

TIMETABLE of EVENTS

BENDIGO REGION as at 30.08.18v2



TRACK EVENTS Program 1 Rounds 1,3,5,7,9,11

ZONE		
Time	Event	Grades
1.30pm	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
1.45pm	200 Metres	Women
1.55pm	200 Metres	Men
2.15pm	1500m Walk (Rd 3,7,9,11) 3000m Walk (Rd 3,7,9,11) 2000m Walk (Rd 1,5) 5000m Walk (Rd 1,5)	U14/U16 Men & Women Open/U20/U18/40+/50+/60+ Men & Women All Men & Women Open/U20/U18 Men & Women (Option to 2000m)
2.50pm	800 Metres	Men
2.50pm	800 Metres	Women
3.15pm	100 Metres (Non Scoring)	Women
3.20pm	100 Metres (Non Scoring)	Men
3.35pm	3000 Metres	All Men & Women
4.00pm	Relays 4x200m Rd 5, 9/4x400 Rd 3, 11 Relay (Non Scoring) Rd 1 2 x 2 x 400m, Rd 7 Distance Medley	All Men & Women

FIELD EVENTS Program 1 Rounds 1,3,5,7,9,11

Time	Shot Put * Max 20 per sheet (Non Scoring)	Discus Throw (1 Cage)	Hammer Throw (1 Cage)	Triple Jump (1 Pit)	High Jump (1 Bed)	Pole Vault Rounds 1,7,11 (Non Scoring)
1:00pm			Sheet 1 Men & Women			
1.30pm	Sheet – 1 – Circle 1 Sheet – 2 – Circle 2			Sheet 3	Sheet - 1	
2.00pm						
2.15pm		Sheet 1		Sheet 1	Sheet - 2	
2.30pm						
3.00pm						Sheet 1
3.15pm		Sheet 2		Sheet 2	Sheet - 3	
3.30pm						Sheet 2

*Note: Athletes can only do one of either Hammer or Shot Put (not both)

TIMETABLE of EVENTS

BENDIGO REGION as at 30.08.18v2



TRACK EVENTS Program 2 Rounds 2,4,6,8,10,12

ZONE		
Time	Event	Grades
1.30pm	80Metre Hurdles	U14/40+/50+/60+ Women
	90Metre Hurdles	U16 Women & U14 Men
	100Metre Hurdles	U18/U20/Open Women & U16/50+/60+ Men
	110Metre Hurdles	U18/U20/Open/40+ Men
1.45pm	1500m Walk	U14/U16 Men & Women
	3000m Walk	Open/U20/U18/40+/50+/60+ Men & Women
2.05pm	100 Metres	Men
2.15pm	100 Metres	Women
2.35pm	1500 Metres	Men
2.35pm	1500 Metres	Women
3.00pm	4x100m Relay (Rd 2 Swedish Non Scoring)	Women – NOTE 4 x 400m Relay Rd 12
3.00pm	4x100m Relay (Rd 2 Swedish Non Scoring)	Men – NOTE 4 x 400m Relay Rd 12
3.15pm	3000 metres Rd 2,6,10	U18/U16/U14 Men & Women
	5000 metres Rd 2,6,10	Open/U20/40+/50+/60+ Men & Women
3.15pm	*3000 Metres Steeple (91cm) (Rd 4,8,12)	Open/U20/40+/50+ Men
	*2000 Metres Steeple (91cm) (Rd 4,8,12)	U18 Men
3.20pm	*3000 Metres Steeple (76.2cm) (Rd 4,8,12)	Open/U20 Women
	*2000 Metres Steeple (76.2cm) (Rd 4,8,12)	60+/U16/U14 Men 40+/50+/60+/U18/U16/U14 Women
3.45pm	400 Metres	Men
4.00pm	400 Metres	Women

*Note: The 2000m/3000m Steeplechase will replace the 3000m/5000m events in rounds - 4,8,12

FIELD EVENTS Program 2 Rounds 2,4,6,8,10,12

Time	Shot Put	Javelin	Long Jump (1 Pit)	Pole Vault
1.30pm	Sheet 1	Sheet 2	Sheet 3	Sheet 1
2.00pm				Sheet 2
2.20pm	Sheet 3	Sheet 1	Sheet 2	
3.10pm	Sheet 2	Sheet 3	Sheet 1	