



TIMETABLE of EVENTS as at 19.10.17 *All timetables featured are susceptible to change.

SATURDAY 7TH OCTOBER 2017

Round 1 check-in at Doncaster will open at 11.30am

TRACK EVENTS Program 1 **ROUND 1 – Doncaster (Tom Kelly Athletics Track)**

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)	All Men & Women
2.30pm	200 Metres (Lanes 4-8)	Women
3.00pm	800 Metres (Lanes 1-3)12 per heat	Men
4.00pm	800 Metres (Lanes 1-3)12 per heat	Women
4.30pm	200 Metres (Lanes 4-8)	Men
4.50pm	800 Metres (Lanes 1-3)12 per heat Elite Heat(s)	Women x 2 Elite Heats
5.00pm	800 Metres (Lanes 1-3)12 per heat Elite Heat(s)	Men x 2 Elite Heats

*Note: Athletes in the 800m elite heats will still need to check-in 60 minutes before the time featured above.

*3000m on rounds 1, 2, 4, 6, 7, 10, 12

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

FIELD EVENTS Program 1 **ROUND 1 – Doncaster (Tom Kelly Athletics Track)**

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 (20)/Sheet 2 (20)	Sheet 1 (Elite) (15)	Sheet 1(12)/Sheet 2 (Elite)(4)	1.65m+ (Elite) (8)	3.80m+ (Elite)(1)
2.00pm	Sheet 3 (20)/Sheet 4 (20)	Sheet 2 (15)	Sheet 3 (19)/Sheet 4 (9)	1.40m-1.80m (15)	
2.30pm					3.00m+ (8)
3.00pm	Sheet 5 (20)/Sheet 6 (19)	Sheet 3 (15)	Sheet 5 (20)/Sheet 6 (7)	1.35m-1.75m (15)	
4.00pm	Sheet 7 (20)/Sheet 8 (6)	Sheet 4 (15)	Sheet 7 (20)/Sheet 8 (8)	1.15m-1.55m (14)	1.60m+ (15)
4.30pm					1.60m+ (15)
5.00pm	Sheet 9 (1)/Sheet 10 (Elite) (8)	Sheet 5 (15)	Sheet 9 (8)/Sheet 10 (1)	1.05m-1.45m (15)	

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



TIMETABLE of EVENTS as at 19.10.17 *All timetables featured are susceptible to change.

SATURDAY 7TH OCTOBER 2017

Round 1 check-in at Nunawading will open at 12pm

TRACK EVENTS Program 2 **ROUND 1 – Nunawading (Bill Sewart Athletics Track)**

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 4-12)	U18/U20/Open/40+ Men
	100Metre Hurdles (Lanes 4-12)	U18/U20/Open Women & U16/50+/60+ Men
	90Metre Hurdles (Lanes 4-12)	U16 Women & U14 Men
	80Metre Hurdles (Lanes 4-12)	U14/40+/50+/60+ Women
2.00pm	1500 Metres (Lanes 1-3)	Men
2.15pm	100 Metres (Lanes 4-12)	Men
3.00pm	1500 Metres (Lanes 1-3)	Women
3.30pm	100 Metres (Lanes 4-12)	Women
4.30pm	400 Metres (Lanes 1-8)	Men
5.45pm	400 Metres (Lanes 1-8)	Women

NOTE: For HEAT 1 of the 1500m/3000m walk, check-in will open at 12pm and close at 12.30pm. All athletes in heat 1 and sheet 1 of field events must check in no later than 12.30pm.

*Sprint Hurdles will operate on rounds 1, 3, 4(P1), 5, 6, 7, 8, 9(P1), 10(P1), 11

*1500m/3000m walk on rounds 1, 3, 5, 7, 9, 11, Final

*2000m/5000m walk on rounds 6, 8

FIELD EVENTS Program 2 **ROUND 1 – Nunawading (Bill Sewart Athletics Track)**

Time	Discus (1 Cage) Max 15 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 (Elite)	Sheet 1	Sheet 1/Sheet 2 (Elite)	3.80m+ (Elite)
2.00pm	Sheet 2	Sheet 2	Sheet 3/Sheet 4	
2.30pm				3.00m+ (8)
3.00pm	Sheet 3	Sheet 3	Sheet 5/Sheet 6	
4.00pm	Sheet 4	Sheet 4	Sheet 7/Sheet 8	1.60m+
4.30pm				1.60m+
5.00pm	Sheet 5	Sheet 5 (Elite)	Sheet 9/Sheet 10	

* JT and DT Elite sheet split due to distances.

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



TIMETABLE of EVENTS as at 19.10.17 *All timetables featured are susceptible to change.

SATURDAY 14TH OCTOBER 2017

Round 2 check-in at Frankston will open at 11.30am.

TRACK EVENTS Program 1 ALTERNATE ROUND 2 – Frankston (Ballam Park)

ZONE		
Time	Event	Grades
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 (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
3.45pm	800 Metres (Lanes 1-3)12 per heat	Men
4.15pm	200 Metres (Lanes 1-8)	Women
5.30pm	800 Metres (Lanes 1-3)12 per heat Elite Heat(s)	Women x 2 Elite Heats (Sub 2:20.00 female athletes only)
5.40pm	800 Metres (Lanes 1-3)12 per heat Elite Heat(s)	Men x 2 Elite Heats (Sub 2:00.00 male athletes only)
5.50pm	4 x 100m Relay Lanes 1- 8)	Men & Women

Note: 3000m/5000m walk will be held on Wednesday 18th October at Clifton Hill 6.30pm start.

