



TIMETABLE of EVENTS

SATURDAY 7TH OCTOBER 2017

TRACK EVENTS Program 1 **ROUND 1 - Doncaster**

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+ Women
	200 Metre Hurdles	U14/U16 Men & U14/U16/60+ Women
1.30pm	*3000 Metres (Lanes 1-3)	All Men & Women
2.35pm	800 Metres (Lanes 1-3)12 per heat	Men
2.45pm	200 Metres (Lanes 4-8)	Women
4.10pm	800 Metres (Lanes 1-3)12 per heat	Women
4.45pm	200 Metres (Lanes 4-8) (Lanes 1-8 from 5.40pm)	Men

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

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

FIELD EVENTS Program 1 **ROUND 1 – 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 sheet	*Pole Vault For clubs in Red and Yellow Zone only
1.00pm	Sheet 1/Sheet 2	Sheet 1 (Elite)	Sheet 1/Sheet 2 (Elite)	1.65m+ (Elite)	3.80m+ (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	3.00m+
4.00pm	Sheet 7/Sheet 8	Sheet 4	Sheet 7/Sheet 8	1.15m-1.55m	
5.00pm	Sheet 9/Sheet 10 (Elite)	Sheet 5	Sheet 9/Sheet 10	1.05m-1.45m	1.60m+

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



TIMETABLE of EVENTS

SATURDAY 7TH OCTOBER 2017

TRACK EVENTS Program 2 **ROUND 1 - Nunawading**

ZONE		
Time	Event	Grades
1.15pm	80Metre Hurdles (Lanes 5-12)	U14/40+/50+/60+ Women
	90Metre Hurdles (Lanes 5-12)	U16 Women & U14 Men
	100Metre Hurdles (Lanes 5-12)	U18/U20/Open Women & U16/50+/60+ Men
	110Metre Hurdles (Lanes 5-12)	U18/U20/Open/40+ Men
1.30pm	1500 Metres (Lanes 1-4)	Men
2.15pm	100 Metres (Lanes 5-12)	Men (35 Heats)
2.45pm	1500 Metres (Lanes 1-4)	Women
3.45pm	100 Metres (Lanes 6-12)	Women (35 Heats)
4.15pm	*1500m Walk (Lanes 1-3)	U14/U16 Men & Women
	*3000m Walk (Lanes 1-3)	Open/U20/U18/40+/50+/60+ Men & Women
4.45pm	400 Metres (Lanes 1-5) (Ascending order)	Men
5.15pm	400 Metres (Lanes 1-8) (Descending order)	Men
5.30pm	400 Metres (Lanes 1-8) (Descending order)	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 1 - Nunawading**

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	
3.00pm	Sheet 3	Sheet 3	Sheet 5/Sheet 6	3.00m+
4.00pm	Sheet 4	Sheet 4	Sheet 7/Sheet 8	
5.00pm	Sheet 5	Sheet 5 (Elite)	Sheet 9/Sheet 10	1.60m+

* JT and DT Elite sheet split due to distances. TBC

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



TIMETABLE of EVENTS

SATURDAY 14TH OCTOBER 2017

TRACK EVENTS Program 1 ALTERNATE **ROUND 2 – Frankston**

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 (Lanes 4-8)	60+ Men & 50+ Women
	200 Metre Hurdles (Lanes 4-8)	U14/U16 Men & U14/U16/60+ Women
1.30pm	*3000 Metres (Lanes 1-3)	All Men & Women (5000m - Rd 3,5,8,11)
2.35pm	800 Metres (Lanes 1-3)12 per heat	Women
2.45pm	200 Metres (Lanes 4-8)	Men
4.35pm	800 Metres (Lanes 1-3)12 per heat	Men
4.45pm	200 Metres (Lanes 4-8) (Lanes 1-8 from 5.40pm)	Women
6.00pm	4 x 100m Relay	Men & Women

