



TIMETABLE of EVENTS as at 31.08.18

*All timetables featured are subject to change.

SATURDAY 6TH OCTOBER 2018

TRACK EVENTS Program 1 ALTERNATE ROUND 1 – BLUE VENUE – Casey Fields

ZONE		
Time	Event	Grades
1.00pm	*2000m Walk (Lanes 1-3) *5000m Walk (Lanes 1-3)	U14/U16/40+/50+/60+ Men & Women Open/U20/U18 Men & Women
1.30pm	400 Metre Hurdles (Lanes 4-8) 300 Metre Hurdles (Lanes 4-8) 200 Metre Hurdles (Lanes 4-8)	Open/U20/U18/40+/50+ Men & Open/U20/U18/40+ Women 60+ Men & 50+ 60 + Women U14/U16 Men & Women
1.30pm	*3000 Metres Steeple (91cm) (Lanes 1-3) *2000 Metres Steeple (91cm)	Open/U20/40+/50+ Men U18 Men
1.45pm	*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
2.30pm	200 Metres (Lanes 4-8)	Men
3.00pm	800 Metres (Lanes 1-3)12 per heat	Women
3.45pm	800 Metres (Lanes 1-3)12 per heat	Men
4.00pm	200 Metres (Lanes 4-8)	Women

*2000m/3000m Steeplechase on rounds 1, 2, 3, 5, 9, 11, 12

FIELD EVENTS Program 1 ROUND 1 – BLUE VENUE – Casey Fields

Time	Shot Put (2 Circles) Max 20 per sheet	Hammer (1 Cage) Max 15 per sheet	Triple Jump (2 Pits) Max 20 per sheet	High Jump (2 Beds) Max 15 per bed	*Pole Vault For clubs in Blue and White Zone only
1.00pm	Sheet 1/Sheet 2 (Elite 13m+/11m+)	Sheet 1	Sheet 1/Sheet 2 (Elite 13m+/11m+)	1.65m+ (Elite)	1.00pm: 3.60m+
2.00pm	Sheet 3/Sheet 4	Sheet 2	Sheet 3/Sheet 4	1.40m-1.80m	2.15pm: 2.80m+
3.00pm	Sheet 5/Sheet 6	Sheet 3	Sheet 5/Sheet 6	1.35m-1.75m	3.45pm: 1.60m+
4.00pm	Sheet 7/Sheet 8	Sheet 4	Sheet 7/Sheet 8	1.15m-1.55m	
5.00pm	Sheet 9/Sheet 10	Sheet 5 (Elite 35m+/30m+)	Sheet 9/Sheet 10	1.05m-1.45m	



TIMETABLE of EVENTS as at 31.08.18

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SATURDAY 6th OCTOBER 2018

TRACK EVENTS Program 2 **ROUND 1 – YELLOW VENUE – Aberfeldie**

ZONE		
Time	Event	Grades
1.00pm	*2000m Walk (Lanes 1-3) *5000m Walk (Lanes 1-3)	U14/U16/40+/50+/60+ Men & Women Open/U20/U18 Men & Women
1.00pm	110Metre Hurdles (Lanes 4-9) 100Metre Hurdles (Lanes 4-9) 90Metre Hurdles (Lanes 4-9) 80Metre Hurdles (Lanes 4-9)	U18/U20/Open/40+ Men U18/U20/Open Women & U16/50+/60+ Men U16 Women & U14 Men U14/40+/50+/60+ Women
2.15pm	1500 Metres (Lanes 1-3)	Women
2.30pm	100 Metres (Lanes 4-10)	Men
2.45pm	1500 Metres (Lanes 1-3)	Men
3.30pm	100 Metres (Lanes 6-10)	Women
3.30pm	400 Metres (Lanes 1-5)	Men
4.30pm	400 Metres (Lanes 1-8)	Women

*1500m/3000m walk on rounds 2, 3, 6, 7, 8, 9, 12

*2000m/5000m walk on rounds 1, 4, 5, 10

FIELD EVENTS Program 2 **ROUND 1 – YELLOW VENUE – Aberfeldie**

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 only
1.00pm	Sheet 1	Sheet 1 (Elite 40m+/30m+)	Sheet 1/Sheet 2 (Elite 6m+/5m+)	1.00pm: 3.00m+
2.00pm	Sheet 2	Sheet 2		
2.15pm			Sheet 3/Sheet 4	
3.00pm	Sheet 3	Sheet 3	Sheet 5/Sheet 6	3.00pm: 1.60m+
4.00pm	Sheet 4	Sheet 4	Sheet 7/Sheet 8	
5.00pm	Sheet 5 (Elite 35m+/28m+)	Sheet 5	Sheet 9/Sheet 10	



TIMETABLE of EVENTS as at 31.08.18

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SATURDAY 13th OCTOBER 2018

TRACK EVENTS Program 1 ROUND 2 – RED VENUE - Doncaster

ZONE		
Time	Event	Grades
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
1.30pm	*3000 Metres (Lanes 1-3)	U14/U16/U18 Women
2.00pm	*3000 Metres (Lanes 1-3)	U14/U16/U18 Men
2.30pm	*5000 Metres (Lanes 1-3)	Open/U20/40+/50+/60+ Men & Women
2.30pm	200 Metres (Lanes 4-8)	Women
3.30pm	800 Metres (Lanes 1-3)12 per heat	Men
4.00pm	800 Metres (Lanes 1-3)12 per heat	Women
4.00pm	200 Metres (Lanes 4-8)	Men
4.30pm	*1500m Walk (Lanes 1-3) *3000m Walk (Lanes 1-3)	U14/U16 Men & Women Open/U20/U18/40+/50+/60+ Men & Women
5.00pm	*3000 Metres Steeple (91cm) (Lanes 1-3) *2000 Metres Steeple (91cm)	Open/U20/40+/50+ Men U18 Men
5.20pm	*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

*2000m/3000m Steeplechase on rounds 1, 2, 3, 5, 9, 11, 12

3000m on rounds 2, 3, 4* 5, 6, 7*, 8, 9, 10*, 11

5000m on rounds 2, 4, 7, 10, 12*

FIELD EVENTS Program 1 ROUND 2 – RED VENUE - Doncaster

Time	Shot Put (2 Circles) Max 20 per sheet	Hammer Throw (1 Cage) Max 15 per sheet	Triple Jump (2 Pits) Max 20 per sheet	High Jump (2 Beds) Max 15 per bed
1.00pm	Sheet 1/Sheet 2	Sheet 1 (Elite)	Sheet 1/Sheet 2 (Elite)	1.65m+ (Elite)
2.00pm	Sheet 3/Sheet 4	Sheet 2	Sheet 3/Sheet 4	1.40m-1.80m
2.30pm				
3.00pm	Sheet 5/Sheet 6	Sheet 3	Sheet 5/Sheet 6	1.35m-1.75m
4.00pm	Sheet 7/Sheet 8	Sheet 4	Sheet 7/Sheet 8	1.15m-1.55m
4.30pm				
5.00pm	Sheet 9/Sheet 10 (Elite 13m+/11m+)	Sheet 5	Sheet 9/Sheet 10	1.05m-1.45m



TIMETABLE of EVENTS as at 31.08.18

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SATURDAY 13TH OCTOBER 2018

TRACK EVENTS Program 2 **ROUND 2 – WHITE VENUE - Nunawading**

ZONE		
Time	Event	Grades
1.00pm	*1500m Walk (Lanes 1-3)	U14/U16 Men & Women
	*3000m Walk (Lanes 1-3)	Open/U20/U18/40+/50+/60+ Men & Women
1.15pm	110Metre Hurdles (Lanes 4-11)	U18/U20/Open/40+ Men
	100Metre Hurdles (Lanes 4-11)	U18/U20/Open Women & U16/50+/60+ Men
	90Metre Hurdles (Lanes 4-11)	U16 Women & U14 Men
	80Metre Hurdles (Lanes 4-11)	U14/40+/50+/60+ Women
1.30pm	*3000 Metres Steeple (91cm) (Lanes 1-3)	Open/U20/40+/50+ Men
	*2000 Metres Steeple (91cm)	U18 Men
1.50pm	*3000 Metres Steeple (76.2cm) (Lanes 1-3)	Open/U20 Women
	*2000 Metres Steeple (76.2cm)	60+/U16/U14 Men 40+/50+/60+/U18/U16/U14 Women
2.15pm	1500 Metres (Lanes 1-3)	Men
2.15pm	100 Metres (Lanes 4-11)	Men
2.45pm	1500 Metres (Lanes 1-3)	Women
3.15pm	100 Metres (Lanes 4-11)	Women
4.30pm	400 Metres (Lanes 1-8)	Women
5.30pm	400 Metres (Lanes 1-8)	Men

