Walk	U14/U16 Men & Women Open/U20/U18/40+/50+/60+ Men & Women
7.00pm	400 Metre Hurdles 300 Metre Hurdles 200 Metre Hurdles	Open/U20/U18/40+/50+ Men & Open/U20/U18/40+ Women 60+ Men & 50+ Women U14/U16 Men & U14/U16/60+ Women
7.15pm	800 Metres	Men
7.30pm	800 Metres	Women
7.45pm	4 x 400m Relay	Men
8.00pm	4 x 400m Relay	Women

### FIELD EVENTS Program 1 Round 11 as at 13.09.18

Time	Discus Throw (1 Cage) Max 15 per sheet	Hammer Throw (1 Cage) Max 15 per sheet	Triple Jump (1 Pit) Max 15 per sheet	High Jump (1 Bed)
5.00pm		Sheet 1		
5.30pm		Sheet 2		
5.45pm				1.05m – 1.35m
6.00pm	Sheet 1		Sheet 1	
6.15pm				1.30m – 1.60m
6.30pm	Sheet 2		Sheet 2	
6.45pm				1.55m+
7.00pm	Sheet 3		Sheet 3	



# TIMETABLE of EVENTS BALLARAT REGION

## SATURDAY 9<sup>TH</sup> FEBRUARY 2019

### TRACK EVENTS Program 2 Round 12 as at 13.09.18

BALLARAT REGION		
Time	Event	Grades
6.00pm	1500 Metres	Men
6.15pm	1500 Metres	Women
6.30pm	100 Metres	Men
6.55pm	100 Metres	Women
7.15pm	1500m Walk 3000m Walk	U14/U16 Men & Women Open/U20/U18/40+/50+/60+ Men & Women
7.20pm	80 Metre Hurdles 90 Metre Hurdles 100 Metre Hurdles 110 Metre Hurdles	U14/40+/50+/60+ Women U16 Women & U14 Men U18/U20/Open Women & U16/50+/60+ Men U18/U20/Open/40+ Men
7.30pm	4 x 100m Relay	Men
7.40pm	4 x 100m Relay	Women
7.50pm	3000 Metres Steeple (91cm) 2000 Metres Steeple (91cm)	Open/U20/40+/50+ Men U18 Men
8.05pm	3000 Metres Steeple (76.2cm) 2000 Metres Steeple (76.2cm)	Open/U20 Women 60+/U16/U14 Men 40+/50+/60+/U18/U16/U14 Women
8.20pm	400 Metres	Men
8.35pm	400 Metres	Women

### FIELD EVENTS Program 2 Round 12 as at 13.09.18

Time	Shot Put Max 15 per sheet	Javelin (1 runway) Max 15 per sheet	Long Jump (1 Pit) Max 15 per sheet	Pole Vault
5.45pm	Sheet 1			
6.00pm			Sheet 1	
6.15pm	Sheet 2			1.60m – 2.50m
6.30pm			Sheet 2	
6.45pm	Sheet 3			
7.00pm		Sheet 1	Sheet 3	2.35m+
7.30pm		Sheet 2		
8.00pm		Sheet 3		