

SATURDAY 20TH JANUARY 2018

TRACK EVENTS Program 1 ALTERNATE ROUND 12 – Aberfeldie (Moonee Valley Athletics Centre)

ZONE		
Time	Event	Grades
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	800 Metres (Lanes 1-3)12 per heat Elite Heat(s)	Women x 1 Elite Heat (Sub 2:20.00 female athletes only)
1.35pm	800 Metres (Lanes 1-3)12 per heat	Women
2.00pm	800 Metres (Lanes 1-3)12 per heat Elite Heat(s)	Men x 1 Elite Heat (Sub 2:00.00 male athletes only)
2.05pm	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 1, 2, 4, 6, 7, 10, 12

*5000m on rounds 3, 5, 8, 11

*4x100 Relay on rounds 2, 7, 8, 9 & 10 (Please see timetable for allocated program and venue)

*4x200 Relay on rounds 4, 6, 8 & 11 (Please see timetable for allocated program and venue)

*4x400 Relay on rounds 6, 7 & 12 (Please see timetable for allocated program and venue)

FIELD EVENTS Program 1 ROUND 12 – Aberfeldie (Moonee Valley Athletics Centre)

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)	Sheet 1(15) (Elite 35m+/30m+)	Sheet 1(15)/Sheet 2(20) (Elite 13m+/11m+)	1.75m+ (9)(Elite)	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)	1.60m+(17)
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) (Elite 13m+/11m+)	Sheet 5(15)	Sheet 9(10)/Sheet 10(3)	1.05m-1.45m(18)	

*Pole Vault will operate on two programs on rounds 1, 2, 5, 6, 8, 9, 11, 12

* Athletes can only pre-enter online for one sheet in the same discipline. Athletes who add themselves to more than one field sheet in the same discipline will be removed from all sheets by AV Administration.



TIMETABLE of EVENTS as at 17.01.18

*All timetables featured are subject to change.

SATURDAY 20TH JANUARY 2018

TRACK EVENTS Program 2 ALTERNATE **ROUND 12 – Casey Fields (160 Berwick-Cranbourne Rd)**

ZONE		
Time	Event	Grades
1.30pm	*3000 Metres Steeple (91cm) (Lanes 1-3) *2000 Metres Steeple (91cm)	Open/U20/40+/50+ Men U18 Men
1.30pm	100m (Lanes 4-9)	Women
1.50pm	*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	1500 Metres (Lanes 1-3)	Men
2.30pm	100m (Lanes 4-9)	Men
3.10pm	1500 Metres (Lanes 1-3)	Women
3.50pm	400m (Lanes 1-8)	Men
4.50pm	400m (Lanes 1-8)	Women

*Steeplechase will be alternated with Walks on alternate weeks

*2000m/3000m Steeplechase on rounds 2, 4, 6, 8, 10, 12

FIELD EVENTS Program 2 **ROUND 12 – Casey Fields (160 Berwick-Cranbourne Rd)**

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+)	3.60m+(5) (Elite)
2.00pm	Sheet 2(20)	Sheet 2(19)		
2.15pm			Sheet 3(20)/Sheet 4(17)	2.70m+(7)
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)	1.60m+(14)
5.00pm	Sheet 5(20)	Sheet 5(20)	Sheet 9(11)/Sheet 10(2)	

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