(Please 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 on rounds 2 & 10

*4x200 Relay on rounds 4 & 8

*4x400 Relay on rounds 6 & 12

FIELD EVENTS Program 1 **ROUND 2 – Frankston**

(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 sheet	*Pole Vault For clubs in Blue and White Zone only
1.00pm	Sheet 1/Sheet 2 (Elite)	Sheet 1	Sheet 1/Sheet 2 (Elite)	1.65m+ (Elite)	6.00pm: 1.60m+
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	6.00pm: 3.00m+
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)	Sheet 9/Sheet 10	1.05m-1.45m	7.30pm: 3.80m+ (Elite)

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



TIMETABLE of EVENTS

SATURDAY 14TH OCTOBER 2017

TRACK EVENTS Program 2 ALTERNATE **ROUND 2 – Werribee**

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
4.00pm	400m (4pm-4.30pm Lanes 1-4)(Lanes 1-8 4.30pm – 5.30pm)	Women
5.30pm	400m (Lanes 1-8)	Men

(Please 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**

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	Sheet 1 (Elite)	Sheet 1/Sheet 2 (Elite)	3.80m+ (Elite)
2.00pm	Sheet 2	Sheet 2	Sheet 3/Sheet 4	
3.00pm	Sheet 3	Sheet 3	Sheet 5/Sheet 6	2.70m+
4.00pm	Sheet 4	Sheet 4	Sheet 7/Sheet 8	
5.00pm	Sheet 5 (Elite)	Sheet 5	Sheet 9/Sheet 10	1.60m+

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



TIMETABLE of EVENTS

SATURDAY 21ST OCTOBER 2017

TRACK EVENTS Program 1 **ROUND 3 – Meadow Glen**

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+ Women
	200 Metre Hurdles	U14/U16 Men & U14/U16/60+ Women
1.30pm	*5000 Metres (Lanes 1-3)	Open/U20/40+/50+/60+ Men & Women
2.35pm	800 Metres (Lanes 1-3)12 per heat	Men
2.45pm	200 Metres (Lanes 4-8)	Women
4.10pm	800 Metres (Lanes 1-3)12 per heat	Women
4.45pm	200 Metres (Lanes 4-8) (Lanes 1-8 from 5.40pm)	Men

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

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

FIELD EVENTS Program 1 **ROUND 3 – Meadow Glen**

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 sheet
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
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)	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

SATURDAY 21ST OCTOBER 2017

TRACK EVENTS Program 2 **ROUND 3 – Nunawading**

ZONE		
Time	Event	Grades
1.15pm	80Metre Hurdles (Lanes 5-12)	U14/40+/50+/60+ Women
	90Metre Hurdles (Lanes 5-12)	U16 Women & U14 Men
	100Metre Hurdles (Lanes 5-12)	U18/U20/Open Women & U16/50+/60+ Men
	110Metre Hurdles (Lanes 5-12)	U18/U20/Open/40+ Men
1.30pm	1500 Metres (Lanes 1-4)	Men
2.15pm	100 Metres (Lanes 5-12)	Men (35 Heats)
2.45pm	1500 Metres (Lanes 1-4)	Women
3.45pm	100 Metres (Lanes 5-12)(Lanes 6-12 from 4.45pm)	Women (35 Heats)
4.15pm	*1500m Walk (Lanes 1-3)	U14/U16 Men & Women
	*3000m Walk (Lanes 1-3)	Open/U20/U18/40+/50+/60+ Men & Women
4.45pm	400 Metres (Lanes 1-5) (Ascending order)	Men
5.15pm	400 Metres (Lanes 1-8) (Descending order)	Men
5.30pm	400 Metres (Lanes 1-8) (Descending order)	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**

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	Sheet 1 (Elite)	Sheet 1/Sheet 2 (Elite)
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)	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

SATURDAY 28TH OCTOBER 2017

TRACK EVENTS Program 1 ALTERNATE **ROUND 4 – Knox**

ZONE		
Time	Event	Grades
1.30pm	Sprint Hurdles (Lanes 4-10)	All Men & Women
1.30pm	*3000 Metres (Lanes 1-3)	All Men & Women (5000m - Rd 3,5,8,11)
2.35pm	800 Metres (Lanes 1-3)12 per heat	Women
2.45pm	200 Metres (Lanes 4-8)	Men
4.35pm	800 Metres (Lanes 1-3)12 per heat	Men
4.45pm	200 Metres (Lanes 4-8) (Lanes 1-8 from 5.40pm)	Women
6.00pm	4 x 200m Relay	Men & Women