*2000m/3000m Steeplechase on rounds 1, 2, 3, 5, 9, 11, 12

*1500m/3000m walk on rounds 2, 3, 6, 7, 8, 9, 12

*2000m/5000m walk on rounds 1, 4, 5, 10

FIELD EVENTS Program 2 **ROUND 2 – WHITE VENUE - Nunawading**

Time	Discus (1 Cage) Max 20 per sheet	Javelin (1 runway) Max 20 per sheet	Long Jump (2 Pits) Max 20 per sheet
1.00pm	Sheet 1 (Elite) 35m+/28m+	Sheet 1	Sheet 1/Sheet 2 (Elite)
2.00pm	Sheet 2	Sheet 2	Sheet 3/Sheet 4
2.30pm			
3.00pm	Sheet 3	Sheet 3	Sheet 5/Sheet 6
4.00pm	Sheet 4	Sheet 4	Sheet 7/Sheet 8
4.30pm			
5.00pm	Sheet 5	Sheet 5 (Elite 40m+/30m+)	Sheet 9/Sheet 10



TIMETABLE of EVENTS as at 31.08.18

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SATURDAY 20TH OCTOBER 2018

TRACK EVENTS Program 1 ALTERNATE ROUND 3 – BLUE VENUE – Casey Fields

ZONE		
Time	Event	Grades
1.00pm	*1500m Walk (Lanes 1-3) *3000m Walk (Lanes 1-3)	U14/U16 Men & Women Open/U20/U18/40+/50+/60+ Men & Women
1.30pm	110Metre Hurdles (Lanes 4-9) 100Metre Hurdles (Lanes 4-9) 90Metre Hurdles (Lanes 4-9) 80Metre Hurdles (Lanes 4-9)	U18/U20/Open/40+ Men U18/U20/Open Women & U16/50+/60+ Men U16 Women & U14 Men U14/40+/50+/60+ Women
1.30pm	*3000 Metres (Lanes 1-3)	All Women
2.15pm	*3000 Metres (Lanes 1-3)	All Men
2.30pm	200 Metres (Lanes 4-8)	Men
3.00pm	800 Metres (Lanes 1-3)12 per heat	Women
3.30pm	800 Metres (Lanes 1-3)12 per heat	Men
4.00pm	4 x 100m Relay (Lanes 1-8)	Men
4.30pm	200 Metres (Lanes 1-8)	Women
5.30pm	4 x 100m Relay (Lanes 1- 8)	Women

3000m on rounds 2, 3, 4* 5, 6, 7*, 8, 9, 10*, 11

5000m on rounds 2, 4, 7, 10, 12*

*4x100 Relay on rounds 3, 6, 8, 10 (Please see timetable for allocated program and venue)

*4x200 Relay on rounds 4, 5, 8, 9, 10, 12 (Please see timetable for allocated program and venue)

*4x400 Relay on rounds 4, 5, 9, 11, 12 (Please see timetable for allocated program and venue)

FIELD EVENTS Program 1 ROUND 3 – BLUE VENUE – Casey Fields

Time	Shot Put (2 Circles) Max 20 per sheet	Hammer Throw (1 Cage) Max 15 per sheet	Triple Jump (2 Pits) Max 20 per sheet	High Jump (2 Beds) Max 15 per bed	*Pole Vault For clubs in Blue and White Zone only
1.00pm	Sheet 1/Sheet 2 (Elite 13m+/11m+)	Sheet 1	Sheet 1/Sheet 2 (Elite 13m+/11m+)	1.65m+ (Elite)	1.00pm: 3.60m+
2.00pm	Sheet 3/Sheet 4	Sheet 2	Sheet 3/Sheet 4	1.40m-1.80m	2.15pm: 2.80m+
3.00pm	Sheet 5/Sheet 6	Sheet 3	Sheet 5/Sheet 6	1.35m-1.75m	3.45pm: 1.60m+
4.00pm	Sheet 7/Sheet 8	Sheet 4	Sheet 7/Sheet 8	1.15m-1.55m	
5.00pm	Sheet 9/Sheet 10	Sheet 5 (Elite 35m+/30m+)	Sheet 9/Sheet 10	1.05m-1.45m	



TIMETABLE of EVENTS as at 31.08.18

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SATURDAY 20th OCTOBER 2018

TRACK EVENTS Program 2 ALTERNATE **ROUND 3 – YELLOW VENUE – Williamstown**

ZONE		
Time	Event	Grades
12.40pm	*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
1.00pm	1500 Metres (Lanes 1-3)	Men
1.00pm	400 Metre Hurdles (Lanes 4-8) 300 Metre Hurdles (Lanes 4-8) 200 Metre Hurdles (Lanes 4-8)	Open/U20/U18/40+/50+ Men &Open/U20/U18/40+ Women 60+ Men & 50+ 60 + Women U14/U16 Men & Women
1.45pm	1500 Metres (Lanes 1-3)	Women
2.00pm	100m (Lanes 4-9)	Women
2.30pm	*1500m Walk (Lanes 1-3) *3000m Walk (Lanes 1-3)	U14/U16 Men & Women Open/U20/U18/40+/50+/60+ Men & Women
3.00pm	4 x 100m Relay (Lanes 1-8)	Women
3.15pm	100m (Lanes 1-8)	Men
4.15pm	4 x 100m Relay (Lanes 1-8)	Men
4.30pm	400 Metres (Lanes 1-8)	Men
5.15pm	400 Metres (Lanes 1-8)	Women
6.00pm	*3000 Metres Steeple (91cm) (Lanes 1-3) *2000 Metres Steeple (91cm)	Open/U20/40+/50+ Men U18 Men

*2000m/3000m Steeplechase on rounds 1, 2, 3, 5, 9, 11, 12

*4x100 Relay on rounds 3, 6, 8, 10 (Please see timetable for allocated program and venue)

*4x200 Relay on rounds 4, 5, 8, 9, 10, 12 (Please see timetable for allocated program and venue)

*4x400 Relay on rounds 4, 5, 9, 11, 12 (Please see timetable for allocated program and venue)

FIELD EVENTS Program 2 **ROUND 3 – YELLOW VENUE – Williamstown** (*PV at Melbourne Uni on Thursday 18th October)

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 Yellow and Red Zone only
1.00pm	Sheet 1	Sheet 1 (Elite 40m+/30m+)	Sheet 1/Sheet 2 (Elite 6m+/5m+)	6.00pm: 1.60m+
2.00pm	Sheet 2	Sheet 2	Sheet 3/Sheet 4	
2.15pm				7.30pm: 3.00m+
3.00pm	Sheet 3	Sheet 3	Sheet 5/Sheet 6	
4.00pm	Sheet 4	Sheet 4	Sheet 7/Sheet 8	
4.15pm				
5.00pm	Sheet 5 (Elite 35m+/28m+)	Sheet 5	Sheet 9/Sheet 10	