*3000m on rounds 1, 2, 4, 6, 7, 10, 12

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

*4x100 Relay (P1) on rounds 2 & 10

*4x200 Relay (P1) on rounds 4 & 8

*4x400 Relay (P1) on rounds 6 & 12

FIELD EVENTS Program 1 ROUND 2 – Frankston (Ballam Park)

(Pole Vault will operate at Box Hill on Thursday 12th October 6pm and not on the Saturday 14th October for Blue and White zone athletes)

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(20)/Sheet 2(6) (Elite 13m+/11m+)	Sheet 1(15)	Sheet 1(12)/Sheet 2 (9)(Elite 13m+/11m+)	1.65m+ (Elite)(8)	6.00pm: 1.60m+
2.00pm	Sheet 3(20)/Sheet 4(20)	Sheet 2(15)	Sheet 3(20)/Sheet 4(13)	1.40m-1.80m(15)	
3.00pm	Sheet 5(20)/Sheet 6(20)	Sheet 3(15)	Sheet 5(19)/Sheet 6(20)	1.35m-1.75m(15)	6.00pm: 3.00m+
4.00pm	Sheet 7(20)/Sheet 8(20)	Sheet 4(15)	Sheet 7(20)/Sheet 8(13)	1.15m-1.55m(15)	
5.00pm	Sheet 9(20)/Sheet 10(20)	Sheet 5 (Elite 35m+/30m+)(15)	Sheet 9(10)/Sheet 10(0)	1.05m-1.45m(15)	7.30pm: 3.80m+ (Elite)

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



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SATURDAY 14TH OCTOBER 2017

Round 2 check-in at Werribee will open at 11.30am.

TRACK EVENTS Program 2 ALTERNATE ROUND 2 – Werribee (Victoria University Wyndham Sporting Complex)

ZONE		
Time	Event	Grades
12.45pm	*3000 Metres Steeple (91cm) (Lanes 1-3) *2000 Metres Steeple (91cm)	Open/U20/40+/50+ Men U18 Men
1.05pm	*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	100m (Lanes 4-10)	Women
1.30pm	1500 Metres (Lanes 1-3)	Men
2.15pm	1500 Metres (Lanes 1-3)	Women
2.45pm	100m (Lanes 4-10)	Men
4.00pm	400m (Lanes 1-8)	Women
5.15pm	400m (Lanes 1-8)	Men

Note: 3000m/5000m walk will be held on Wednesday 18th October at Clifton Hill 6.30pm start.

*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 2 – Werribee (Victoria University Wyndham Sporting Complex)

Time	Discus (1 Cage) Max 15 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(15)	Sheet 1(13) (Elite 40m+/30m+)	Sheet 1(18)/Sheet 2(5)(Elite 6m+/5m+)	3.80m+(1) (Elite)
2.00pm	Sheet 2(15)	Sheet 2(20)	Sheet 3(20)/Sheet 4(20)	
2.15pm				2.70m+/3.00m+(7)
3.00pm	Sheet 3(15)	Sheet 3(20)	Sheet 5(20)/Sheet 6(16)	
4.00pm	Sheet 4(15)	Sheet 4(20)	Sheet 7(20)/Sheet 8(11)	
4.15pm				1.60m+(23)
5.00pm	Sheet 5(15) (Elite 35m+/28m+)	Sheet 5(20)	Sheet 9(5)/Sheet 10 (1)	

Note: An extra five (5) spots will now be available for on the day entry for all Discus sheets. Spaces will be on a first come first serve basis and check-in will close 60 minutes before the scheduled event time.

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



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SATURDAY 21ST OCTOBER 2017

Round 3 check-in at Meadowglen will open at 12.00pm.

TRACK EVENTS Program 1 **ROUND 3 – Meadowglen (Meadowglen International Athletics Stadium)**

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	*5000 Metres (3 Heats/Lanes 1-3)	Open/U20/40+/50+/60+ Men & Women
2.30pm	200 Metres (Lanes 4-8)	Women
3.00pm	800 Metres (Lanes 1-3)12 per heat	Men
3.45pm	800 Metres (Lanes 1-3)12 per heat	Women
3.45pm	200 Metres (Lanes 4-8)	Men
5.00pm	800 Metres (Lanes 1-3)12 per heat Elite Heat(s)	Women x 1 Elite Heats (Sub 2:20.00 female athletes only)
5.05pm	800 Metres (Lanes 1-3)12 per heat Elite Heat(s)	Men x 1 Elite Heats (Sub 2:00.00 male athletes only)

*3000m on rounds 1, 2, 4, 6, 7, 10, 12

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

FIELD EVENTS Program 1 **ROUND 3 – Meadowglen (Meadowglen International Athletics Stadium)**

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(20)/Sheet 2(19)	Sheet 1(13) (Elite 35m+/30m+)	Sheet 1(11)/Sheet 2(8) (Elite 13m+/11m+)	1.65m+ (6) (Elite)
2.00pm	Sheet 3(20)/Sheet 4(13)	Sheet 2(15)	Sheet 3(18)/Sheet 4(12)	1.40m-1.80m(15)
2.30pm	Seated Throws (SP)			
3.00pm	Sheet 5(19)/Sheet 6(8)	Sheet 3(15)	Sheet 5(20)/Sheet 6(6)	1.35m-1.75m(15)
4.00pm	Sheet 7(18)/Sheet 8(1)	Sheet 4(13)	Sheet 7(10)/Sheet 8(2)	1.15m-1.55m(15)
5.00pm	Sheet 9(4)/Sheet 10(6) (Elite 13m+/11m+)	Sheet 5(11)	Sheet 9(10)/Sheet 10(2)	1.05m-1.45m(15)

Note: Extra spots will now be available for on the day entry in High Jump competition. Spaces will be on a first come first serve basis and check-in will close 60 minutes before the scheduled event time. From round 4 onwards high jump will be offered with 15 per bed with 2 beds operating in each timetabled slot.

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



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SATURDAY 21ST OCTOBER 2017

Round 3 check-in at Nunawading will open at 11.30am.

