

TIMETABLE of EVENTS

GEELONG REGION as at 04.10.18



TRACK EVENTS Program 1

ZONE		
Time	Event	Grades
1.15pm	2000m Walk 5000m Walk	U14/U16/40+/50+/60+ Men & Women Open/U20/U18 Men & Women
1.45pm	400 Metre Hurdles 300 Metre Hurdles 200 Metre Hurdles	Open/U20/U18/40+/50+ Men & Open/U20/U18/40+ Women 60+ Men & 50+ Women/60+ Women U14/U16 Men & U14/U16
2.15pm	200 Metres	Women
2.30pm	200 Metres	Men
2.45pm	800 Metres	Women
3.00pm	800 Metres	Men
3.15pm	Relays 4x100m Rd 1,3,7/4x200m Rd 5,9/4x400 Rd 11	Women
3.30pm	Relays 4x100m Rd 1,3,7/4x200m Rd 5,9/4x400 Rd 11	Men
3.45pm	100 Metres	Women Invitational *
4.00pm	100 Metres	Men Invitational *
4.15pm	3000/5000 Metres	All Men & Women

**Please Note that the 100 Metres events will be scoring events on program 2 only.*

FIELD EVENTS Program 1

Time	Discus (1 Cage) Max 15 per sheet	Hammer Throw (1 Cage) Max 20 per sheet	Triple Jump (1 Pit) Max 15 per sheet	High Jump (1 Beds) Max 15 per sheet	Invitational Events
1.15pm		Sheet 1			Pole Vault Invitation
1.30pm			Sheet 1	1.00 Mtr+	
2.00pm					
2.15pm	Sheet 1		Sheet 2	1.30 Mtr+	
3.00pm			Sheet 3	All heights	
3.15pm	Sheet 2				
3.45pm			Sheet 4		
4.15pm	Sheet 3				
4.30pm					Javelin Invitation

Date		Distance Relay	Men Op/U20 40+ / 50+ / 60+	Men U18/U16 U14	Women Op / U20 40+ / 50+/60+	Women U18 U16 / U14
Round						
Saturday 6 th Oct	1	4 x 100	5000m(Non Scoring)	3000m	5000m(Non Scoring)	3000m
Saturday 20 th Oct	3	4 x 100	3000m	3000m	3000m	3000m
Sunday 10 th Nov	5	4 x 200	5000m	3000m	5000m	3000m
Saturday 1 st Dec	7	4 x 100	5000m	3000m	5000m	3000m
Saturday 12th Jan Twilight	9	4 x 200	5000m	3000m	5000m	3000m
Saturday 2nd Feb	11	4 x 400	3000m	3000m	3000m	3000m

Walk	U14/U16 40+ / 50+ / 60+ Men & Women	Open/U20/U1 8 Men & Women
Round 1,3,5,7,9,11	2000m Walk	5000m Walk

TIMETABLE of EVENTS

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FIELD EVENTS Program 2

ZONE		
Time	Event	Grades
1.15pm	1500m Walk 3000m Walk	U14/U16/Men & Women U18/U20/Open/40+/50+/60+ / Men & Women
1.45pm	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
2.15pm	1500 Metres	Women
2.30pm	1500 Metres	Men
2.45pm	100 Metres	Men
3.00pm	100 Metres	Women
3.15pm	Relays 4x100 Rd 6,8/4x200 Rd 2,10/4x400 Rd 4,12	Men
3.30pm	Relays 4x100 Rd 6,8/4x200 Rd 2,10/4x400 Rd 4,12	Women
3.45pm	400 Metres	Men
4.00pm	400 Metres	Women
4.15pm	*3000 Metres Steeple (91cm) *2000 Metres Steeple (91cm)	Open/U20/40+/50+ Men U18 Men
4.30pm	*3000 Metres Steeple (76.2cm) *2000 Metres Steeple (76.2cm)	Open/U20 Women 60+/U16/U14 Men 40+/50+/60+/U18/U16/U14 Women

Time	Shot Put Max 15 per sheet	Javelin (1 runway) Max 15 per sheet	Long Jump (2 Pits) Max 15 per sheet	*Pole Vault	Invitational Events
1.15pm					Hammer Invitat
1.30pm	Sheet 1		Sheet 1	3.20m+	
2.00pm		Sheet 1	Sheet 2		
2.30pm	Sheet 2		Sheet 3	2.30m+	
3.00pm		Sheet 2			
3.30pm	Sheet 3		Sheet 4	1.60m+	
4.00pm		Sheet 3	Sheet 5		High Jump Invit
4.30pm		Sheet 4			
4.45pm	Sheet 4				Discus Invitational

Date		Distance	Men Op/U20	Men U18/U16	Women Op / U20	Women U18
Round	Relay		40+/ 50+/ 60+	U14	40+ / 50+/60+	U16 / U14
Saturday 13th Oct	2	4 x 200	3000m steeple	2000m steeple	3000m steeple	2000m steeple
Saturday 27th Oct	4	4 x 400	3000m steeple	2000m steeple	3000m steeple	2000m steeple
Saturday 17th Nov	6	4 x 100	3000m steeple	2000m steeple	3000m steeple	2000m steeple
Saturday 15th Dec	8	4 x 100	3000m	3000m	3000m	3000m
Saturday 19th Jan Twilight	10	4 x 200	3000m steeple	2000m steeple	3000m steeple	2000m steeple
Saturday 9th Feb.	12	4 x 400	3000m steeple	2000m steeple	3000m steeple	2000m steeple

Walk	Men & Women Open/U20/U18 40+/ 50+/ 60+	Men & Women U14/U16
Round 2,4,6,8,10,12	3000m Walk	1500m Walk