TIMETABLE of EVENTS as at 31.08.18

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SATURDAY 27th OCTOBER 2018

TRACK EVENTS Program 1 **ROUND 4 – RED ZONE VENUE - Doncaster**

ZONE		
Time	Event	Grades
1.00pm	*2000m Walk (Lanes 1-3) *5000m Walk (Lanes 1-3)	U14/U16/40+/50+/60+ Men & Women Open/U20/U18 Men & Women
1.30pm	110Metre Hurdles (Lanes 4-10) 100Metre Hurdles (Lanes 4-10) 90Metre Hurdles (Lanes 4-10) 80Metre Hurdles (Lanes 4-10)	U18/U20/Open/40+ Men U18/U20/Open Women & U16/50+/60+ Men U16 Women & U14 Men U14/40+/50+/60+ Women
1.30pm	*3000 Metres (Lanes 1-3)	U14/U16/U18 Women
2.00pm	*3000 Metres (Lanes 1-3)	U14/U16/U18 Men
2.30pm	*5000 Metres (Lanes 1-3)	Open/U20/40+/50+/60+ Men & Women
2.30pm	200 Metres (Lanes 4-8)	Women
3.30pm	800 Metres (Lanes 1-3)12 per heat	Men
4.00pm	800 Metres (Lanes 1-3)12 per heat	Women
4.30pm	4 x 400m Relay (Lanes 1-8)	Women
5.00pm	200 Metres (Lanes 1-8)	Men
5.45pm	4 x 400m Relay (Lanes 1-8)	Men

3000m on rounds 2, 3, 4* 5, 6, 7*, 8, 9, 10*, 11

5000m on rounds 2, 4, 7, 10, 12*

*4x100 Relay on rounds 3, 6, 8, 10 (Please see timetable for allocated program and venue)

*4x200 Relay on rounds 4, 5, 8, 9, 10, 12 (Please see timetable for allocated program and venue)

*4x400 Relay on rounds 4, 5, 9, 11, 12 (Please see timetable for allocated program and venue)

FIELD EVENTS Program 1 **ROUND 4 – RED ZONE VENUE- Doncaster**

Time	Shot Put (2 Circles) Max 20 per sheet	Hammer Throw (1 Cage) Max 15 per sheet	Triple Jump (2 Pits) Max 20 per sheet	High Jump (2 beds) Max 15 per bed
1.00pm	Sheet 1/Sheet 2	Sheet 1 (Elite 35m+/30m+)	Sheet 1/Sheet 2 (Elite 13m+/11m+)	1.65m+ (Elite)
2.00pm	Sheet 3/Sheet 4	Sheet 2	Sheet 3/Sheet 4	1.40m-1.80m
2.30pm	Seated Throws (SP)			
3.00pm	Sheet 5/Sheet 6	Sheet 3	Sheet 5/Sheet 6	1.35m-1.75m
4.00pm	Sheet 7/Sheet 8	Sheet 4	Sheet 7/Sheet 8	1.15m-1.55m
5.00pm	Sheet 9/Sheet 10 (Elite 13m+/11m+)	Sheet 5	Sheet 9/Sheet 10	1.05m-1.45m



TIMETABLE of EVENTS as at 31.08.18

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SATURDAY 27th OCTOBER 2018

TRACK EVENTS Program 2 ROUND 4 – WHITE ZONE VENUE - Ringwood

ZONE		
Time	Event	Grades
1.00pm	*2000m Walk (Lanes 1-3) *5000m Walk (Lanes 1-3)	U14/U16/40+/50+/60+ Men & Women Open/U20/U18 Men & Women
1.15pm	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
2.00pm	1500 Metres (Lanes 1-3)	Men
2.15pm	100 Metres (Lanes 4-11)	Men
2.45pm	1500 Metres (Lanes 1-3)	Women
3.15pm	4 x 200m Relay (Lanes 1-8)	Men
3.30pm	100 Metres (Lanes 4-11)	Women
4.30pm	4 x 200m Relay (Lanes 1-8)	Women
4.45pm	400 Metres (Lanes 1-8)	Men
5.30pm	400 Metres (Lanes 1-8)	Women

*1500m/3000m walk on rounds 2, 3, 6, 7, 8, 9, 12

*2000m/5000m walk on rounds 1, 4, 5, 10

*4x100 Relay on rounds 3, 6, 8, 10 (Please see timetable for allocated program and venue)

*4x200 Relay on rounds 4, 5, 8, 9, 10, 12 (Please see timetable for allocated program and venue)

*4x400 Relay on rounds 4, 5, 9, 11, 12 (Please see timetable for allocated program and venue)

FIELD EVENTS Program 2 ROUND 4 – WHITE ZONE VENUE - Ringwood

Time	Discus (1 Cage) Max 20 per sheet	Javelin (1 runway) Max 20 per sheet	Long Jump (2 Pits) Max 20 per sheet
1.00pm	Sheet 1 (Elite 35m+/28m+)	Sheet 1	Sheet 1 /Sheet 2 (Elite 6m+/5m+)
2.00pm	Sheet 2	Sheet 2	Sheet 3/Sheet 4
2.30pm	Seated Throws (DT/JT)	Seated Throws (DT/JT)	
3.00pm	Sheet 3	Sheet 3	Sheet 5 /Sheet 6
4.00pm	Sheet 4	Sheet 4	Sheet 7 /Sheet 8
5.00pm	Sheet 5	Sheet 5	Sheet 9 /Sheet 10
6.00pm	Sheet 6	Sheet 6(Elite 40m+/30m+)	Sheet 11/Sheet 12



TIMETABLE of EVENTS as at 31.08.18

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SATURDAY 10th NOVEMBER 2018

TRACK EVENTS Program 1 ALTERNATE ROUND 5 – BLUE ZONE VENUE – Knox TBC

ZONE		
Time	Event	Grades
1.15pm	*3000 Metres (Lanes 1-3)	All Women
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
2.00pm	*3000 Metres (Lanes 1-3)	All Men
2.30pm	200 Metres (Lanes 4-8)	Men
2.45pm	800 Metres (Lanes 1-3)12 per heat	Women
3.15pm	800 Metres (Lanes 1-3)12 per heat	Men
3.45pm	4 x 400m Relay (Lanes 4-8)	Men
4.00pm	200 Metres (Lanes 1-8)	Women
5.00pm	4 x 400m Relay (Lanes 1-8)	Women
5.15pm	*2000m Walk (Lanes 1-3) *5000m Walk (Lanes 1-3)	U14/U16/40+/50+/60+ Men & Women Open/U20/U18 Men & Women

3000m on rounds 2, 3, 4* 5, 6, 7*, 8, 9, 10*, 11

*4x100 Relay on rounds 3, 6, 8, 10 (Please see timetable for allocated program and venue)

*4x200 Relay on rounds 4, 5, 8, 9, 10, 12 (Please see timetable for allocated program and venue)

*4x400 Relay on rounds 4, 5, 9, 11, 12 (Please see timetable for allocated program and venue)

FIELD EVENTS Program 1 ROUND 5 – BLUE ZONE VENUE – Knox TBC

Time	Shot Put (2 Circles) Max 20 per sheet	Hammer Throw (1 Cage) Max 15 per sheet	Triple Jump (2 Pits) Max 20 per sheet	High Jump (2 Beds) Max 15 per bed
1.00pm	Sheet 1/Sheet 2	Sheet 1	Sheet 1/Sheet 2 (Elite 13m+/11m+)	1.65m+ (Elite)
2.00pm	Sheet 3/Sheet 4	Sheet 2	Sheet 3/Sheet 4	1.40m-1.80m
3.00pm	Sheet 5/Sheet 6	Sheet 3	Sheet 5/Sheet 6	1.35m-1.75m
4.00pm	Sheet 7/Sheet 8	Sheet 4	Sheet 7/Sheet 8	1.15m-1.55m
5.00pm	Sheet 9/Sheet 10 (Elite 13m+/11m+)	Sheet 5 (Elite 35m+/30m+)	Sheet 9/Sheet 10	1.05m-1.45m



TIMETABLE of EVENTS as at 31.08.18

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SATURDAY 10th NOVEMBER 2018

TRACK EVENTS Program 2 ALTERNATE **ROUND 5 – YELLOW ZONE VENUE - Williamstown**

ZONE		
Time	Event	Grades
12.45pm	*3000 Metres Steeple (91cm) (Lanes 1-3) *2000 Metres Steeple (91cm))	Open/U20/40+/50+ Men U18 Men
12.45pm	110Metre Hurdles (Lanes 4-11) 100Metre Hurdles (Lanes 4-11) 90Metre Hurdles (Lanes 4-11) 80Metre Hurdles (Lanes 4-11)	U18/U20/Open/40+ Men U18/U20/Open Women & U16/50+/60+ Men U16 Women & U14 Men U14/40+/50+/60+ Women
1.00pm	*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
1.45pm	100m (Lanes 4-10)	Women
1.15pm	1500 Metres (Lanes 1-3)	Men
2.00pm	1500 Metres (Lanes 1-3)	Women
2.45pm	100m (Lanes 4-10)	Men
2.45pm	*2000m Walk (Lanes 1-3) *5000m Walk (Lanes 1-3)	U14/U16/40+/50+/60+ Men & Women Open/U20/U18 Men & Women
3.45pm	4 x 200m Relay (Lanes 1-8)	Women
4.00pm	4 x 200m Relay (Lanes 1-8)	Men
4.15pm	400 Metres (Lanes 1-8)	Women
5.15pm	400 Metres (Lanes 1-8)	Men