(Please Note: 3000m/5000m walk will be held on Sunday 29th October, Venue TBC)

- *3000m on rounds 1, 2, 4, 6, 7, 10, 12
- *5000m on rounds 3, 5, 8, 11
- *4x100 Relay on rounds 2 & 10
- *4x200 Relay on rounds 4 & 8
- *4x 400 Relay on rounds 6 & 12

FIELD EVENTS Program 1 **ROUND 4 – Knox**

Time	Shot Put (2 Circles) Max 20 per sheet	Triple Jump (2 Pits) Max 20 per sheet	High Jump (2 Beds) Max 15 per sheet
1.00pm	Sheet 1/Sheet 2 (Elite)	Sheet 1/Sheet 2 (Elite)	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

SATURDAY 28TH OCTOBER 2017

TRACK EVENTS Program 2 ALTERNATE **ROUND 4 – Werribee**

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
4.00pm	400m (4pm-4.30pm Lanes 1-4)(Lanes 1-8 4.30pm – 5.30pm)	Women
5.30pm	400m (Lanes 1-8)	Men

(Please Note: 3000m/5000m walk will be held on Sunday 29th October, Venue TBC)

*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**

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)	Sheet 1	Sheet 1/Sheet 2 (Elite)
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)	Sheet 9/Sheet 10

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



TIMETABLE of EVENTS

SATURDAY 18TH NOVEMBER 2017

TRACK EVENTS Program 1 **ROUND 5 - Doncaster**

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+ Women
	200 Metre Hurdles	U14/U16 Men & U14/U16/60+ Women
1.30pm	*5000 Metres (Lanes 1-3)	Open/U20/40+/50+/60+ Men & Women
2.35pm	800 Metres (Lanes 1-3)12 per heat	Men
2.45pm	200 Metres (Lanes 4-8)	Women
4.10pm	800 Metres (Lanes 1-3)12 per heat	Women
4.45pm	200 Metres (Lanes 4-8) (Lanes 1-8 from 5.40pm)	Men

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

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

FIELD EVENTS Program 1 **ROUND 5 - 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 sheet	*Pole Vault For clubs in Red and Yellow Zone only
1.00pm	Sheet 1/Sheet 2 (Elite)	Sheet 1	Sheet 1/Sheet 2 (Elite)	1.65m+ (Elite)	3.80m+ (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	3.00m+
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)	Sheet 9/Sheet 10	1.05m-1.45m	1.60m+

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



TIMETABLE of EVENTS

SATURDAY 18TH NOVEMBER 2017

TRACK EVENTS Program 2 **ROUND 5 – Yarra Ranges**

ZONE		
Time	Event	Grades
1.15pm	80Metre Hurdles (Lanes 5-10) 90Metre Hurdles (Lanes 5-10) 100Metre Hurdles (Lanes 5-10) 110Metre Hurdles (Lanes 5-10)	U14/40+/50+/60+ Women U16 Women & U14 Men U18/U20/Open Women & U16/50+/60+ Men U18/U20/Open/40+ Men
1.30pm	1500 Metres (Lanes 1-4)	Men
2.15pm	100 Metres (Lanes 5-10)	Men (35 Heats)
2.45pm	1500 Metres (Lanes 1-4)	Women
3.45pm	100 Metres (Lanes 5-10)	Women (35 Heats)
4.15pm	*1500m Walk (Lanes 1-3) *3000m Walk (Lanes 1-3)	U14/U16 Men & Women Open/U20/U18/40+/50+/60+ Men & Women
4.45pm	400 Metres (Lanes 1-5) (Ascending order)	Men
5.15pm	400 Metres (Lanes 1-8) (Descending order)	Men
5.30pm	400 Metres (Lanes 1-8) (Descending order)	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**

