



TIMETABLE of EVENTS as at 06.02.19

*All timetables featured are subject to change.

SATURDAY 9th FEBRUARY 2019

Round 12 check-in will open at 12.00pm (midday)

All athletes must check-in no later than 30mins before event start time

TRACK EVENTS Program 1 **ROUND 12 – WHITE ZONE VENUE - Nunawading**

ZONE			
Prov Time	Drift Time	Event	Grades
1.00pm	1.00pm	*3000 Metres Steeple (91cm) (Lanes 1-3) *2000 Metres Steeple (91cm)	Open/U20/40+/50+ Men U18 Men
1.15pm	1.20pm	*3000 Metres Steeple (76.2cm) (Lanes 1-3) *2000 Metres Steeple (76.2cm)	Open/U20 Women 40+/50+/60+/U18/U16/U14 Women
1.30pm		*2000 Metres Steeple (76.2cm) (Lanes 1-3)	60+/U16/U14 Men
1.45pm	1.30pm	400 Metre Hurdles (Lanes 4-8) 300 Metre Hurdles 200 Metre Hurdles	Open/U20/U18/40+/50+ Men & Open/U20/U18/40+ Women 60+ Men & 50+ 60 + Women U14/U16 Men & Women
1.50pm	1.50pm	*5000 Metres (Lanes 1-3)(2 heats)	Open/U20/40+/50+/60+ Men & Women
2.30pm	2.30pm	200 Metres (Lanes 4-8)	Women
2.45pm	2.50pm	800 Metres (Lanes 1-3)12 per heat	Men
3.40pm	3.50pm	800 Metres (Lanes 1-3)12 per heat	Women
4.20pm	4.30pm	4 x 100m Relay (Lanes 1-8) *Event Change	Women
4.35pm	4.45pm	200 Metres (Lanes 4-8)	Men
4.45pm	4.45pm	*1500m Walk (Lanes 1-3) *3000m Walk (Lanes 1-3)	U14/U16 Men & Women Open/U20/U18/40+/50+/60+ Men & Women
5.25pm	5.45pm	4 x 100m Relay (Lanes 1-8)*Event Change	Men

FIELD EVENTS Program 1 **ROUND 12 – WHITE ZONE VENUE - Nunawading**

Prov Time	Hammer Throw (1 Cage) Max 15 per sheet	Shot Put (2 Circles) Max 20 per sheet	Triple Jump (2 Pits) Max 20 per sheet	High Jump (1 Bed) Max 15 per bed	*Pole Vault For clubs in White and Blue Zone only
1.00pm	Sheet 1(15) (Elite 35m+/30m+)	Sheet 1(20)/Sheet 2(20)	Sheet 1(18)/Sheet 2(13) (Elite 13m+/11m+)	1.75m+ (15)(Elite)	1.00pm: 3.60m+(7)
2.00pm	Sheet 2(15)	Sheet 3(20)/Sheet 4(20)		1.40m-1.80m(15)	
2.15pm			Sheet 3(15)/Sheet 4(8)		2.15pm: 2.80m+(11)
2.30pm		Seated SP			
3.00pm	Sheet 3(15)	Sheet 5(20)/Sheet 6(20)	Sheet 5(20)/Sheet 6(13)	1.35m-1.75m(15)	3.45pm: 1.60m+(27)
4.00pm	Sheet 4(15)	Sheet 7(20)/Sheet 8(9)	Sheet 7(13)/Sheet 8(7)	1.15m-1.55m(21)	
5.00pm	Sheet 5(15)	Sheet 9(16)/Sheet 10(10) (Elite 13m+/11m+)	Sheet 9(3)/Sheet 10(5)	1.05m-1.45m(15)	



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TRACK EVENTS Program 2 ROUND 12 – RED ZONE VENUE - Meadowglen

ZONE			
Prov Time	Draft Time	Event	Grades
1.00pm	1.00pm	*3000 Metres Steeple (91cm) (Lanes 1-3) *2000 Metres Steeple (91cm)	Open/U20/40+/50+ Men U18 Men
1.15pm	1.15pm	110Metre Hurdles (Lanes 6-10) 100Metre Hurdles (Lanes 6-10) 90Metre Hurdles (Lanes 6-10) 80Metre Hurdles (Lanes 6-10)	U18/U20/Open/40+ Men U18/U20/Open Women & U16/50+/60+ Men U16 Women & U14 Men U14/40+/50+/60+ Women
1.15pm	1.20pm	*3000 Metres Steeple (76.2cm) (Lanes 1-3) *2000 Metres Steeple (76.2cm)	Open/U20 Women 60+/U16/U14 Men 40+/50+/60+/U18/U16/U14 Women
1.50pm	1.50pm	*1500m Walk (Lanes 1-3) *3000m Walk (Lanes 1-3)	U14/U16 Men & Women Open/U20/U18/40+/50+/60+ Men & Women
2.15pm	2.15pm	100 Metres (Lanes 4-10)	Men
2.30pm	2.30pm	1500 Metres (Lanes 1-3)	Men
3.15pm	3.00pm	1500 Metres (Lanes 1-3)	Women
3.45pm	3.30pm	4x100m Relay (Lanes 1 -8)*Event Change	Men
4.00pm	3.45pm	100 Metres (Lanes 4-10)	Women
4.45pm	4.45pm	4x100m Relay (Lanes 1-8)*Event Change	Women
5.00pm	5.00pm	400 Metres (Lanes 1-8)	Men
5.45pm	5.45pm	400 Metres (Lanes 1-8)	Women

FIELD EVENTS Program 2 ROUND 12 – RED ZONE VENUE - Meadowglen

Prov Time	Discus (1 Cage) Max 20 per sheet	Javelin (1 runway) Max 20 per sheet	Long Jump (2 Pits) Max 20 per sheet	*Pole Vault For clubs in Red and Yellow Zone
1.00pm	Sheet 1(20)(Elite 35m+/28m+)	Sheet 1(20)	Sheet 1(18)/Sheet 2(8)(Elite 6m+/5m+)	1.00pm: 3.25m+(9)
2.00pm	Sheet 2(20)	Sheet 2(20)		
2.15pm			Sheet 3(19)/Sheet 4(16)	
2.30pm	Seated Discus	Seated JT		2.30pm: 2.65m+(8)
3.00pm	Sheet 3(20)	Sheet 3(20)	Sheet 5(20)/Sheet 6(16)	
4.00pm	Sheet 4(20)	Sheet 4(20)	Sheet 7(20)/Sheet 8(14)	4.00pm: 1.60m+(9)
5.00pm	Sheet 5(20)	Sheet 5(20) (Elite 40m+/30m+)	Sheet 9(8)/Sheet 10(12)	
6.00pm	Sheet 6 (30 mins) (1 throw/attempt only)	Sheet 6 (30 mins) (1 throw/attempt only)		