*1500m/3000m walk on rounds 2, 3, 6, 7, 8, 9, 12

*2000m/5000m walk on rounds 1, 4, 5, 10

*2000m/3000m Steeplechase on rounds 1, 2, 3, 5, 9, 11, 12

*4x100 Relay on rounds 3, 6, 8, 10 (Please see timetable for allocated program and venue)

*4x200 Relay on rounds 4, 5, 8, 9, 10, 12 (Please see timetable for allocated program and venue)

*4x400 Relay on rounds 4, 5, 9, 11, 12 (Please see timetable for allocated program and venue)

FIELD EVENTS Program 2 **ROUND 5 – YELLOW ZONE VENUE - Williamstown**

Time	Discus (1 Cage) Max 20 per sheet	Javelin (1 runway) Max 20 per sheet	Long Jump (2 Pits) Max 20 per sheet
1.00pm	Sheet 1	Sheet 1 (Elite 40m+/30m+)	Sheet 1/Sheet 2 (Elite 6m+/5m+)
2.00pm	Sheet 2	Sheet 2	Sheet 3/Sheet 4
3.00pm	Sheet 3	Sheet 3	Sheet 5/Sheet 6
4.00pm	Sheet 4	Sheet 4	Sheet 7/Sheet 8
5.00pm	Sheet 5 (Elite 35m+/28m+)	Sheet 5	Sheet 9/Sheet 10



TIMETABLE of EVENTS as at 31.08.18

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SATURDAY 17TH NOVEMBER 2018

TRACK EVENTS Program 1 **ROUND 6 – RED ZONE VENUE - Meadowglen**

ZONE		
Time	Event	Grades
1.30pm	3000 Metres (Lanes 1-3)	All Men
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
2.00pm	3000 Metres (Lanes 1-3)	All Women
2.30pm	200 Metres (Lanes 4-8)	Women
2.30pm	*1500m Walk (Lanes 1-3) *3000m Walk (Lanes 1-3)	U14/U16 Men & Women Open/U20/U18/40+/50+/60+ Men & Women
3.15pm	800 Metres (Lanes 1-3)12 per heat	Men
3.45pm	4x100m Relay (Lanes 4-8)	Women
3.45pm	800 Metres (Lanes 1-3)12 per heat	Women
4.00pm	200 Metres (Lanes 4-8)	Men
5.15pm	4x100m Relay (Lanes 1-8)	Men

3000m on rounds 2, 3, 4* 5, 6, 7*, 8, 9, 10*, 11

5000m on rounds 2, 4, 7, 10, 12*

*4x100 Relay on rounds 3, 6, 8, 10 (Please see timetable for allocated program and venue)

*4x200 Relay on rounds 4, 5, 8, 9, 10, 12 (Please see timetable for allocated program and venue)

*4x400 Relay on rounds 4, 5, 9, 11, 12 (Please see timetable for allocated program and venue)

FIELD EVENTS Program 1 **ROUND 6 – RED ZONE VENUE - Meadowglen**

Time	Shot Put (2 Circles) Max 20 per sheet	Hammer Throw (1 Cage) Max 15 per sheet	Triple Jump (2 Pits) Max 20 per sheet	High Jump (2 Beds) Max 15 per bed	*Pole Vault For clubs in Red and Yellow Zone only
1.00pm	Sheet 1/Sheet 2 (Elite 13m+/11m+)	Sheet 1	Sheet 1/Sheet 2 (Elite 13m+/11m+)	1.65m+ (Elite)	1.00pm: 3.00m+
2.00pm	Sheet 3/Sheet 4	Sheet 2		1.40m-1.80m	
2.15pm			Sheet 3/Sheet 4		
3.00pm	Sheet 5/Sheet 6	Sheet 3	Sheet 5/Sheet 6	1.35m-1.75m	3.00pm: 1.60m+
4.00pm	Sheet 7/Sheet 8	Sheet 4	Sheet 7/Sheet 8	1.15m-1.55m	
5.00pm	Sheet 9/Sheet 10	Sheet 5 (Elite 35m+/30m+)	Sheet 9/Sheet 10	1.05m-1.45m	



TIMETABLE of EVENTS as at 31.08.18

*All timetables featured are subject to change.

SATURDAY 17TH NOVEMBER 2018

TRACK EVENTS Program 2 ROUND 6 – WHITE ZONE VENUE – Yarra Ranges

ZONE		
Time	Event	Grades
1.30pm	*1500m Walk (Lanes 1-3) *3000m Walk (Lanes 1-3)	U14/U16 Men & Women Open/U20/U18/40+/50+/60+ Men & Women
1.30pm	110Metre Hurdles (Lanes 4-10) 100Metre Hurdles (Lanes 4-10) 90Metre Hurdles (Lanes 4-10) 80Metre Hurdles (Lanes 4-10)	U18/U20/Open/40+ Men U18/U20/Open Women & U16/50+/60+ Men U16 Women & U14 Men U14/40+/50+/60+ Women
2.00pm	1500 Metres (Lanes 1-3)	Men
2.15pm	100 Metres (Lanes 4-10)	Men
2.45pm	1500 Metres (Lanes 1-3)	Women
3.15pm	4x100m Relay (Lanes 1 -8)	Men
3.30pm	100 Metres (Lanes 4-10)	Women
4.30pm	4x100m Relay (Lanes 1-8)	Women
4.45pm	400 Metres (Lanes 1-8)	Men
5.30pm	400 Metres (Lanes 1-8)	Women

*1500m/3000m walk on rounds 2, 3, 6, 7, 8, 9, 12

*2000m/5000m walk on rounds 1, 4, 5, 10

*4x100 Relay on rounds 3, 6, 8, 10 (Please see timetable for allocated program and venue)

*4x200 Relay on rounds 4, 5, 8, 9, 10, 12 (Please see timetable for allocated program and venue)

*4x400 Relay on rounds 4, 5, 9, 11, 12 (Please see timetable for allocated program and venue)

FIELD EVENTS Program 2 ROUND 6 – WHITE ZONE VENUE – Yarra Ranges

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 Blue and White Zone only
1.00pm	Sheet1(Elite 35m+/28m+)	Sheet 1	Sheet 1/Sheet 2 (Elite 6m+/5m+)	1.00pm: 3.60m+
2.00pm	Sheet 2	Sheet 2		2.15pm: 2.80m
2.15pm			Sheet 3/Sheet 4	
3.00pm	Sheet 3	Sheet 3	Sheet 5/Sheet 6	3.45pm: 1.60m+
4.00pm	Sheet 4	Sheet 4	Sheet 7/Sheet 8	
4.15pm				
5.00pm	Sheet 5	Sheet 5 (Elite 40m+/30m+)	Sheet 9/Sheet 10	



TIMETABLE of EVENTS as at 31.08.18

*All timetables featured are subject to change.