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)	Sheet 1/Sheet 2 (Elite)	3.80m+ (Elite)
2.00pm	Sheet 2	Sheet 2	Sheet 3/Sheet 4	
3.00pm	Sheet 3	Sheet 3	Sheet 5/Sheet 6	3.00m+
4.00pm	Sheet 4	Sheet 4	Sheet 7/Sheet 8	
5.00pm	Sheet 5 (Elite)	Sheet 5	Sheet 9/Sheet 10	1.60m+

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



TIMETABLE of EVENTS

SUNDAY 26TH NOVEMBER 2017

TRACK EVENTS Program 1 ALTERNATE ROUND 6 – Frankston (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+ Women U14/U16 Men & U14/U16/60+ Women
11.30am	*3000 Metres (Lanes 1-3)	All Men & Women (5000m - Rd 3,5,8,11)
12.35pm	800 Metres (Lanes 1-3) 12 per heat	Women
12.45pm	200 Metres (Lanes 4-8)	Men
2.35pm	800 Metres (Lanes 1-3) 12 per heat	Men
2.45pm	200 Metres (Lanes 4-8) (Lanes 1-8 from 3.40pm)	Women
4.15pm	4 x 400m Relay (Lanes 1-8)	Men & Women

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

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

*4x100 Relay on rounds 2 & 10

*4x200 Relay on rounds 4 & 8

*4x400 Relay on rounds 6 & 12

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

(Pole Vault will operate at Lakeside Stadium on Thursday 23rd November 6pm and not on the Saturday 25th 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 sheet	*Pole Vault For clubs in Blue and White Zone only
1.00pm	Sheet 1/Sheet 2	Sheet 1 (Elite)	Sheet 1/Sheet 2 (Elite)	1.65m+ (Elite)	6.30pm: 1.60m+ (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	6.30pm: 3.00m+
4.00pm	Sheet 7/Sheet 8	Sheet 4	Sheet 7/Sheet 8	1.15m-1.55m	
5.00pm	Sheet 9/Sheet 10 (Elite)	Sheet 5	Sheet 9/Sheet 10	1.05m-1.45m	8.00pm: 3.80m+

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



TIMETABLE of EVENTS

SUNDAY 26TH NOVEMBER 2017

TRACK EVENTS Program 2 ALTERNATE **ROUND 6 – Aberfeldie (Sunday Competition)**

ZONE		
Time	Event	Grades
11.30am	80Metre Hurdles (Lanes 4-10) 90Metre Hurdles (Lanes 4-10) 100Metre Hurdles (Lanes 4-10) 110Metre Hurdles (Lanes 4-10)	U14/40+/50+/60+ Women U16 Women & U14 Men U18/U20/Open Women & U16/50+/60+ Men U18/U20/Open/40+ Men
11.30am	*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 4-10)	Women
12.30pm	1500 Metres (Lanes 1-3)	Men
1.45pm	1500 Metres (Lanes 1-3)	Women
2.00pm	100m (Lanes 6-10)	Men
3.00pm	400m (3pm-4pm Lanes 1-5)(Lanes 1-8 4pm – 4.30pm)	Women
4.30pm	*3000 Metres Steeple (91cm) (Lanes 1-3) *2000 Metres Steeple (91cm)	Open/U20/40+/50+ Men U18 Men
4.30pm	*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
4.30pm	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 (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)	Sheet 1/Sheet 2 (Elite)	3.60m+ (Elite)
1.00pm	Sheet 2	Sheet 2	Sheet 3/Sheet 4	
2.00pm	Sheet 3	Sheet 3	Sheet 5/Sheet 6	2.70m+
3.00pm	Sheet 4	Sheet 4	Sheet 7/Sheet 8	
4.00pm	Sheet 5	Sheet 5	Sheet 9/Sheet 10	1.60m+
5.00pm	Sheet 6 (Elite)	Sheet 6	Sheet 11/Sheet 12	