TRACK EVENTS Program 2 **ROUND 3 – Nunawading (Bill Sewart Athletics Track)**

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
2.00pm	1500 Metres (Lanes 1-3)	Men
2.15pm	100 Metres (Lanes 4-11)	Men
3.15pm	1500 Metres (Lanes 1-3)	Women
3.30pm	100 Metres (Lanes 4-11)	Women
4.45pm	400 Metres (Lanes 1-8)	Men
6.00pm	400 Metres (Lanes 1-8)	Women

*Sprint Hurdles will operate on rounds 1, 3, 4(P1), 5, 6, 7, 8, 9(P1), 10(P1), 11

*1500m/3000m walk on rounds 1, 3, 5, 7, 9, 11, Final

*2000m/5000m walk on rounds 6, 8

FIELD EVENTS Program 2 **ROUND 3 – Nunawading (Bill Sewart Athletics Track)**

Time	Discus (1 Cage) Max 15 per sheet	Javelin (1 runway) Max 20 per sheet	Long Jump (2 Pits) Max 20 per sheet
1.00pm	Sheet 1 (15)	Sheet 1(20) (Elite 40m+/30m+)	Sheet 1(20) /Sheet 2(20) (Elite 6m+/5m+)
2.00pm	Sheet 2 (15)	Sheet 2(20)	Sheet 3(20) /Sheet 4(20)
2.30pm	Seated Throws (DT/JT)	Seated Throws (DT/JT)	
3.00pm	Sheet 3 (15)	Sheet 3(20)	Sheet 5(20) /Sheet 6(20)
4.00pm	Sheet 4 (15)	Sheet 4(20)	Sheet 7(20) /Sheet 8(20)
5.00pm	Sheet 5 (15) (Elite 35m+/28m+)	Sheet 5(20)	Sheet 9(20) /Sheet 10(20)
6.00pm	Sheet 6	Sheet 6	Sheet 11/Sheet 12

Note: An extra five (5) spots will now be available for on the day entry for all Discus sheets. Spaces will be on a first come first serve basis and check-in will close 60 minutes before the scheduled event time.

An additional time slot also has been included for entry on the day across Discus, Javelin, and Long Jump at 6pm. Spaces will be on a first come first serve basis and check-in will close 60 minutes before the scheduled event time.

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



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SATURDAY 28TH OCTOBER 2017

TRACK EVENTS Program 1 ALTERNATE ROUND 4 – Knox (Knox Park Reserve)

ZONE		
Time	Event	Grades
1.30pm	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
1.30pm	*3000 Metres (Lanes 1-3)	All Women
2.00pm	*3000 Metres (Lanes 1-3)	All Men
2.30pm	200 Metres (Lanes 4-8)	Men
2.30pm	800 Metres (Lanes 1-3)12 per heat	Women
3.30pm	800 Metres (Lanes 1-3)12 per heat	Men
3.45pm	4 x 200m Relay (Lanes 1-8)	Men
4.00pm	200 Metres (Lanes 4-8)	Women
5.15pm	4 x 200m Relay (Lanes 1-8)	Women
5.30pm	800 Metres (Lanes 1-3)12 per heat Elite Heat(s)	Men x 2 Elite Heats (Sub 2:00.00 male athletes only)
5.35pm	800 Metres (Lanes 1-3)12 per heat Elite Heat(s)	Women x 2 Elite Heats (Sub 2:20.00 female athletes only)

(Please Note: 3000m/5000m walk will be held on Wednesday 1st November 2017 at Clifton Hill, Collingwood, 6.30pm start)

*3000m on rounds 1, 2, 4, 6, 7, 10, 12

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

*4x100 Relay (P1) on rounds 2 & 10

*4x200 Relay (P1) on rounds 4 & 8

*4x400 Relay (P1) on rounds 6 & 12

FIELD EVENTS Program 1 ROUND 4 – Knox (Knox Park Reserve)

Time	Shot Put (2 Circles) Max 20 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 2 (Elite 13m+/11m+)	1.65m+ (Elite)
2.00pm	Sheet 3/Sheet 4	Sheet 3/Sheet 4	1.40m-1.80m
3.00pm	Sheet 5/Sheet 6	Sheet 5/Sheet 6	1.35m-1.75m
4.00pm	Sheet 7/Sheet 8	Sheet 7/Sheet 8	1.15m-1.55m
5.00pm	Sheet 9/Sheet 10	Sheet 9/Sheet 10	1.05m-1.45m

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



TIMETABLE of EVENTS as at 19.10.17 *All timetables featured are susceptible to change.

SATURDAY 28TH OCTOBER 2017

TRACK EVENTS Program 2 ALTERNATE **ROUND 4 – Werribee (Victoria University Wyndham Sporting Complex)**

ZONE		
Time	Event	Grades
12.45pm	*3000 Metres Steeple (91cm) (Lanes 1-3) *2000 Metres Steeple (91cm)	Open/U20/40+/50+ Men U18 Men
1.05pm	*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	100m (Lanes 4-10)	Women
1.30pm	1500 Metres (Lanes 1-3)	Men
2.45pm	1500 Metres (Lanes 1-3)	Women
3.00pm	100m (Lanes 4-10)	Men
4.15pm	400m (Lanes 1-8)	Women
5.30pm	400m (Lanes 1-8)	Men

(Please Note: 3000m/5000m walk will be held on Wednesday 1st November 2017 at Clifton Hill, Collingwood, 6.30pm start)

*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 4 – Werribee (Victoria University Wyndham Sporting Complex)**

Time	Discus (1 Cage) Max 15 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
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 (Elite 40m+/30m+)	Sheet 9/Sheet 10