SATURDAY 1st DECEMBER 2018

TRACK EVENTS Program 1 ALTERNATE ROUND 7 – YELLOW ZONE VENUE – Keilor Park

Time	Event	Grades
1.00pm	400 Metre Hurdles (Lanes 4-8)	Open/U20/U18/40+/50+ Men & Open/U20/U18/40+ Women
	300 Metre Hurdles (Lanes 4-8)	60+ Men & 50+ 60 + Women
	200 Metre Hurdles (Lanes 4-8)	U14/U16 Men & Women
1.00pm	5000 Metres (Lanes 1-3)	Open/U20/40+/50+/60+ Men & Women
2.00pm	3000 Metres (Lanes 1-3)	U14/U16/U18 Men
2.45pm	3000 Metres (Lanes 1-3)	U14/U16/U18 Women
2.00pm	200 Metres (Lanes 4-8)	Men
3.30pm	800 Metres (Lanes 1-3)12 per heat	Women
4.00pm	800 Metres (Lanes 1-3)12 per heat	Men
3.30pm	200 Metres (Lanes 4-8)	Women
4.30pm	*1500m Walk (Lanes 1-3)	U14/U16 Men & Women
	*3000m Walk (Lanes 1-3)	Open/U20/U18/40+/50+/60+ Men & Women

*1500m/3000m walk on rounds 2, 3, 6, 7, 8, 9, 12

*2000m/5000m walk on rounds 1, 4, 5, 10

3000m on rounds 2, 3, 4* 5, 6, 7*, 8, 9, 10*, 11

5000m on rounds 2, 4, 7, 10, 12*

FIELD EVENTS Program 1 ROUND 7 - YELLOW ZONE VENUE – Keilor Park (*PV at Melbourne Uni on Thursday 29th November)

Time	Shot Put (2 Circles) Max 20 per sheet	Hammer Throw (1 Cage) Max 15 per sheet	Triple Jump (2 Pits) Max 20 per sheet	High Jump (2 Beds) Max 15 per bed	*Pole Vault For clubs in Red and Yellow Zone only
1.00pm	Sheet 1(19)/Sheet 2(3) (Elite 13m+/11m+)	Sheet 1	Sheet 1(9)/Sheet 2(9) (Elite 13m+/11m+)	1.65m+(4) (Elite)	1.00pm: 3.00m+
2.00pm	Sheet 3(20)/Sheet 4(17)	Sheet 2		1.40m-1.80m(14)	
2.15pm			Sheet 3(15)/Sheet 4(11)		
3.00pm	Sheet 5(20)/Sheet 6(7)	Sheet 3	Sheet 5(19)/Sheet 6(9)	1.35m-1.75m(14)	3.00pm: 1.60m+
4.00pm	Sheet 7(20)/Sheet 8(7)	Sheet 4	Sheet 7(18)/Sheet 8(8)	1.15m-1.55m(13)	
5.00pm	Sheet 9(4)/Sheet 10(2)	Sheet 5 (Elite 35m+/30m+)	Sheet 9(9)/Sheet 10(3)	1.05m-1.45m(29)	



TIMETABLE of EVENTS as at 31.08.18

*All timetables featured are subject to change.

SATURDAY 1st DECEMBER 2018

TRACK EVENTS Program 2 ALTERNATE **ROUND 7 – BLUE ZONE VENUE - Frankston**

		ZONE
Time	Event	Grades
1.00pm	*3000 Metres (Lanes 1-3)	U14/U16/U18 Women
1.30pm	*3000 Metres (Lanes 1-3)	U14/U16/U18 Men
1.00pm	110Metre Hurdles (Lanes 4-9) 100Metre Hurdles (Lanes 4-9) 90Metre Hurdles (Lanes 4-9) 80Metre Hurdles (Lanes 4-9)	U18/U20/Open/40+ Men U18/U20/Open Women & U16/50+/60+ Men U16 Women & U14 Men U14/40+/50+/60+ Women
2.00pm	*1500m Walk (Lanes 1-3) *3000m Walk (Lanes 1-3)	U14/U16 Men & Women Open/U20/U18/40+/50+/60+ Men & Women
2.00pm	100 Metres (Lanes 4-9)	Women
3.00pm	1500 Metres (Lanes 1-3)	Men
3.45pm	1500 Metres (Lanes 1-3)	Women
3.00pm	100 Metres (Lanes 4-9)	Men
4.15pm	5000 Metres (Lanes 1-3)	Open/U20/40+/50+/60+ Men & Women
4.15pm	400 Metres (Lanes 4-8)	Women
5.15pm	400 Metres (Lanes 1-8)	Men

*1500m/3000m walk on rounds 2, 3, 6, 7, 8, 9, 12

*2000m/5000m walk on rounds 1, 4, 5, 10

*2000m/3000m Steeplechase on rounds 1, 2, 3, 5, 9, 11, 12

FIELD EVENTS Program 2 **ROUND 7 – BLUE ZONE VENUE - Frankston**

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 White and Blue Zone only
1.00pm	Sheet 1(20)	Sheet 1(17) (Elite 40m+/30m+)	Sheet 1(17)/Sheet 2(17) (Elite 6m+/5m+)	1.00pm: 3.60m+
2.00pm	Sheet 2(20)	Sheet 2(20)		
2.15pm			Sheet 3(20)/Sheet 4(20)	2.15pm: 2.80m+
2.30pm				
3.00pm	Sheet 3(20)	Sheet 3(20)	Sheet 5(20)/Sheet 6(20)	3.45pm: 1.60m+
4.00pm	Sheet 4(20)	Sheet 4(20)	Sheet 7(20)/Sheet 8(17)	
4.30pm				
5.00pm	Sheet 5(17) (Elite 35m+/28m+)	Sheet 5(20)	Sheet 9(20)/Sheet 10(2)	



TIMETABLE of EVENTS as at 31.08.18

*All timetables featured are subject to change.

FRIDAY 14TH DECEMBER 2018

TRACK EVENTS Program 1 **ROUND 8 – WHITE ZONE VENUE – Lakeside Stadium TWILIGHT MEET**

ZONE		
Time	Event	Grades
6.00pm	400 Metre Hurdles (Lanes 4-8)	Open/U20/U18/40+/50+ Men &Open/U20/U18/40+ Women
	300 Metre Hurdles (Lanes 4-8)	60+ Men & 50+ 60 + Women
	200 Metre Hurdles (Lanes 4-8)	U14/U16 Men & Women
6.00pm	800 Metres (Lanes 1-3)12 per heat	Women
6.30pm	800 Metres (Lanes 1-3)12 per heat	Men
7.00pm	200 Metres (Lanes 1-8)	Women
8.00pm	4x100m Relay (Lanes 1-8)	Women
8.15pm	200 Metres (Lanes 1-8)	Men
9.15pm	4x100m Relay (Lanes 1-8)	Men
9.30pm	*3000 Metres (Lanes 1-3)	All Women
10.00pm	*3000 Metres (Lanes 1-3)	All Men

*4x100 Relay on rounds 3, 6, 8, 10 (Please see timetable for allocated program and venue)

*4x200 Relay on rounds 4, 5, 8, 9, 10, 12 (Please see timetable for allocated program and venue)

*4x400 Relay on rounds 4, 5, 9, 11, 12 (Please see timetable for allocated program and venue)

FIELD EVENTS Program 1 **ROUND 8 – WHITE ZONE VENUE – Lakeside Stadium TWILIGHT MEET**

Time	Shot Put (3 Circles) Max 20 per sheet	Hammer Throw (2 Cages) Max 15 per sheet (Sheet 1,3,5,7 inside)	Triple Jump (2 Pits) Max 20 per sheet	High Jump (2 Beds) Max 15 per bed	*Pole Vault (2 Pits) For clubs in White and Blue Zone only
6.00pm	Sheet 1(20)/Sheet 2(20)	Sheet 1(15) (Elite 35m+/30m+)/Sheet 2(15)(Outside cage)	Sheet 1(14)/Sheet 2(19) (Elite 13m+/11m+)	1.65m+ (Elite)(18)	6.30pm: 1.60m+ & 2.80m+
7.00pm	Sheet 3(20)/Sheet 4(20)/ Sheet 5(16)	Sheet 3(15)/Sheet 4(15)(Outside cage)		1.40m- 1.80m(30)	
7.15pm			Sheet 3(20)/Sheet 4(20)		
7.45pm	Seated SP				
8.00pm	Sheet 6(20)(Elite 13m+/11m+)/Sheet 7(12)/ Sheet 8(4)	Sheet 5(15)/Sheet 6(7)(Outside cage)	Sheet 5(20)/Sheet 6(20)	1.15m- 1.55m(30)	8.00pm: 3.60m+
9.00pm	Sheet 9(18)/Sheet 10(9)	Sheet 7(15)/Sheet 8(6)(Outside cage)	Sheet 7(20)/Sheet 8(20)	1.05m – 1.45m(30)	



TIMETABLE of EVENTS as at 31.08.18

*All timetables featured are subject to change.