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



TIMETABLE of EVENTS

SATURDAY 2ND DECEMBER 2017

TRACK EVENTS Program 1 **ROUND 7 – Ringwood**

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+ Women
	200 Metre Hurdles	U14/U16 Men & U14/U16/60+ Women
1.30pm	*3000 Metres (Lanes 1-3)	All Men & Women (5000m - Rd 3,5,8,11)
2.35pm	800 Metres (Lanes 1-3)12 per heat	Men
2.45pm	200 Metres (Lanes 4-8)	Women
4.10pm	800 Metres (Lanes 1-3)12 per heat	Women
4.45pm	200 Metres (Lanes 4-8) (Lanes 1-8 from 5.40pm)	Men

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

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

FIELD EVENTS Program 1 **ROUND 7 – Ringwood**

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 sheet
1.00pm	Sheet 1/Sheet 2 (Elite)	Sheet 1	Sheet 1/Sheet 2 (Elite)	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)	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

SATURDAY 2ND DECEMBER 2017

TRACK EVENTS Program 2 **ROUND 7 - Doncaster**

ZONE		
Time	Event	Grades
1.15pm	80Metre Hurdles (Lanes 5-12) 90Metre Hurdles (Lanes 5-12) 100Metre Hurdles (Lanes 5-12) 110Metre Hurdles (Lanes 5-12)	U14/40+/50+/60+ Women U16 Women & U14 Men U18/U20/Open Women & U16/50+/60+ Men U18/U20/Open/40+ Men
1.30pm	1500 Metres (Lanes 1-4)	Men
2.15pm	100 Metres (Lanes 5-12)	Men (35 Heats)
2.45pm	1500 Metres (Lanes 1-4)	Women
3.45pm	100 Metres (Lanes 5-12)(Lanes 6-12 from 4.45pm)	Women (35 Heats)
4.15pm	*1500m Walk (Lanes 1-3) *3000m Walk (Lanes 1-3)	U14/U16 Men & Women Open/U20/U18/40+/50+/60+ Men & Women
4.45pm	400 Metres (Lanes 1-5)(Ascending order)	Men
5.15pm	400 Metres (Lanes 1-8)(Descending order)	Men
5.30pm	400 Metres (Lanes 1-8)(Descending order)	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**

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)	Sheet 1	Sheet 1/Sheet 2 (Elite)
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)	Sheet 9/Sheet 10

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



TIMETABLE of EVENTS

SUNDAY 10TH DECEMBER 2017

TRACK EVENTS Program 1 ALTERNATE **ROUND 8 – Williamstown (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+ Women
	200 Metre Hurdles (Lanes 4-8)	U14/U16 Men & U14/U16/60+ Women
11.30am	*5000 Metres (Lanes 1-3)	Open/U20/40+/50+/60+ Men & Women
12.35pm	800 Metres (Lanes 1-3)12 per heat	Women
12.45pm	200 Metres (Lanes 4-8)	Men
2.35pm	800 Metres (Lanes 1-3)12 per heat	Men
2.45pm	200 Metres (Lanes 4-8) (Lanes 1-8 from 3.40pm)	Women
4.15pm	4 x 200m Relay (Lanes 1-8)	Men & Women

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

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

*4x100 Relay on rounds 2 & 10

*4x200 Relay on rounds 4 & 8

*4x400 Relay on rounds 6 & 12

FIELD EVENTS Program 1 **ROUND 8 - Williamstown (Sunday Competition) (PV at Melbourne Uni on Thursday 7th December 2017)**

Time	Shot Put (2 Circles) Max 20 per sheet	Triple Jump (2 Pits) Max 20 per sheet	High Jump (2 Beds) Max 15 per sheet	*Pole Vault For clubs in Yellow and Red Zone only
12.00pm	Sheet 1/Sheet 2 (Elite)	Sheet 1/Sheet 2 (Elite)	1.65m+ (Elite)	6.00pm 3.60m+ (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	6.00pm 2.70m+
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	7.00pm 1.60m+