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



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SATURDAY 18TH NOVEMBER 2017

TRACK EVENTS Program 1 **ROUND 5 – Doncaster (Tom Kelly Athletics Track)**

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	*5000 Metres (Lanes 1-3)	Open/U20/40+/50+/60+ Men & Women
2.30pm	200 Metres (Lanes 4-8)	Women
3.00pm	800 Metres (Lanes 1-3)12 per heat	Men
4.00pm	800 Metres (Lanes 1-3)12 per heat	Women
4.30pm	200 Metres (Lanes 4-8)	Men
5.00pm	800 Metres (Lanes 1-3)12 per heat Elite Heat(s)	Women x 2 Elite Heats (Sub 2:20.00 female athletes only)
5.10pm	800 Metres (Lanes 1-3)12 per heat Elite Heat(s)	Men x 2 Elite Heats (Sub 2:00.00 male athletes only)

*3000m on rounds 1, 2, 4, 6, 7, 10, 12

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

FIELD EVENTS Program 1 **ROUND 5 – Doncaster (Tom Kelly Athletics Track)**

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)	2.95m+
1.30pm					
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	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	

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



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SATURDAY 18TH NOVEMBER 2017

TRACK EVENTS Program 2 ROUND 5 – Yarra Ranges (Morrison Reserve)

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
1.15pm	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
2.00pm	1500 Metres (Lanes 1-3)	Men
2.15pm	100 Metres (Lanes 5-10)	Men
3.00pm	1500 Metres (Lanes 1-3)	Women
3.30pm	100 Metres (Lanes 5-10)	Women
4.30pm	400 Metres (Lanes 1-8)	Men
5.45pm	400 Metres (Lanes 1-8)	Women

*Sprint Hurdles will operate on rounds 1, 3, 4(P1), 5, 6, 7, 8, 9(P1), 10(P1), 11

*1500m/3000m walk on rounds 1, 3, 5, 7, 9, 11, Final

*2000m/5000m walk on rounds 6, 8

FIELD EVENTS Program 2 ROUND 5 – Yarra Ranges (Morrison Reserve)

(Pole Vault will operate at Box Hill on Thursday 15th November 6pm and not on the Saturday 18th November for Blue and White zone athletes) Times TBC

Time	Discus (1 Cage) Max 15 per sheet	Javelin (1 runway) Max 20 per sheet	Long Jump (2 Pits) Max 20 per sheet	*Pole Vault For clubs in White Zone and Blue Zone
1.00pm	Sheet 1	Sheet 1 (Elite 40m+/30m+)	Sheet 1/Sheet 2 (Elite 6m+/5m+)	3.80m+ (Elite)
2.00pm	Sheet 2	Sheet 2	Sheet 3/Sheet 4	
2.15pm				3.00m+
3.00pm	Sheet 3	Sheet 3	Sheet 5/Sheet 6	
4.00pm	Sheet 4	Sheet 4	Sheet 7/Sheet 8	
4.15pm				1.60m+
5.00pm	Sheet 5 (Elite 35m+/28m+)	Sheet 5	Sheet 9/Sheet 10	

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



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SUNDAY 26TH NOVEMBER 2017

TRACK EVENTS Program 1 ALTERNATE ROUND 6 – Frankston (Ballam Park) (Sunday Competition)

ZONE		
Time	Event	Grades
11.30am	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
11.30am	*3000 Metres (Lanes 1-3)	All Women
12.00pm	*3000 Metres (Lanes 1-3)	All Men
12.30pm	200 Metres (Lanes 4-8)	Men
1.00pm	800 Metres (Lanes 1-3)12 per heat	Women
1.45pm	800 Metres (Lanes 1-3)12 per heat	Men
2.00pm	4 x 400m Relay (Lanes 1-8)	Women
2.15pm	4 x 400m Relay (Lanes 1-8)	Men
2.30pm	200 Metres (Lanes 4-8)	Women
4.00pm	800 Metres (Lanes 1-3)12 per heat Elite Heat(s)	Men x 2 Elite Heats (Sub 2:00.00 male athletes only)
4.05pm	800 Metres (Lanes 1-3)12 per heat Elite Heat(s)	Women x 2 Elite Heats (Sub 2:20.00 female athletes only)

*3000m on rounds 1, 2, 4, 6, 7, 10, 12

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

*4x100 Relay (P1) on rounds 2 & 10

*4x200 Relay (P1) on rounds 4 & 8

*4x400 Relay (P1) on rounds 6 & 12

FIELD EVENTS Program 1 ROUND 6 – Frankston (Ballam Park) (Sunday Competition)

(Pole Vault will operate at Box Hill on Thursday 23rd November 6pm and not on the Sunday 26th November for Blue and White zone athletes)

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
12.00pm	Sheet 1/Sheet 2	Sheet 1 (Elite 35m+/30m+)	Sheet 1/Sheet 2 (Elite 13m+/11m+)	1.65m+ (Elite)	6.30pm: 1.60m+
1.00pm	Sheet 3/Sheet 4	Sheet 2	Sheet 3/Sheet 4	1.40m-1.80m	6.30pm: 3.00m+
2.00pm	Sheet 5/Sheet 6	Sheet 3	Sheet 5/Sheet 6	1.35m-1.75m	
3.00pm	Sheet 7/Sheet 8	Sheet 4	Sheet 7/Sheet 8	1.15m-1.55m	
4.00pm	Sheet 9/Sheet 10 (Elite 13m+/11m+)	Sheet 5	Sheet 9/Sheet 10	1.05m-1.45m	
					8.00pm: 3.80m+ (Elite)

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



TIMETABLE of EVENTS as at 19.10.17 *All timetables featured are susceptible to change.