SATURDAY 15TH DECEMBER 2018

TRACK EVENTS Program 2 ROUND 8 – RED ZONE VENUE – Doncaster

ZONE		
Time	Event	Grades
1.00pm	*1500m Walk (Lanes 1-3) *3000m Walk (Lanes 1-3)	U14/U16 Men & Women Open/U20/U18/40+/50+/60+ Men & Women
1.00pm	110Metre Hurdles (Lanes 4-10) 100Metre Hurdles (Lanes 4-10) 90Metre Hurdles (Lanes 4-10) 80Metre Hurdles (Lanes 4-10)	U18/U20/Open/40+ Men U18/U20/Open Women & U16/50+/60+ Men U16 Women & U14 Men U14/40+/50+/60+ Women
1.30pm	1500 Metres (Lanes 1-3)	Men
2.15pm	100 Metres (Lanes 4-10)	Men
2.15pm	1500 Metres (Lanes 1-3)	Women
3.15pm	4x200m Relay (Lanes 1-8)	Men
3.30pm	100 Metres (Lanes 4-10)	Women
4.30pm	4x200m Relay (Lanes 1-8)	Women
4.45pm	400 Metres (Lanes 1-8)	Men
5.30pm	400 Metres (Lanes 1-8)	Women

*1500m/3000m walk on rounds 2, 3, 6, 7, 8, 9, 12

*2000m/5000m walk on rounds 1, 4, 5, 10

*4x100 Relay on rounds 3, 6, 8, 10 (Please see timetable for allocated program and venue)

*4x200 Relay on rounds 4, 5, 8, 9, 10, 12 (Please see timetable for allocated program and venue)

*4x400 Relay on rounds 4, 5, 9, 11, 12 (Please see timetable for allocated program and venue)

FIELD EVENTS Program 2 ROUND 8 – RED ZONE VENUE – Doncaster

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(13)/Sheet 2(20) (Elite 6m+/5m+)	1.00pm: 3.00m+
2.00pm	Sheet 2(20)	Sheet 2(20)		
2.15pm			Sheet 3(19)/Sheet 4(8)	
2.30pm	Seated Discus	Seated Javelin		
3.00pm	Sheet 3(20)	Sheet 3(20)	Sheet 5(20)/Sheet 6(20)	3.00pm: 1.60m+
4.00pm	Sheet 4(20)	Sheet 4(20)	Sheet 7(20)/Sheet 8(14)	
5.00pm	Sheet 5(20)	Sheet 5(20) (Elite 40m+/30m+)	Sheet 9(9)/Sheet 10(2)	



TIMETABLE of EVENTS as at 31.08.18

*All timetables featured are subject to change.

SATURDAY 12th JANUARY 2019

TRACK EVENTS Program 1 ALTERNATE ROUND 9 – YELLOW ZONE VENUE – Werribee

ZONE		
Time	Event	Grades
1.00pm	*1500m Walk (Lanes 1-3)	U14/U16 Men & Women
	*3000m Walk (Lanes 1-3)	Open/U20/U18/40+/50+/60+ Men & Women
1.30pm	110Metre Hurdles (Lanes 4-10)	U18/U20/Open/40+ Men
	100Metre Hurdles (Lanes 4-10)	U18/U20/Open Women & U16/50+/60+ Men
	90Metre Hurdles (Lanes 4-10)	U16 Women & U14 Men
	80Metre Hurdles (Lanes 4-10)	U14/40+/50+/60+ Women
1.45pm	800 Metres (Lanes 1-3)	Women
2.15pm	800 Metres (Lanes 1-3)	Men
2.30pm	200 Metres (Lanes 4-8)	Women
3.30pm	200 Metres (Lanes 1-8)	Men
4.30pm	4 x 400m Relay (Lanes 1-8)	Women
4.45pm	4 x 400m Relay (Lanes 1-8)	Men
5.00pm	*3000 Metres (Lanes 1-3)	All Women
5.30pm	*3000 Metres (Lanes 1-3)	All Men

3000m on rounds 2, 3, 4* 5, 6, 7*, 8, 9, 10*, 11

5000m on rounds 2, 4, 10, 12*

*4x100 Relay on rounds 3, 6, 8, 10 (Please see timetable for allocated program and venue)

*4x200 Relay on rounds 4, 5, 8, 9, 10, 12 (Please see timetable for allocated program and venue)

*4x400 Relay on rounds 4, 5, 9, 11, 12 (Please see timetable for allocated program and venue)

FIELD EVENTS Program 1 ROUND 9 – YELLOW ZONE VENUE- Werribee

Time	Shot Put (2 Circles) Max 20 per sheet	Hammer Throw (1 Cage) Max 15 per sheet	Triple Jump (2 Pits) Max 20 per sheet	High Jump (2 Beds) Max 15 per bed
1.00pm	Sheet 1/Sheet 2 (Elite 13m+/11m+)	Sheet 1	Sheet 1/Sheet 2 (Elite 13m+/11m+)	1.75m+ (Elite)
2.00pm	Sheet 3/Sheet 4	Sheet 2		1.40m-1.80m
2.15pm			Sheet 3/Sheet 4	
3.00pm	Sheet 5/Sheet 6	Sheet 3	Sheet 5/Sheet 6	1.35m-1.75m
4.00pm	Sheet 7/Sheet 8	Sheet 4	Sheet 7/Sheet 8	1.15m-1.55m
5.00pm	Sheet 9/Sheet 10	Sheet 5 (Elite 35m+/30m+)	Sheet 9/Sheet 10	1.05m-1.45m



TIMETABLE of EVENTS as at 31.08.18

*All timetables featured are subject to change.

SATURDAY 12th JANUARY 2019

TRACK EVENTS Program 2 ALTERNATE ROUND 9 – BLUE ZONE VENUE – Glenhuntly

ZONE		
Time	Event	Grades
1.00pm	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
1.15pm	*3000 Metres Steeple (91cm) (Lanes 1-3) *2000 Metres Steeple (91cm)	Open/U20/40+/50+ Men U18 Men
1.40pm	*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
2.00pm	100 Metres (Lanes 4-10)	Women
2.00pm	1500 Metres (Lanes 1-3)	Men
2.30pm	1500 Metres (Lanes 1-3)	Women
3.00pm	100 Metres (Lanes 4-10)	Men
4.15pm	4 x 200m Relay (Lanes 1-8)	Women
4.30pm	4 x 200m Relay (Lanes 1-8)	Men
4.45pm	400 Metres (Lanes 1-8)	Women
5.30pm	400 Metres (Lanes 1-8)	Men

*1500m/3000m walk on rounds 2, 3, 6, 7, 8, 9, 12

*2000m/5000m walk on rounds 1, 4, 5, 10

*2000m/3000m Steeplechase on rounds 1, 2, 3, 5, 9, 11, 12

*4x100 Relay on rounds 3, 6, 8, 10 (Please see timetable for allocated program and venue)

*4x200 Relay on rounds 4, 5, 8, 9, 10, 12 (Please see timetable for allocated program and venue)

*4x400 Relay on rounds 4, 5, 9, 11, 12 (Please see timetable for allocated program and venue)

FIELD EVENTS Program 2 ROUND 9 – BLUE ZONE VENUE – Glenhuntly

Time	Discus (1 Cage) Max 20 per sheet	Javelin (1 runway) Max 20 per sheet	Long Jump (2 Pits) Max 20 per sheet
1.00pm	Sheet 1	Sheet 1 (Elite 40m+/30m+)	Sheet 1/Sheet 2 (Elite 6m+/5m+)
2.00pm	Sheet 2	Sheet 2	
2.15pm			Sheet 3/Sheet 4
3.00pm	Sheet 3	Sheet 3	Sheet 5/Sheet 6
4.00pm	Sheet 4	Sheet 4	Sheet 7/Sheet 8
5.00pm	Sheet 5 (Elite 35m+/28m+)	Sheet 5	Sheet 9/Sheet 10



TIMETABLE of EVENTS as at 31.08.18

*All timetables featured are subject to change.