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



TIMETABLE of EVENTS

SUNDAY 10TH DECEMBER 2017

TRACK EVENTS Program 2 ALTERNATE **ROUND 8 – Casey Fields (Sunday Competition)**

ZONE		
Time	Event	Grades
11.30am	80Metre Hurdles (Lanes 5-10) 90Metre Hurdles (Lanes 5-10) 100Metre Hurdles (Lanes 5-10) 110Metre Hurdles (Lanes 5-10)	U14/40+/50+/60+ Women U16 Women & U14 Men U18/U20/Open Women & U16/50+/60+ Men U18/U20/Open/40+ Men
11.30am	*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 5-10)	Women
12.30pm	1500 Metres (Lanes 1-3)	Men
1.45pm	1500 Metres (Lanes 1-3)	Women
2.00pm	100m (Lanes 5-10)	Men
3.00pm	400m (3pm-3.30pm Lanes 1-4)(Lanes 1-8 3.30pm – 4.15pm)	Women
4.15pm	400m (Lanes 1-8 4.15pm – 4.30pm)(Lanes 4-8 4.30pm +)	Men
4.30pm	*3000 Metres Steeple (91cm) (Lanes 1-3) *2000 Metres Steeple (91cm)	Open/U20/40+/50+ Men U18 Men
4.30pm	*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

*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 (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)	Sheet 1/Sheet 2 (Elite)	3.60m+ (Elite)
1.00pm	Sheet 2	Sheet 2	Sheet 3/Sheet 4	
2.00pm	Sheet 3	Sheet 3	Sheet 5/Sheet 6	2.70m+
3.00pm	Sheet 4	Sheet 4	Sheet 7/Sheet 8	
4.00pm	Sheet 5 (Elite)	Sheet 5	Sheet 9/Sheet 10	1.60m+

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



TIMETABLE of EVENTS

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
7.30pm	200 Metres (Lanes 1-8)	Men
9.00pm	80Metre Hurdles (Lanes 5-10) 90Metre Hurdles (Lanes 5-10) 100Metre Hurdles (Lanes 5-10) 110Metre Hurdles (Lanes 5-10)	U14/40+/50+/60+ Women U16 Women & U14 Men U18/U20/Open Women & U16/50+/60+ Men U18/U20/Open/40+ Men
9.00pm	800 Metres (Lanes 1-3)12 per heat	Women
10.00pm	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 sheet	*Pole Vault (2 Pits) For clubs in White and Blue Zone only
6.00pm	Sheet 1/Sheet 2	Sheet 1 (Elite)/Sheet 2	Sheet 1/Sheet 2 (Elite)	1.65m+ (Elite)	4.80+ (Elite)
7.00pm	Sheet 3/Sheet 4	Sheet 3/Sheet 4	Sheet 3/Sheet 4	1.40m-1.80m	3.60+
8.00pm	Sheet 5/Sheet 6	Sheet 5/Sheet 6	Sheet 5/Sheet 6	1.15m-1.55m	2.70+
9.00pm	Sheet 7/Sheet 8 (Elite)	Sheet 7/Sheet 8	Sheet 7/Sheet 8	1.05m – 1.45m	1.60+

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



TIMETABLE of EVENTS

SATURDAY 16TH DECEMBER 2017

TRACK EVENTS Program 2 **ROUND 9 – Meadow Glen**

ZONE		
Time	Event	Grades
1.15pm	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+ Women
	200 Metre Hurdles (Lanes 4-8)	U14/U16 Men & U14/U16/60+ Women
1.30pm	1500 Metres (Lanes 1-3)	Men
2.15pm	100 Metres (Lanes 5-10)	Men (35 Heats)
2.45pm	1500 Metres (Lanes 1-4)	Women
3.45pm	100 Metres (Lanes 5-10)(Lanes 6-10 from 4.45pm)	Women (35 Heats)
4.15pm	*1500m Walk (Lanes 1-3)	U14/U16 Men & Women
	*3000m Walk (Lanes 1-3)	Open/U20/U18/40+/50+/60+ Men & Women
4.45pm	400 Metres (Lanes 1-5) (Ascending order)	Men
5.15pm	400 Metres (Lanes 1-8) (Descending order)	Men
5.30pm	400 Metres (Lanes 1-8) (Descending order)	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 – Meadow Glen**

