

TIMETABLE of EVENTS

GEELONG REGION TWILIGHT MEETS



TRACK EVENTS Program 1 – SAT 12th JAN

ZONE		
Time	Event	Grades
4.15pm	1500m/2000m Walk	Refer to table below
	3000m/5000m Walk	Refer to table below
4.45pm	400 Metre Hurdles	Open/U20/U18/40+/50+ Men & Open/U20/U18/40+ Women
	300 Metre Hurdles	60+ Men & 50+ Women/60+ Women
	200 Metre Hurdles	U14/U16 Men & U14/U16
5.15pm	200 Metres	Women
5.30pm	200 Metres	Men
5.45pm	800 Metres	Women
6.00pm	800 Metres	Men
6.15pm	Relays 4x100m Rd 1,3,7/4x200m Rd 5,9/4x400 Rd 11	Women
6.30pm	Relays 4x100m Rd 1,3,7/4x200m Rd 5,9/4x400 Rd 11	Men
6.45pm	100 Metres	Women Invitational *
7.00pm	100 Metres	Men Invitational *
7.15pm	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
4.15pm		Sheet 1			Pole Vault Invitation
4.30pm			Sheet 1	1.00 Mtr+	
5.00pm					
5.15pm	Sheet 1		Sheet 2	1.30 Mtr+	
6.00pm			Sheet 3	All heights	
6.15pm	Sheet 2				
6.45pm			Sheet 4		
7.15pm	Sheet 3				
7.30pm					Javelin Invitation

Please Note: 4x100 scoring on rounds 3,6,8 for Metro clubs, 4x200 on rounds 5,9,10 and 4x400 rounds 4,11,12.

Date	Rd	Relay	Distance				Walks		
			Men	Men	Women	Women	Men & Women	Men & Women	Men & Women
			Op/U20 40+/ 50+/60+	U18/U16 /U14	Op/U20 40+/ 50+/60+	U18/U16/ U14	U14/U16	40/50/60+	Open/U20 /U18
Sat 12 th Jan <i>Twilight</i>	9	4 x 200	5000m	3000m	5000m	3000m	1500m	3000m	3000m

***Invitational event – Will not be a scoring event for AV Shield**

TIMETABLE of EVENTS

GEELONG REGION TWILIGHT MEETS



TRACK EVENTS Program 2 – SAT 19th JAN

ZONE		
Time	Event	Grades
4.15pm	1500m/2000m Walk 3000m/5000m Walk	Refer to table below Refer to table below
4.45pm	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
5.15pm	1500 Metres	Women
5.30pm	1500 Metres	Men
5.45pm	100 Metres	Men
6.00pm	100 Metres	Women
6.15pm	Relays 4x100 Rd 6,8/4x200 Rd 2,10/4x400 Rd 4,12	Men
6.30pm	Relays 4x100 Rd 6,8/4x200 Rd 2,10/4x400 Rd 4,12	Women
6.45pm	400 Metres	Men
7.00pm	400 Metres	Women
7.15pm	*3000 Metres Steeple (91cm) *2000 Metres Steeple (91cm)	Open/U20/40+/50+ Men U18 Men
7.30pm	*3000 Metres Steeple (76.2cm) *2000 Metres Steeple (76.2cm)	Open/U20 Women 60+/U16/U14 Men 40+/50+/60+/U18/U16/U14 Women

FIELD EVENTS Program 2

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
4.15pm					Hammer Invitat
4.30pm	Sheet 1		Sheet 1	3.20m+	
5.00pm		Sheet 1	Sheet 2		
5.30pm	Sheet 2		Sheet 3	2.30m+	
6.00pm		Sheet 2			
6.30pm	Sheet 3		Sheet 4	1.60m+	
7.00pm		Sheet 3	Sheet 5		High Jump Invit
7.30pm		Sheet 4			
7.45pm	Sheet 4				Discus Invitational

Please Note: 4x100 scoring on rounds 3,6,8 for Metro clubs, 4x200 on rounds 5,9,10 and 4x400 rounds 4,11,12.

Date	Rd	Relay	Distance				Walks		
			Men	Men	Women	Women	Men & Women	Men & Women	Men & Women
Sat 19th Jan <i>Twilight</i>	10	4 x 200	Op/U20 40+/50+	U18/U16 /U14/60+	Op/U20	U18/U16/U14/ 40+/50+/60+	U14/U16	40/50/60+	Open/U20 /U18
			3000m steeple	2000m steeple	3000m steeple	2000m steeple	2000m	2000m	5000m

***Invitational event – Will not be a scoring event for AV Shield**