SATURDAY 19TH JANUARY 2019

TRACK EVENTS Program 1 **ROUND 10 – WHITE ZONE VENUE – Box Hill TBC**

ZONE		
Time	Event	Grades
1.15pm	*5000 Metres (Lanes 1-3)	Open/U20/40+/50+/60+ Men & Women
1.30pm	110Metre Hurdles (Lanes 4-10) 100Metre Hurdles (Lanes 4-10) 90Metre Hurdles (Lanes 4-10) 80Metre Hurdles (Lanes 4-10)	U18/U20/Open/40+ Men U18/U20/Open Women & U16/50+/60+ Men U16 Women & U14 Men U14/40+/50+/60+ Women
2.30pm	800 Metres (Lanes 1-3)12 per heat	Men
2.30pm	200 Metres (Lanes 4-8)	Women
3.15pm	800 Metres (Lanes 1-3)12 per heat	Women
3.45pm	200 Metres (Lanes 1-8)	Men
4.45pm	4 x 200m Relay (Lanes 4-8)	Women
5.00pm	*3000 Metres (Lanes 1-3)	U14/U16/U18 Women
5.30pm	4 x 200m Relay (Lanes 4-8)	Men
5.30pm	*3000 Metres (Lanes 1-3)	U14/U16/U18 Men
6.00pm	*2000m Walk (Lanes 1-3) *5000m Walk (Lanes 1-3)	U14/U16/40+/50+/60+ Men & Women Open/U20/U18 Men & Women

*1500m/3000m walk on rounds 2, 3, 6, 7, 8, 9, 12

*2000m/5000m walk on rounds 1, 4, 5, 10

3000m on rounds 2, 3, 4* 5, 6, 7*, 8, 9, 10*, 11

5000m on rounds 2, 4, 7, 10, 12*

*4x100 Relay on rounds 3, 6, 8, 10 (Please see timetable for allocated program and venue)

*4x200 Relay on rounds 4, 5, 8, 9, 10, 12 (Please see timetable for allocated program and venue)

*4x400 Relay on rounds 4, 5, 9, 11, 12 (Please see timetable for allocated program and venue)

FIELD EVENTS Program 1 **ROUND 10 – WHITE ZONE VENUE – Box Hill TBC**

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 (2 Beds) Max 15 per bed	*Pole Vault For clubs in White and Blue Zone only
1.00pm	Sheet 1 (Elite 35m+/30m+)	Sheet 1(20)	Sheet 1/Sheet 2 (Elite 13m+/11m+)	1.75m+ (Elite)	1.00pm: 3.80m+
2.00pm	Sheet 2	Sheet 2(20)		1.40m-1.80m	
2.15pm			Sheet 3/Sheet 4		2.15pm: 3.00m+
3.00pm	Sheet 3	Seated SP	Sheet 5/Sheet 6	1.35m-1.75m	
4.00pm	Sheet 4	Sheet 3(20)	Sheet 7/Sheet 8	1.15m-1.55m	3.45pm: 1.60m+
5.00pm	Sheet 5	Sheet 4(20)	Sheet 9/Sheet 10	1.05m-1.45m	
		Sheet 5(20) (Elite 13m+/11m+)			



TIMETABLE of EVENTS as at 31.08.18

*All timetables featured are subject to change.

SATURDAY 19TH JANUARY 2019

TRACK EVENTS Program 2 ROUND 10 – RED ZONE VENUE - Doncaster

ZONE		
Time	Event	Grades
1.30pm	*2000m Walk (Lanes 1-3) *5000m Walk (Lanes 1-3)	U14/U16/40+/50+/60+ Men & Women Open/U20/U18 Men & Women
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
2.00pm	1500 Metres (Lanes 1-3)	Men
2.15pm	100 Metres (Lanes 4-10)	Men
2.45pm	1500 Metres (Lanes 1-3)	Women
3.15pm	4x100m Relay (Lanes 1-8)	Men
3.30pm	100 Metres (Lanes 4-10)	Women
4.30pm	4x100m Relay (Lanes 1 -8)	Women
4.45pm	400 Metres (Lanes 1-8)	Men
5.45pm	400 Metres (Lanes 1-8)	Women

*1500m/3000m walk on rounds 2, 3, 6, 7, 8, 9, 12

*2000m/5000m walk on rounds 1, 4, 5, 10

*4x100 Relay on rounds 3, 6, 8, 10 (Please see timetable for allocated program and venue)

*4x200 Relay on rounds 4, 5, 8, 9, 10, 12 (Please see timetable for allocated program and venue)

*4x400 Relay on rounds 4, 5, 9, 11, 12 (Please see timetable for allocated program and venue)

FIELD EVENTS Program 2 ROUND 10 – RED ZONE VENUE - Doncaster

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	Sheet 1(13)/Sheet 2(20) (Elite 6m+/5m+)	1.00pm: 3.00m+
2.00pm	Sheet 2(20)	Sheet 2		
2.15pm			Sheet 3(19)/Sheet 4(8)	
2.30pm	Seated Discus			
3.00pm	Sheet 3(20)	Sheet 3	Sheet 5(20)/Sheet 6(20)	3.00pm: 1.60m+
4.00pm	Sheet 4(20)	Sheet 4	Sheet 7(20)/Sheet 8(14)	
5.00pm	Sheet 5(20)	Sheet 5 (Elite 40m+/30m+)	Sheet 9(9)/Sheet 10(2)	



TIMETABLE of EVENTS as at 31.08.18

*All timetables featured are subject to change.

SATURDAY 2nd FEBRUARY 2019

TRACK EVENTS Program 1 ALTERNATE **ROUND 11 – YELLOW ZONE VENUE – Werribee**

ZONE		
Time	Event	Grades
1.30pm	400 Metre Hurdles (Lanes 4-8)	Open/U20/U18/40+/50+ Men & Open/U20/U18/40+ Women
	300 Metre Hurdles	60+ Men & 50+ 60 + Women
	200 Metre Hurdles	U14/U16 Men & Women
1.30pm	800 Metres (Lanes 1-3)12 per heat	Women
2.00pm	800 Metres (Lanes 1-3)12 per heat	Men
2.40pm	200 Metres (Lanes 1-8)	Women
3.30pm	200 Metres (Lanes 1-8)	Men
4.30pm	4 x 400m Relay (Lanes 1-8)	Men & Women
4.45pm	4 x 400m Relay (Lanes 1-8)	Men & Women
5.00pm	*3000 Metres (Lanes 1-3)	All Women
5.30pm	*3000 Metres (Lanes 1-3)	All Men

3000m on rounds 2, 3, 4* 5, 6, 7*, 8, 9, 10*, 11

*4x100 Relay on rounds 3, 6, 8, 10 (Please see timetable for allocated program and venue)

*4x200 Relay on rounds 4, 5, 8, 9, 10, 12 (Please see timetable for allocated program and venue)

*4x400 Relay on rounds 4, 5, 9, 11, 12 (Please see timetable for allocated program and venue)

FIELD EVENTS Program 1 **ROUND 11 – YELLOW ZONE VENUE – Werribee**

Time	Shot Put (2 Circles) Max 20 per sheet	Hammer Throw (1 Cage) Max 15 per sheet	Triple Jump (2 Pits) Max 20 per sheet	High Jump (2 Beds) Max 15 per bed	*Pole Vault For clubs in Yellow and Red Zone only
1.00pm	Sheet 1(20)/Sheet 2(20) (Elite 13m+/11m+)	Sheet 1(15)	Sheet 1(15)/Sheet 2(20) (Elite 13m+/11m+)	1.75m+ (9)(Elite)	1.00pm: 3.00m+(11)
1.30pm					
2.00pm	Sheet 3(20) /Sheet 4(20)	Sheet 2(15)		1.40m-1.80m(18)	
2.15pm			Sheet 3(20)/Sheet 4(11)		
3.00pm	Sheet 5(20) /Sheet 6(20)	Sheet 3(15)	Sheet 5(19)/Sheet 6(7)	1.35m-1.75m(20)	3.00pm: 1.60m+
4.00pm	Sheet 7(20) /Sheet 8(9)	Sheet 4(15)	Sheet 7(17)/Sheet 8(12)	1.15m-1.55m(26)	
5.00pm	Sheet 9(7)/Sheet 10(3)	Sheet 5(15)(Elite 35m+/30m+)	Sheet 9(10)/Sheet 10(3)	1.05m-1.45m(18)	



TIMETABLE of EVENTS as at 31.08.18

*All timetables featured are subject to change.