SUNDAY 26TH NOVEMBER 2017

TRACK EVENTS Program 2 ALTERNATE ROUND 6 – Aberfeldie (Moonee Valley Athletics Centre) (Sunday Competition)

ZONE		
Time	Event	Grades
11.30am	*3000 Metres Steeple (91cm) (Lanes 1-3) *2000 Metres Steeple (91cm)	Open/U20/40+/50+ Men U18 Men
11.30am	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
12.00pm	*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
12.30pm	*2000m Walk (Lanes 1-3) *5000m Walk (Lanes 1-3)	U14/U16/40+/50+/60+ Men & Women Open/U20/U18 Men & Women
12.30pm	100m (Lanes 4-11)	Women
1.20pm	1500 Metres (Lanes 1-3)	Men
2.20pm	1500 Metres (Lanes 1-3)	Women
2.00pm	100m (Lanes 4-11)	Men
3.30pm	400m (Lanes 1-8)	Women
4.45pm	400m (Lanes 1-8)	Men

*Sprint Hurdles will operate on rounds 1, 3, 4(P1), 5, 6, 7, 8, 9(P1), 10(P1), 11

*Steeplechase will be alternated with Walks on alternate weeks

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

*1500m/3000m walk on rounds 1, 3, 5, 7, 9, 11, Final

*2000m/5000m walk on rounds 6, 8

FIELD EVENTS Program 2 ROUND 6 – Aberfeldie (Moonee Valley Athletics Centre) (Sunday Competition)

Time	Discus (1 Cage) Max 15 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
12.00pm	Sheet 1	Sheet 1 (Elite 40m+/30m+)	Sheet 1/Sheet 2 (Elite 6m+/5m+)	
1.00pm	Sheet 2	Sheet 2	Sheet 3/Sheet 4	3.00m+
1.30pm				
2.00pm	Sheet 3	Sheet 3	Sheet 5/Sheet 6	
3.00pm	Sheet 4	Sheet 4	Sheet 7/Sheet 8	1.60m+
4.00pm	Sheet 5 (Elite 35m+/28m+)	Sheet 5	Sheet 9/Sheet 10	

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



TIMETABLE of EVENTS as at 19.10.17 *All timetables featured are susceptible to change.

SATURDAY 2ND DECEMBER 2017

TRACK EVENTS Program 1 **ROUND 7 – Ringwood (A C Robertson Field Athletics Track)**

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	*3000 Metres (Lanes 1-3)	All Women
2.00pm	*3000 Metres (Lanes 1-3)	All Men
2.15pm	200 Metres (Lanes 4-8)	Women
3.00pm	800 Metres (Lanes 1-3)12 per heat	Men
4.00pm	800 Metres (Lanes 1-3)12 per heat	Women
3.45pm	200 Metres (Lanes 4-8)	Men
5.00pm	800 Metres (Lanes 1-3)12 per heat Elite Heat(s)	Women x 2 Elite Heats (Sub 2:20.00 female athletes only)
5.10pm	800 Metres (Lanes 1-3)12 per heat Elite Heat(s)	Men x 2 Elite Heats (Sub 2:00.00 male athletes only)

*3000m on rounds 1, 2, 4, 6, 7, 10, 12

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

FIELD EVENTS Program 1 **ROUND 7 – Ringwood (A C Robertson Field Athletics Track)**

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+)	1.65m+ (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	Sheet 5 (Elite 35m+/30m+)	Sheet 9/Sheet 10	1.05m-1.45m

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



TIMETABLE of EVENTS as at 19.10.17 *All timetables featured are susceptible to change.

SATURDAY 2ND DECEMBER 2017

TRACK EVENTS Program 2 ROUND 7 – Doncaster (Tom Kelly Athletics Track)

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
2.00pm	1500 Metres (Lanes 1-3)	Men
2.15pm	100 Metres (Lanes 4-11)	Men
3.00pm	1500 Metres (Lanes 1-3)	Women
3.30pm	100 Metres (Lanes 4-11)	Women
4.30pm	400 Metres (Lanes 1-8)	Men
5.45pm	400 Metres (Lanes 1-8)	Women

*Sprint Hurdles will operate on rounds 1, 3, 4(P1), 5, 6, 7, 8, 9(P1), 10(P1), 11

*1500m/3000m walk on rounds 1, 3, 5, 7, 9, 11, Final

*2000m/5000m walk on rounds 6, 8

FIELD EVENTS Program 2 ROUND 7 – Doncaster (Tom Kelly Athletics Track)

PV for yellow and red zone athletes will now take place on Saturday 2nd December at Doncaster. See Round 7 timetable

Time	Discus (1 Cage) Max 15 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 (Elite 35m+/28m+)	Sheet 1	Sheet 1/Sheet 2 (Elite 6m+/5m+)	2.95m+
1.30pm				
2.00pm	Sheet 2	Sheet 2	Sheet 3/Sheet 4	
3.00pm	Sheet 3	Sheet 3	Sheet 5/Sheet 6	1.60m+
4.00pm	Sheet 4	Sheet 4	Sheet 7/Sheet 8	
5.00pm	Sheet 5	Sheet 5 (Elite 40m+/30m+)	Sheet 9/Sheet 10	

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



TIMETABLE of EVENTS as at 19.10.17 *All timetables featured are susceptible to change.

SUNDAY 10TH DECEMBER 2017

TRACK EVENTS Program 1 ALTERNATE ROUND 8 – Williamstown (Newport Park Athletics Facility) (Sunday Competition)

ZONE		
Time	Event	Grades
11.30am	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
11.30am	*5000 Metres (Lanes 1-3)	Open/U20/40+/50+/60+ Men & Women
12.30pm	200 Metres (Lanes 4-8)	Men
1.00pm	800 Metres (Lanes 1-3)12 per heat	Women
2.00pm	800 Metres (Lanes 1-3)12 per heat	Men
2.00pm	4 x 200m Relay (Lanes 4-8)	Men
2.30pm	4 x 200m Relay (Lanes 4-8)	Women
3.00pm	200 Metres (Lanes 1-8)	Women
4.15pm	800 Metres (Lanes 1-3)12 per heat Elite Heat(s)	Men x 2 Elite Heats (Sub 2:00.00 male athletes only)
4.20pm	800 Metres (Lanes 1-3)12 per heat Elite Heat(s)	Women x 2 Elite Heats (Sub 2:20.00 female athletes only)

Note: 5000m on round 8 may change to later on in the program depending on the weather forecast. This may impact other events.

