



# TIMETABLE of EVENTS BENDIGO REGION

## TRACK EVENTS Program 1 as at 12.09.17

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 3000m Walk	U14/U16 Men & Women Open/U20/U18/40+/50+/60+ Men & Women
2.45pm	800 Metres	Men
2.45pm	800 Metres	Women
3.10pm	100 Metres	Men
3.15pm	100 Metres	Women
3.30pm	3000 Metres (Age Group 5000 Metres Rd 4,10)	All Men & Women
4.00pm	Relays 4x200m Rd 4,8,10/4x400 Rd 2,6,12	All Men & Women

## FIELD EVENTS Program 1 as at 12.09.17

Time	Shot Put * Max 20 per sheet	Discus Throw (1 Cage) Max 15 per sheet	Hammer Throw (1 Cage) Max 15 per sheet	Triple Jump (1 Pit) Max 20 per sheet	High Jump (1 Bed) Max 15 per sheet	Pole Vault Rounds 4,10,12
1.30pm	Sheet 1 – Men & Women		Sheet 1 – Men & Women		1.50m+	
2.00pm					1.00m+	
2.20pm				Sheet 1 - Men		
2.30pm		Sheet 1 - Women				
3.00pm						3.00m+
3.10pm				Sheet 2 - Women		
3.30pm		Sheet 2 - Men				1.80m+

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



# TIMETABLE of EVENTS BENDIGO REGION

## TRACK EVENTS Program 2 as at 12.09.17

ZONE		
Time	Event	Grades
1.30pm	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
1.45pm	1500m Walk (Rd 1,5,9,11) 2000m Walk (Rd 3,7) 3000m Walk (Rd 1,5,9,11) 5000m Walk (Rd 3,7)	U14/U16 Men & Women All Men & Women U14/U16/40+/50+/60+ Men & Women U18/U20/Open 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	Women
3.00pm	4x100m Relay	Men
3.15pm	3000 metres Rd 1, 5	Men & Women
3.15pm	*3000 Metres Steeple (91cm) (Rd 3,7,9,11) *2000 Metres Steeple (91cm) (Rd 3,7,9,11)	Open/U20/40+/50+ Men U18 Men
3.20pm	*3000 Metres Steeple (76.2cm) (Rd 3,7,9,11) *2000 Metres Steeple (76.2cm) (Rd 3,7,9,11)	Open/U20 Women 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 on rounds 3,7,9,11

## FIELD EVENTS Program 2 as at 12.09.17

Time	Shot Put Max 20 per sheet	Javelin (1 runway) Max 20 per sheet	Long Jump (1 Pit) Max 20 per sheet	Pole Vault
1.30pm	Sheet 1 - Women			3.00m+
2.00pm				1.80m+
2.30pm	Sheet 2 - Men	Sheet 1 - Women	Sheet 1 - Men	
3.15pm			Sheet 2 - Women	
3.30pm		Sheet 2 - Men		