



TIMETABLE of EVENTS BALLARAT REGION

SATURDAY 7TH OCTOBER 2017

TRACK EVENTS Program 2 as at 19.09.17

| ZONE | | |
|--------|--|--|
| 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 | 2000m Walk | All Men & Women |
| 3.20pm | 80Metre Hurdles 90Metre Hurdles 100Metre Hurdles 110Metre 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 | 4x100m Relay | Men |
| 3.40pm | 4x100m Relay | Women |
| 3.50pm | 3000 Metres | All Men & Women |
| 4.05pm | 400 Metres | Men |
| 4.20pm | 400 Metres | Women |

FIELD EVENTS Program 2 as at 19.09.17

| 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 14TH OCTOBER 2017

TRACK EVENTS Program 1 as at 19.09.17

| ZONE | | |
|--------|---|---|
| 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 5000 Metres | U14/U16/U18 Men & Women Open/U20/40+/50+/60+ Men & Women |
| 4.10pm | 4x400m Relay | Men |
| 4.25pm | 4x400m Relay | Women |

FIELD EVENTS Program 1 as at 19.09.17

| 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 21ST OCTOBER 2017

TRACK EVENTS Program 2 as at 19.09.17

| ZONE | | |
|--------|--|--|
| 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 | 2000m Walk | All Men & Women |
| 3.20pm | 80Metre Hurdles 90Metre Hurdles 100Metre Hurdles 110Metre 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 | 4x100m Relay | Men |
| 3.40pm | 4x100m Relay | Women |
| 3.50pm | 3000 Metres Steeple (91cm) 2000 Metres Steeple (91cm) | Open/U20/40+/50+ Men U18 Men |
| 4.05pm | 3000 Metres Steeple (76.2cm) 2000 Metres Steeple (76.2cm) | Open/U20 Women 60+/U16/U14 Men 40+/50+/60+/U18/U16/U14 Women |
| 4.20pm | 400 Metres | Men |
| 4.35pm | 400 Metres | Women |

FIELD EVENTS Program 2 as at 19.09.17

| 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 28TH OCTOBER 2017

TRACK EVENTS Program 1 as at 19.09.17

| ZONE | | |
|--------|---|---|
| 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 5000 Metres | U14/U16/U18 Men & Women Open/U20/40+/50+/60+ Men & Women |
| 4.10pm | 4x200m Relay | Men |
| 4.25pm | 4x200m Relay | Women |

FIELD EVENTS Program 1 as at 19.09.17

| 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 18TH NOVEMBER 2017

TRACK EVENTS Program 2 as at 19.09.17

| ZONE | | |
|--------|--|--|
| Time | Event | Grades |
| 2.00pm | 100 Metres | Men |
| 2.20pm | 100 Metres | Women |
| 2.40pm | 3000 Metres | All Men & Women |
| 2.55pm | 400 Metres | Men |
| 3.10pm | 400 Metres | Women |
| 3.25pm | 2000m Walk | All Men & Women |
| 3.35pm | 80Metre Hurdles 90Metre Hurdles 100Metre Hurdles 110Metre Hurdles | U14/40+/50+/60+ Women U16 Women & U14 Men U18/U20/Open Women & U16/50+/60+ Men U18/U20/Open/40+ Men |
| 3.40pm | 1500 Metres | Men |
| 3.55pm | 1500 Metres | Women |
| 4.10pm | 4x100m Relay | Men |
| 4.20pm | 4x100m Relay | Women |

FIELD EVENTS Program 2 as at 19.09.17

| 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

THURSDAY 23RD NOVEMBER 2017

TRACK EVENTS Program 1 as at 19.09.17

| ZONE | | |
|--------|---|---|
| Time | Event | Grades |
| 6.00pm | 200 Metres | Men |
| 6.15pm | 200 Metres | Women |
| 6.30pm | 3000 Metres | All Men & Women |
| 6.45pm | 1500m Walk 3000m Walk | U14/U16 Men & Women Open/U20/U18/40+/50+/60+ Men & Women |
| 6.55pm | 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 |
| 7.10pm | 800 Metres | Men |
| 7.30pm | 800 Metres | Women |
| 7.45pm | 4x400m Relay | Men |
| 8.00pm | 4x400m Relay | Women |

FIELD EVENTS Program 1 as at 19.09.17

| 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 2ND DECEMBER 2017

TRACK EVENTS Program 2 as at 19.09.17

| ZONE | | |
|--------|--|--|
| 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 | 3000m Walk 5000m Walk | U14/U16/40+/50+/60+ Men & Women Open/U20/U18 Men & Women |
| 3.20pm | 80Metre Hurdles 90Metre Hurdles 100Metre Hurdles 110Metre Hurdles | U14/40+/50+/60+ Women U16 Women & U14 Men U18/U20/Open Women & U16/50+/60+ Men U18/U20/Open/40+ Men |
| 4.00pm | 4x100m Relay | Men |
| 4.10pm | 4x100m Relay | Women |
| 4.20pm | 3000 Metres Steeple (91cm) 2000 Metres Steeple (91cm) | Open/U20/40+/50+ Men U18 Men |
| 4.35pm | 3000 Metres Steeple (76.2cm) 2000 Metres Steeple (76.2cm) | Open/U20 Women 60+/U16/U14 Men 40+/50+/60+/U18/U16/U14 Women |
| 4.50pm | 400 Metres | Men |
| 5.05pm | 400 Metres | Women |