*3000m on rounds 1, 2, 4, 6, 7, 10, 12

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

*4x100 Relay (P1) on rounds 2 & 10

*4x200 Relay (P1) on rounds 4 & 8

*4x400 Relay (P1) on rounds 6 & 12

FIELD EVENTS Program 1 ROUND 8 - Williamstown (Newport Park Athletics Facility)

PV for yellow and red zone athletes will now take place on Saturday 2nd December at Doncaster. See Round 7 timetable.

Time	Shot Put (2 Circles) Max 20 per sheet	Triple Jump (2 Pits) Max 20 per sheet	High Jump (2 Beds) Max 15 per bed
12.00pm	Sheet 1/Sheet 2 (Elite 13m+/11m+)	Sheet 1/Sheet 2 (Elite 13m+/11m+)	1.65m+ (Elite)
1.00pm	Sheet 3/Sheet 4	Sheet 3/Sheet 4	1.40m-1.80m
2.00pm	Sheet 5/Sheet 6	Sheet 5/Sheet 6	1.35m-1.75m
3.00pm	Sheet 7/Sheet 8	Sheet 7/Sheet 8	1.15m-1.55m
4.00pm	Sheet 9/Sheet 10	Sheet 9/Sheet 10	1.05m-1.45m

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



TIMETABLE of EVENTS as at 19.10.17 *All timetables featured are susceptible to change.

SUNDAY 10TH DECEMBER 2017

TRACK EVENTS Program 2 ALTERNATE ROUND 8 – Casey Fields (160 Berwick-Cranbourne Rd) (Sunday Competition)

ZONE		
Time	Event	Grades
11.30am	*3000 Metres Steeple (91cm) (Lanes 1-3) *2000 Metres Steeple (91cm)	Open/U20/40+/50+ Men U18 Men
11.50am	*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
11.30am	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
12.30pm	*2000m Walk (Lanes 1-3) *5000m Walk (Lanes 1-3)	U14/U16/40+/50+/60+ Men & Women Open/U20/U18 Men & Women
12.30pm	100m (Lanes 4-11)	Women
1.30pm	1500 Metres (Lanes 1-3)	Men
2.30pm	1500 Metres (Lanes 1-3)	Women
2.30pm	100m (Lanes 4-11)	Men
3.45pm	400m (Lanes 1-8)	Women
4.45pm	400m (Lanes 1-8)	Men

*Sprint Hurdles will operate on rounds 1, 3, 4(P1), 5, 6, 7, 8, 9(P1), 10(P1), 11

*Steeplechase will be alternated with Walks on alternate weeks

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

*1500m/3000m walk on rounds 1, 3, 5, 7, 9, 11, Final

*2000m/5000m walk on rounds 6, 8

FIELD EVENTS Program 2 ROUND 8 – Casey Fields (160 Berwick-Cranbourne Rd) (Sunday Competition)

Time	Discus (1 Cage) Max 15 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
12.00pm	Sheet 1	Sheet 1 (Elite 40m+/30m+)	Sheet 1/Sheet 2 (Elite 6m+/5m+)	3.60m+ (Elite)
1.00pm	Sheet 2	Sheet 2	Sheet 3/Sheet 4	
1.30pm				2.70m+
2.00pm	Sheet 3	Sheet 3	Sheet 5/Sheet 6	
3.00pm	Sheet 4	Sheet 4	Sheet 7/Sheet 8	
3.30pm				1.60m+
4.00pm	Sheet 5 (Elite 35m+/28m+)	Sheet 5	Sheet 9/Sheet 10	

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



TIMETABLE of EVENTS as at 19.10.17 *All timetables featured are susceptible to change.

FRIDAY 15TH DECEMBER 2017

TRACK EVENTS Program 1 **ROUND 9 – LAKESIDE STADIUM (FRIDAY TWILIGHT) (White and Blue HOST)**

ZONE		
Time	Event	Grades
6.00pm	200 Metres (Lanes 1-8)	Women
7.00pm	200 Metres (Lanes 1-8)	Men
8.00pm	110Metre Hurdles (Lanes 4-12) 100Metre Hurdles (Lanes 4-12) 90Metre Hurdles (Lanes 4-12) 80Metre Hurdles (Lanes 4-12)	U18/U20/Open/40+ Men U18/U20/Open Women & U16/50+/60+ Men U16 Women & U14 Men U14/40+/50+/60+ Women
8.00pm	800 Metres (Lanes 1-3)12 per heat	Women
9.00pm	800 Metres (Lanes 1-3)12 per heat	Men

FIELD EVENTS Program 1 **ROUND 9 – LAKESIDE STADIUM (FRIDAY TWILIGHT) (White and Blue HOST)**

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/Sheet 2	Sheet 1 (Elite 35m+/30m+) /Sheet 2	Sheet 1/Sheet 2 (Elite 13m+/11m+)	1.65m+ (Elite)	
6.30pm					1.60+ & 3.00m+
7.00pm	Sheet 3/Sheet 4	Sheet 3/Sheet 4	Sheet 3/Sheet 4	1.40m-1.80m	
8.00pm	Sheet 5/Sheet 6	Sheet 5/Sheet 6	Sheet 5/Sheet 6	1.15m-1.55m	3.80m+
9.00pm	Sheet 7/Sheet 8 (Elite 13m+/11m+)	Sheet 7/Sheet 8	Sheet 7/Sheet 8	1.05m – 1.45m	

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



TIMETABLE of EVENTS as at 19.10.17 *All timetables featured are susceptible to change.

