

TIMETABLE of EVENTS GEELONG REGION



Program 1 as at 01.12.17

Oct 14, Oct 28, Nov 18, Dec 2, Jan 6 - *Twilight*, Jan 20 - *Twilight*

Track Events

Time	Event	Grades
1.15 pm	1500 Walk 3000 Walk	U14/U16 Men & Women Open/U20/U18/40+/50+/60+ Men & Women
1.45 pm	400 Metre Hurdles 300 Metre Hurdles 200 Metre Hurdles	Open/U20/U18/40+/50+ & Open/U20/U18/40+ Women 60+ Men & 50+/60+ Women U14/U16 Men & U14/U16 Women
2.15 pm	200 Metres	Women
2.30 pm	200 Metres	Men
2.45 pm	800 Metres	Women
3.00 pm	800 Metres	Men
3.15 pm	Relays (see table)	Women
3.30 pm	Relays (See table)	Men
3.45 pm	100 Metres	Women
4.00 pm	100 metres	Men
4.15 pm	3000/5000 Metres	All Men and Women

Field Events

Time	Discus (1 Cage) Max 15 per sheet	Hammer Throw (1 Cage)	Triple Jump (1 Pits) Max 15 per sheet	High Jump (1 Beds) Max 15 per sheet	Invitational Events
1.15pm	Sheet 1				Pole Vault Invite
1.30pm			Sheet 1	Sheet 1 (From 1.05m)	
2.00pm	Sheet 2				
2.15pm			Sheet 2	Sheet 2 (From 1.05m)	
3.00pm	Sheet 3		Sheet 3	Sheet 3 (From 1.05m)	
3.30pm	Sheet 4				
3.45pm			Sheet 4	Sheet 4 (From 1.05m)	
4.00pm		Sheet 1			
4.30pm					Javelin Invitation

Relays & 5000m/3000m Date & Round	Relay	Men Op / U20 40+ / 50+ / 60+	Men U18 / U16 / U14	Women Op / U20 40+ / 50+ / 60+	Women U18 / U16 / U14
Saturday 14th Oct	2	4 x 200	5000m	3000m	5000m 3000m
Saturday 28th Oct	4	4 x 200	3000m	3000m	3000m 3000m
Saturday 18th Nov	6	4 x 400	5000m	3000m	5000m 3000m
Saturday 2 nd Dec	8	4 x 400	5000m	3000m	5000m 3000m
Saturday 6th Jan Twilight	10	4 x 200	5000m	3000m	5000m 3000m
Saturday 20th Jan Twilight	12	4 x 400	3000m	3000m	3000m 3000m

TIMETABLE of EVENTS GEELONG REGION



Program 2 as at 01.12.17

Oct 7, Oct 21, Nov 12 (Sun), Nov 26 (Sun), Dec 16, Jan 13 - Twilight

Track Events

Time	Event	Grades
1.15pm	2000m Walk 3000m Walk 5000m Walk	All Men & Women U14/U16/40+/50+/60+ Men & Women U18/U20/Open Men & Women
1.45pm	80 Metre Hurdles 90 Metre Hurdles 100 Metre Hurdles 110 Metre 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	4x100m Relay	Men
3.30pm	4x100m Relay	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

Field Events

Time	Shot Put Max 15 per sheet	Javelin 1 Runway Max 15 per sheet	Long Jump 1 Pit Max 15 per sheet	Pole Vault	Invitational Events
1.15 pm					Hammer Invite
1.30 pm	Sheet 1		Sheet 1	3.20 m+	
2.00 pm		Sheet 1	Sheet 2		
2.30 pm	Sheet 2		Sheet 3	2.30 m+	
3.00 pm		Sheet 2			
3.30 pm	Sheet 3		Sheet 4	1.60 m+	
4.00 pm		Sheet 3	Sheet 5		High Jump Invite
4.30 pm		Sheet 4			
4.45 pm	Sheet 4				Discuss Invite

Relays & Steeplechase Date & Round	Relay	Men Op / U20 / 40+ / 50+	Men U18 / U16 / U14 / 60+	Women Op / U20	Women U18 / U16 / U14 / 40+ / 50+ / 60+
Saturday 7 th Oct	1	4 x 100	3000m steeple	2000m steeple	3000m steeple
Saturday 21 st Oct	3	4 x 100	3000m steeple	2000m steeple	3000m steeple
Sunday 12 th Nov	5	4 x 100	3000m steeple	2000m steeple	3000m steeple
Sunday 26 th Nov	7	4 x 100	3000m	3000m	3000m
Saturday 16 th Dec	9	4 x 100	3000m steeple	2000m steeple	3000m steeple
Saturday 13th Jan Twilight	11	4 x 100	3000m steeple	2000m steeple	3000m steeple

Walk Date & Round	Men Op / U20 U18	Men 40+ / 50+ / 60+ U16 / U14	Women Op / U20 / U18	Women / 40+ / 50+ / 60+ U16 / U14
Saturday 7 th Oct	1	5000m Walk	3000m Walk	5000m Walk
Saturday 21 st Oct	3	2000m Walk	2000m Walk	2000m Walk
Sunday 12 th Nov	5	5000m Walk	3000m Walk	5000m Walk
Sunday 26 th Nov	7	2000m Walk	2000m Walk	2000m Walk
Saturday 16 th Dec	9	5000m Walk	2000m Walk	5000m Walk
Saturday 13th Jan Twilight	11	2000m Walk	2000m Walk	2000m Walk