FIELD EVENTS Program 2 as at 19.09.17

| 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

SUNDAY 10TH DECEMBER 2017

TRACK EVENTS Program 1 as at 19.09.17

| ZONE | | |
|--------|---|---|
| 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 5000 Metres | U14/U16/U18 Men & Women Open/U20/40+/50+/60+ Men & Women |
| 4.10pm | 4x200m Relay | Men |
| 4.25pm | 4x200m Relay | Women |

FIELD EVENTS Program 1 as at 19.09.17

| 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 16TH DECEMBER 2017

TRACK EVENTS Program 2 as at 19.09.17

| ZONE | | |
|--------|--|--|
| Time | Event | Grades |
| 4.00pm | 1500 Metres | Men |
| 4.15pm | 1500 Metres | Women |
| 4.30pm | 100 Metres | Men |
| 4.55pm | 100 Metres | Women |
| 5.15pm | 2000m Walk | All Men & Women |
| 5.20pm | 80Metre Hurdles 90Metre Hurdles 100Metre Hurdles 110Metre Hurdles | U14/40+/50+/60+ Women U16 Women & U14 Men U18/U20/Open Women & U16/50+/60+ Men U18/U20/Open/40+ Men |
| 5.30pm | 4x100m Relay | Men |
| 5.40pm | 4x100m Relay | Women |
| 5.50pm | 3000 Metres | All Men & Women |
| 6.05pm | 400 Metres | Men |
| 6.20pm | 400 Metres | Women |

FIELD EVENTS Program 2 as at 19.09.17

| Time | Shot Put Max 15 per sheet | Javelin (1 runway) Max 15 per sheet | Long Jump (1 Pit) Max 15 per sheet | Pole Vault |
|--------|------------------------------|---|--|---------------|
| 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 6TH JANUARY 2018

TRACK EVENTS Program 1 as at 19.09.17

| ZONE | | |
|--------|---|---|
| Time | Event | Grades |
| 4.00pm | 200 Metres | Men |
| 4.15pm | 200 Metres | Women |
| 4.30pm | 3000 Metres 5000 Metres | U14/U16/U18 Men & Women Open/U20/40+/50+/60+ Men & Women |
| 5.00pm | 1500m Walk 3000m Walk | U14/U16 Men & Women Open/U20/U18/40+/50+/60+ Men & Women |
| 5.10pm | 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 |
| 5.25pm | 800 Metres | Men |
| 5.40pm | 800 Metres | Women |
| 5.55pm | 4x200m Relay | Men |
| 6.10pm | 4x200m Relay | Women |

FIELD EVENTS Program 1 as at 19.09.17

| 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) |
|--------|--|--|--|----------------------|
| 3.00pm | | Sheet 1 | | |
| 3.30pm | | Sheet 2 | | |
| 3.45pm | | | | 1.05m – 1.35m |
| 4.00pm | Sheet 1 | | Sheet 1 | |
| 4.15pm | | | | 1.30m – 1.60m |
| 4.30pm | Sheet 2 | | Sheet 2 | |
| 4.45pm | | | | 1.55m+ |
| 5.00pm | Sheet 3 | | Sheet 3 | |



TIMETABLE of EVENTS BALLARAT REGION

SATURDAY 13TH JANUARY 2018

TRACK EVENTS Program 2 as at 19.09.17

| ZONE | | |
|--------|--|--|
| Time | Event | Grades |
| 4.00pm | 100 Metres | Men |
| 4.20pm | 100 Metres | Women |
| 4.40pm | 3000 Metres Steeple (91cm) 2000 Metres Steeple (91cm) | Open/U20/40+/50+ Men U18 Men |
| 4.55pm | 3000 Metres Steeple (76.2cm) 2000 Metres Steeple (76.2cm) | Open/U20 Women 60+/U16/U14 Men 40+/50+/60+/U18/U16/U14 Women |
| 5.10pm | 400 Metres | Men |
| 5.25pm | 400 Metres | Women |
| 5.40pm | 3000m Walk 5000m Walk | U14/U16/40+/50+/60+ Men & Women Open/U20/U18 Men & Women |
| 5.50pm | 80Metre Hurdles 90Metre Hurdles 100Metre Hurdles 110Metre Hurdles | U14/40+/50+/60+ Women U16 Women & U14 Men U18/U20/Open Women & U16/50+/60+ Men U18/U20/Open/40+ Men |
| 6.25pm | 1500 Metres | Men |
| 6.40pm | 1500 Metres | Women |
| 6.55pm | 4x100m Relay | Men |
| 7.05pm | 4x100m Relay | Women |

FIELD EVENTS Program 2 as at 19.09.17

| Time | Shot Put Max 15 per sheet | Javelin (1 runway) Max 15 per sheet | Long Jump (1 Pit) Max 15 per sheet | Pole Vault |
|--------|------------------------------|---|--|---------------|
| 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 20TH JANUARY 2018

TRACK EVENTS Program 1 as at 19.09.17

| ZONE | | |
|--------|---|---|
| Time | Event | Grades |
| 6.00pm | 800 Metres | Men |
| 6.15pm | 800 Metres | Women |
| 6.30pm | 1500m Walk 3000m Walk | U14/U16 Men & Women Open/U20/U18/40+/50+/60+ Men & Women |
| 6.45pm | 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 |
| 6.55pm | 200 Metres | Men |
| 7.20pm | 200 Metres | Women |
| 7.40pm | 3000 Metres | All Men & Women |
| 7.55pm | 4x400m Relay | Men |
| 8.10pm | 4x400m Relay | Women |

FIELD EVENTS Program 1 as at 19.09.17

| 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 | |