SATURDAY 16TH DECEMBER 2017

TRACK EVENTS Program 2 **ROUND 9 – Meadowglen (Meadowglen International Athletics Stadium)**

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
1.15pm	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
2.00pm	1500 Metres (Lanes 1-3)	Men
2.15pm	100 Metres (Lanes 4-10)	Men
3.00pm	1500 Metres (Lanes 1-3)	Women
3.30pm	100 Metres (Lanes 4-10)	Women
4.30pm	400 Metres (Lanes 1-8)	Men
5.45pm	400 Metres (Lanes 1-8)	Women

*Sprint Hurdles will operate on rounds 1, 3, 4(P1), 5, 6, 7, 8, 9(P1), 10(P1), 11

*1500m/3000m walk on rounds 1, 3, 5, 7, 9, 11, Final

*2000m/5000m walk on rounds 6, 8

FIELD EVENTS Program 2 **ROUND 9 – Meadowglen (Meadowglen International Athletics Stadium)**

Time	Discus (1 Cage) Max 15 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 (Elite 35m+/28m+)	Sheet 1	Sheet 1/Sheet 2 (Elite 6m+/5m+)	3.00m+
1.30pm				
2.00pm	Sheet 2	Sheet 2	Sheet 3/Sheet 4	
3.00pm	Sheet 3	Sheet 3	Sheet 5/Sheet 6	1.60m+
4.00pm	Sheet 4	Sheet 4	Sheet 7/Sheet 8	
5.00pm	Sheet 5	Sheet 5 (Elite 40m+/30m+)	Sheet 9/Sheet 10	

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



TIMETABLE of EVENTS as at 19.10.17 *All timetables featured are susceptible to change.

SATURDAY 6TH JANUARY 2018

TRACK EVENTS Program 1 ALTERNATE ROUND 10 – Aberfeldie (Moonee Valley Athletics Centre)

ZONE		
Time	Event	Grades
1.30pm	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
1.30pm	800 Metres (Lanes 1-3)12 per heat	Women
2.30pm	200 Metres (Lanes 4-8)	Women
2.30pm	800 Metres (Lanes 1-3)12 per heat	Men
3.45pm	200 Metres (Lanes 1-8)	Men
5.00pm	4 x 100m Relay (Lanes 4-8)	Men & Women
5.30pm	4 x 100m Relay (Lanes 4-8)	Men & Women
5.30pm	800 Metres (Lanes 1-3)12 per heat Elite Heat(s)	Women x 2 Elite Heats (Sub 2:20.00 female athletes only)
5.40pm	800 Metres (Lanes 1-3)12 per heat Elite Heat(s)	Men x 2 Elite Heats (Sub 2:00.00 male athletes only)
5.45pm	*3000 Metres (Lanes 1-3)	All Women
6.15pm	*3000 Metres (Lanes 1-3)	All Men

(Please Note: 3000m/5000m walk will be held on Wednesday 10th January at Mentone, 6.30pm start)

- *3000m on rounds 1, 2, 4, 6, 7, 10, 12
- *5000m on rounds 3, 5, 8, 11
- *4x100 Relay (P1) on rounds 2 & 10
- *4x200 Relay (P1) on rounds 4 & 8
- *4x400 Relay (P1) on rounds 6 & 12

FIELD EVENTS Program 1 ROUND 10 – 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
1.00pm	Sheet 1/Sheet 2 (Elite 13m+/11m+)	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	Sheet 5 (Elite 35m+/30m+)	Sheet 9/Sheet 10	1.05m-1.45m

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



TIMETABLE of EVENTS as at 19.10.17 *All timetables featured are susceptible to change.

SATURDAY 6TH JANUARY 2018

TRACK EVENTS Program 2 ALTERNATE **ROUND 10** --Knox (Knox Park Reserve)

ZONE		
Time	Event	Grades
1.15pm	*3000 Metres Steeple (91cm) (Lanes 1-3) *2000 Metres Steeple (91cm)	Open/U20/40+/50+ Men U18 Men
1.40pm	*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
1.30pm	100m (Lanes 4-10)	Women
2.00pm	1500 Metres (Lanes 1-3)	Men
3.00pm	1500 Metres (Lanes 1-3)	Women
2.45pm	100m (Lanes 4-10)	Men
4.00pm	400m (Lanes 1-8)	Women
5.15pm	400m (Lanes 1-8)	Men

(Please Note: 3000m/5000m walk will be held on Wednesday 10th January at Mentone, 6.30pm start)

*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 10** – Knox (Knox Park Reserve)

Time	Discus (1 Cage) Max 15 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
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 (Elite 40m+/30m+)	Sheet 9/Sheet 10

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



TIMETABLE of EVENTS as at 19.10.17 *All timetables featured are susceptible to change.

FRIDAY 12TH JANUARY 2018

TRACK EVENTS Program 2 **ROUND 11 – LAKESIDE STADIUM (Red and Yellow HOST)**

ZONE		
Time	Event	Grades
5.30pm	*1500m Walk (Lanes 1-3)	U14/U16 Men & Women
	*3000m Walk (Lanes 1-3)	Open/U20/U18/40+/50+/60+ Men & Women
6.00pm	110Metre Hurdles (Lanes 6-11)	U18/U20/Open/40+ Men
	100Metre Hurdles (Lanes 6-11)	U18/U20/Open Women & U16/50+/60+ Men
	90Metre Hurdles (Lanes 6-11)	U16 Women & U14 Men
	80Metre Hurdles (Lanes 6-11)	U14/40+/50+/60+ Women
6.45pm	400m (Lanes 1-5)	Women
6.45pm	100m (Lanes 6-11)	Men
8.00pm	400m (Lanes 1-5)	Men
8.00pm	100m (Lanes 6-11)	Women

*Sprint Hurdles will operate on rounds 1, 3, 4(P1), 5, 6, 7, 8, 9(P1), 10(P1), 11