SATURDAY 2nd FEBRUARY 2019

TRACK EVENTS Program 2 ALTERNATE **ROUND 11 – BLUE ZONE VENUE - Knox**

ZONE		
Time	Event	Grades
1.15pm	*3000 Metres Steeple (91cm) (Lanes 1-3) *2000 Metres Steeple (91cm)	Open/U20/40+/50+ Men U18 Men
1.30pm	110Metre Hurdles (Lanes 4-9) 100Metre Hurdles (Lanes 4-9) 90Metre Hurdles (Lanes 4-9) 80Metre Hurdles (Lanes 4-9)	U18/U20/Open/40+ Men U18/U20/Open Women & U16/50+/60+ Men U16 Women & U14 Men U14/40+/50+/60+ Women
1.35pm	*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
2.10pm	1500 Metres (Lanes 1-3)	Men
2.30pm	100 Metres (Lanes 4-9)	Men
2.40pm	1500 Metres (Lanes 1-3)	Women
3.30pm	100 Metres (Lanes 1-8)	Women
4.30pm	400 Metres (Lanes 1-8)	Men
5.15pm	4x400m Relay (Lanes 1-8)	Men
5.30pm	400 Metres (Lanes 1-8)	Women
6.15pm	4x400m Relay (Lanes 1-8)	Women

*2000m/3000m Steeplechase on rounds 1, 2, 3, 5, 9, 11, 12

FIELD EVENTS Program 2 **ROUND 11 – BLUE ZONE VENUE - Knox**

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 Blue and White Zone only
1.00pm	Sheet 1(12) (Elite 35m+/28m+)	Sheet 1(14) (Elite 40m+/30m+)	Sheet 1(15)/Sheet 2(17) (Elite 6m+/5m+)	1.00pm: 3.80m+
2.00pm	Sheet 2(20)	Sheet 2(19)		
2.15pm			Sheet 3(20)/Sheet 4(17)	2.15pm: 3.00m+
3.00pm	Sheet 3(20)	Sheet 3(20)	Sheet 5(20)/Sheet 6(17)	
4.00pm	Sheet 4(20)	Sheet 4(20)	Sheet 7(14)/Sheet 8(4)	3.45pm: 1.60m+
5.00pm	Sheet 5(20)	Sheet 5(20)	Sheet 9(11)/Sheet 10(2)	



TIMETABLE of EVENTS as at 31.08.18

*All timetables featured are subject to change.

SATURDAY 9th FEBRUARY 2019

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

ZONE		
Time	Event	Grades
1.00pm	*3000 Metres Steeple (91cm) (Lanes 1-3) *2000 Metres Steeple (91cm)	Open/U20/40+/50+ Men U18 Men
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
1.30pm	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	*5000 Metres (Lanes 1-3)	Open/U20/40+/50+/60+ Men & Women
2.50pm	800 Metres (Lanes 1-3)12 per heat	Men
2.30pm	200 Metres (Lanes 4-8)	Women
3.50pm	800 Metres (Lanes 1-3)12 per heat	Women
4.30pm	4 x 400m Relay (Lanes 1-8)	Women
4.45pm	200 Metres (Lanes 4-8)	Men
4.45pm	*1500m Walk (Lanes 1-3) *3000m Walk (Lanes 1-3)	U14/U16 Men & Women Open/U20/U18/40+/50+/60+ Men & Women
5.45pm	4 x 400m Relay (Lanes 1-8)	Men

*1500m/3000m walk on rounds 2, 3, 6, 7, 8, 9, 12

*2000m/5000m walk on rounds 1, 4, 5, 10

**2000m/3000m Steeplechase on rounds 1, 2, 3, 5, 9, 11, 12

3000m on rounds 2, 3, 4* 5, 6, 7*, 8, 9, 10*, 11

5000m on rounds 2, 4, 7, 10, 12*

*4x100 Relay on rounds 3, 6, 8, 10 (Please see timetable for allocated program and venue)

*4x200 Relay on rounds 4, 5, 8, 9, 10, 12 (Please see timetable for allocated program and venue)

*4x400 Relay on rounds 4, 5, 9, 11, 12 (Please see timetable for allocated program and venue)

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

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 (2 Beds) Max 15 per bed	*Pole Vault For clubs in White and Blue Zone only
1.00pm	Sheet 1 (Elite 35m+/30m+)	Sheet 1(20)	Sheet 1/Sheet 2 (Elite 13m+/11m+)	1.75m+ (Elite)	1.00pm: 3.80m+
2.00pm	Sheet 2	Sheet 2(20)		1.40m-1.80m	
2.15pm			Sheet 3/Sheet 4		2.15pm: 3.00m+
3.00pm	Sheet 3	Seated Javelin	Sheet 5/Sheet 6	1.35m-1.75m	3.45pm: 1.60m+
4.00pm	Sheet 4	Sheet 3(20)	Sheet 7/Sheet 8	1.15m-1.55m	
5.00pm	Sheet 5	Sheet 4(20)	Sheet 9/Sheet 10	1.05m-1.45m	
		Sheet 5(20) (Elite 13m+/11m+)			



TIMETABLE of EVENTS as at 31.08.18

*All timetables featured are subject to change.

SATURDAY 9th FEBRUARY 2019

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

ZONE		
Time	Event	Grades
1.00pm	*3000 Metres Steeple (91cm) (Lanes 1-3) *2000 Metres Steeple (91cm)	Open/U20/40+/50+ Men U18 Men
1.15pm	110Metre Hurdles (Lanes 4-10) 100Metre Hurdles (Lanes 4-10) 90Metre Hurdles (Lanes 4-10) 80Metre Hurdles (Lanes 4-10)	U18/U20/Open/40+ Men U18/U20/Open Women & U16/50+/60+ Men U16 Women & U14 Men U14/40+/50+/60+ Women
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	*1500m Walk (Lanes 1-3) *3000m Walk (Lanes 1-3)	U14/U16 Men & Women Open/U20/U18/40+/50+/60+ Men & Women
2.15pm	100 Metres (Lanes 4-10)	Men
2.30pm	1500 Metres (Lanes 1-3)	Men
3.00pm	1500 Metres (Lanes 1-3)	Women
3.30pm	4x200m Relay (Lanes 1 -8)	Men
3.45pm	100 Metres (Lanes 4-10)	Women
4.45pm	4x200m Relay (Lanes 1-8)	Women
5.00pm	400 Metres (Lanes 1-8)	Men
5.45pm	400 Metres (Lanes 1-8)	Women

**2000m/3000m Steeplechase on rounds 1, 2, 3, 5, 9, 11, 12

*1500m/3000m walk on rounds 2, 3, 6, 7, 8, 9, 12

*2000m/5000m walk on rounds 1, 4, 5, 10

*4x100 Relay on rounds 3, 6, 8, 10 (Please see timetable for allocated program and venue)

*4x200 Relay on rounds 4, 5, 8, 9, 10, 12 (Please see timetable for allocated program and venue)

*4x400 Relay on rounds 4, 5, 9, 11, 12 (Please see timetable for allocated program and venue)

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

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	Sheet 1(13)/Sheet 2(20) (Elite 6m+/5m+)	1.00pm: 3.00m+
2.00pm	Sheet 2(20)	Sheet 2		
2.15pm			Sheet 3(19)/Sheet 4(8)	
2.30pm	Seated Discus			
3.00pm	Sheet 3(20)	Sheet 3	Sheet 5(20)/Sheet 6(20)	3.00pm: 1.60m+
4.00pm	Sheet 4(20)	Sheet 4	Sheet 7(20)/Sheet 8(14)	
5.00pm	Sheet 5(20)	Sheet 5 (Elite 40m+/30m+)	Sheet 9(9)/Sheet 10(2)	