

TIMETABLE of EVENTS

GEELONG REGION



Track Events Program 2 – Saturday 13th Jan Twilight

ZONE		
Time	Event	Grades
5.15pm	2000m Walk 3000m Walk 5000m Walk	All Men & Women U14/U16/40+/50+/60+ Men & Women U18/U20/Open Men & Women
5.45pm	80Metre Hurdles 90Metre Hurdles 100Metre Hurdles 110Metre Hurdles	U14/40+/50+/60+ Women U16 Women & U14 Men U18/U20/Open Women & U16/50+/60+ Men U18/U20/Open/40+ Men
6.15pm	1500 Metres	Women
6.30pm	1500 Metres	Men
6.45pm	100 Metres	Men
7.00pm	100 Metres	Women
7.15pm	4x100m Relay	Men
7.30pm	4x100m Relay	Women
7.45pm	400 Metres	Men
8.00pm	400 Metres	Women
8.15pm	*3000 Metres Steeple (91cm) *2000 Metres Steeple (91cm)	Open/U20/40+/50+ Men U18 Men
8.30pm	*3000 Metres Steeple (76.2cm) *2000 Metres Steeple (76.2cm)	Open/U20 Women 60+/U16/U14 Men 40+/50+/60+/U18/U16/U14 Women

Field Events Program 2

Time	Shot Put Max 15 per sheet	Javelin (1 runway) Max 15 per sheet	Long Jump (2 Pits) Max 15 per sheet	*Pole Vault	Invitational Events
5.15pm					Hammer Invitat
5.30pm	Sheet 1		Sheet 1	3.20m+	
6.00pm		Sheet 1	Sheet 2		
6.30pm	Sheet 2		Sheet 3	2.30m+	
7.00pm		Sheet 2			
7.30pm	Sheet 3		Sheet 4	1.60m+	
8.00pm		Sheet 3	Sheet 5		High Jump Invit
8.30pm		Sheet 4			
8.45pm	Sheet 4				Discus Invitational

Date		Distance	Men Op/U20 40+ / 50+ / 60+	Men U18/U16 U14	Women Op / U20 40+ / 50+	Women U18 U16 / U14
Round		Relay				
Saturday 7th Oct	1	4 x 100	3000m steeple	2000m steeple	3000m steeple	2000m steeple
Saturday 23rd Oct	3	4 x 100	3000m steeple	2000m steeple	3000m steeple	2000m steeple
Sunday 12th Nov	5	4 x 100	3000m steeple	2000m steeple	3000m steeple	2000m steeple
Sunday 26th Nov	7	4 x 100	3000m	3000m	3000m	3000m
Saturday 16 th Dec	9	4 x 100	3000m steeple	2000m steeple	3000m steeple	2000m steeple
Saturday 13th Jan Twilight	11	4 x 100	3000m steeple	2000m steeple	3000m steeple	2000m steeple

TIMETABLE of EVENTS

GEELONG REGION



TRACK EVENTS Program 1 – Saturday 20th January Twilight

ZONE		
Time	Event	Grades
5.15pm	1500m Walk	U14/U16 Men & Women
	3000m Walk	Open/U20/U18/40+/50+/60+ Men & Women
5.45pm	400 Metre Hurdles	Open/U20/U18/40+/50+ Men & Open/U20/U18/40+ Women
	300 Metre Hurdles	60+ Men & 50+ Women
	200 Metre Hurdles	U14/U16 Men & U14/U16/60+ Women
6.15pm	200 Metres	Women
6.30pm	200 Metres	Men
6.45pm	800 Metres	Women
7.00pm	800 Metres	Men
7.15pm	Relays 4x200m Rd 1,3,9/4x400 Rd 5,7,11	Women
7.30pm	Relays 4x200m Rd 1,3,9/4x400 Rd 5,7,11	Men
7.45pm	100 Metres	Women Invitational *
8.00pm	100 Metres	Men Invitational *
8.15pm	3000/5000 Metres	All Men & Women

Time	Discus (1 Cage) Max 15 per sheet	Hammer Throw (1 Cage) Max 20 per sheet	Triple Jump (2 Pits) Max 15 per sheet	High Jump (1 Beds) Max 15 per sheet	Invitational Events
5.15pm	Sheet 1				Pole Vault Invit
5.30pm			Sheet 1	Sheet 1	
6.00pm	Sheet 2				
6.15pm			Sheet 2	Sheet 2	
7.00pm	Sheet 3		Sheet 3	Sheet 3	
7.30pm	Sheet 4				
7.45pm			Sheet 4	Sheet 4	
8.00pm		Hammer			
8.30pm					Javelin Invitatiion

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