*1500m/3000m walk on rounds 1, 3, 5, 7, 9, 11, Final

*2000m/5000m walk on rounds 6, 8

FIELD EVENTS Program 2 **ROUND 11 – LAKESIDE STADIUM (Red and Yellow HOST)**

Time	Discus (2 Cages) Inside Cage Max 15 per sheet	Discus (2 Cages) Outside Cage Max 15 per sheet	Shot Put (2 Circles) Max 20 per sheet	Long Jump (2 Pits) Max 20 per sheet	*Pole Vault For clubs in Red and Yellow Zone only
6.00pm	Sheet 1 (Elite 35m+/28m+)	Sheet 2	Sheet 1/Sheet 2 (Elite 13m+/11m+)	Sheet 1/Sheet 2 (Elite 6m+/5m+)	1.60m+
7.00pm	Sheet 3	Sheet 4	Sheet 3/Sheet 4	Sheet 3/Sheet 4	
8.00pm	Sheet 5	Sheet 6	Sheet 5/Sheet 6	Sheet 5/Sheet 6	2.95m+
9.00pm	Sheet 7	Sheet 8	Sheet 7/Sheet 8	Sheet 7/Sheet 8	

*Note: Javelin switches with Shot Put on programs. Javelin to operate on P1 and Shot Put to operate on P2 at Lakeside Stadium. This is to allow PV to operate at the VIS end with Javelin runway in use.

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



TIMETABLE of EVENTS as at 19.10.17 *All timetables featured are susceptible to change.

SATURDAY 13TH JANUARY 2018

TRACK EVENTS Program 1 **ROUND 11 – Nunawading (Bill Sewart Athletics Track)**

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	*5000 Metres (Lanes 1-3)	Open/U20/40+/50+/60+ Men & Women
2.30pm	800 Metres (Lanes 1-3)12 per heat	Men
2.30pm	200 Metres (Lanes 4-8)	Women
3.30pm	800 Metres (Lanes 1-3)12 per heat	Women
3.45pm	200 Metres (Lanes 1-8)	Men
5.00pm	800 Metres (Lanes 1-3)12 per heat Elite Heat(s)	Women x 2 Elite Heats (Sub 2:20.00 female athletes only)
5.10pm	800 Metres (Lanes 1-3)12 per heat Elite Heat(s)	Men x 2 Elite Heats (Sub 2:00.00 male athletes only)

Note: 5000m on round 11 may change to earlier in the program depending on the weather forecast. This may impact other events.

*3000m on rounds 1, 2, 4, 6, 7, 10, 12

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

FIELD EVENTS Program 1 **ROUND 11 – Nunawading (Bill Sewart Athletics Track)**

Time	Hammer Throw (1 Cage) Max 15 per sheet	Javelin (1 runway) Max 20 per sheet (On Program 1)	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	Sheet 1/Sheet 2 (Elite 13m+/11m+)	1.65m+ (Elite)	3.80m+ (Elite)
2.00pm	Sheet 2	Sheet 2	Sheet 3/Sheet 4	1.40m-1.80m	
2.15pm					3.00m+
3.00pm	Sheet 3	Sheet 3	Sheet 5/Sheet 6	1.35m-1.75m	
4.00pm	Sheet 4	Sheet 4	Sheet 7/Sheet 8	1.15m-1.55m	
4.15pm					1.60m+
5.00pm	Sheet 5	Sheet 5 (Elite 40m+/30m+)	Sheet 9/Sheet 10	1.05m-1.45m	

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



TIMETABLE of EVENTS as at 19.10.17 *All timetables featured are susceptible to change.

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 4-11) 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
1.30pm	800 Metres (Lanes 1-3)12 per heat	Women
2.30pm	200 Metres (Lanes 4-8)	Women
2.30pm	800 Metres (Lanes 1-3)12 per heat	Men
3.45pm	200 Metres (Lanes 1-8)	Men
5.00pm	4 x 100m Relay (Lanes 4-8)	Men & Women
5.30pm	4 x 100m Relay (Lanes 4-8)	Men & Women
5.30pm	800 Metres (Lanes 1-3)12 per heat Elite Heat(s)	Women x 2 Elite Heats (Sub 2:20.00 female athletes only)
5.40pm	800 Metres (Lanes 1-3)12 per heat Elite Heat(s)	Men x 2 Elite Heats (Sub 2:00.00 male athletes only)
5.45pm	*3000 Metres (Lanes 1-3)	All Women
6.15pm	*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 (P1) on rounds 2 & 10

*4x200 Relay (P1) on rounds 4 & 8

*4x400 Relay (P1) on rounds 6 & 12

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/Sheet 2	Sheet 1 (Elite 35m+/30m+)	Sheet 1/Sheet 2 (Elite 13m+/11m+)	1.65m+ (Elite)	3.00m+
1.30pm					
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	1.60m+
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	

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



TIMETABLE of EVENTS as at 19.10.17 *All timetables featured are susceptible 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
1.50pm	*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
1.30pm	100m (Lanes 4-11)	Women
2.30pm	1500 Metres (Lanes 1-3)	Men
3.30pm	1500 Metres (Lanes 1-3)	Women
2.45pm	100m (Lanes 4-11)	Men
4.15pm	400m (Lanes 1-8)	Men
5.30pm	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 15 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 (Elite 35m+/28m+)	Sheet 1 (Elite 40m+/30m+)	Sheet 1/Sheet 2 (Elite 6m+/5m+)	3.60m+ (Elite)
2.00pm	Sheet 2	Sheet 2	Sheet 3/Sheet 4	
2.15pm				2.70m+
3.00pm	Sheet 3	Sheet 3	Sheet 5/Sheet 6	
4.00pm	Sheet 4	Sheet 4	Sheet 7/Sheet 8	
4.15pm				1.60m+
5.00pm	Sheet 5	Sheet 5	Sheet 9/Sheet 10	

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