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)	Sheet 1	Sheet 1/Sheet 2 (Elite)	3.80m+ (Elite)
2.00pm	Sheet 2	Sheet 2	Sheet 3/Sheet 4	
3.00pm	Sheet 3	Sheet 3	Sheet 5/Sheet 6	3.00m+
4.00pm	Sheet 4	Sheet 4	Sheet 7/Sheet 8	
5.00pm	Sheet 5	Sheet 5 (Elite)	Sheet 9/Sheet 10	1.60m+

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



TIMETABLE of EVENTS

SATURDAY 6TH JANUARY 2018

TRACK EVENTS Program 1 ALTERNATE ROUND 10 – Aberfeldie

ZONE		
Time	Event	Grades
1.30pm	80Metre Hurdles (Lanes 4-9)	U14/40+/50+/60+ Women
	90Metre Hurdles (Lanes 4-9)	U16 Women & U14 Men
	100Metre Hurdles (Lanes 4-9)	U18/U20/Open Women & U16/50+/60+ Men
	110Metre Hurdles (Lanes 4-9)	U18/U20/Open/40+ Men
1.30pm	*3000 Metres (Lanes 1-3)	All Men & Women (5000m - Rd 3,5,8,11)
2.35pm	800 Metres (Lanes 1-3)12 per heat	Women
2.45pm	200 Metres (Lanes 4-8)	Men
4.35pm	800 Metres (Lanes 1-3)12 per heat	Men
4.45pm	200 Metres (Lanes 4-8) (Lanes 1-8 from 5.40pm)	Women
6.00pm	4 x 100m Relay	Men & Women

(Please Note: 3000m/5000m walk will be held on Wednesday 10th January, Venue TBC)

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

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

*4x100 Relay on rounds 2 & 10

*4x200 Relay on rounds 4 & 8

*4x400 Relay on rounds 6 & 12

FIELD EVENTS Program 1 ROUND 10 – Aberfeldie

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 sheet
1.00pm	Sheet 1/Sheet 2 (Elite)	Sheet 1	Sheet 1/Sheet 2 (Elite)	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)	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

SATURDAY 6TH JANUARY 2018

TRACK EVENTS Program 2 ALTERNATE **ROUND 10** --Knox

ZONE		
Time	Event	Grades
1.30pm	100m (Lanes 5-10)	Women
1.30pm	1500 Metres (Lanes 1-3)	Men
2.45pm	1500 Metres (Lanes 1-3)	Women
3.00pm	100m (Lanes 5-10)	Men
4.00pm	400m (4pm-4.30pm Lanes 1-4)(Lanes 1-8 4.30pm – 5.15pm)	Women
5.15pm	400m (Lanes 1-8 5.15pm – 5.30pm)(Lanes 4-8 5.30pm +)	Men
5.30pm	*3000 Metres Steeple (91cm) (Lanes 1-3) *2000 Metres Steeple (91cm)	Open/U20/40+/50+ Men U18 Men
6.00pm	*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

(Please Note: 3000m/5000m walk will be held on Wednesday 10th January, Venue TBC)

*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

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)	Sheet 1	Sheet 1/Sheet 2 (Elite)
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)	Sheet 9/Sheet 10

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



TIMETABLE of EVENTS

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	80Metre Hurdles (Lanes 1-10) 4-10 if walks running late	U14/40+/50+/60+ Women
	90Metre Hurdles (Lanes 1-10) 4-10 if walks running late	U16 Women & U14 Men
	100Metre Hurdles (Lanes 1-10) 4-10 if walks running late	U18/U20/Open Women & U16/50+/60+ Men
	110Metre Hurdles (Lanes 1-10) 4-10 if walks running late	U18/U20/Open/40+ Men
6.45pm	400m (Lanes 1-5)	Women
6.45pm	100m (Lanes 6-10)	Men
8.15pm	400m (Lanes 1-5)	Men
8.30pm	100m (Lanes 6-10)	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)	Sheet 2	Sheet 1/Sheet 2 (Elite)	Sheet 1/Sheet 2 (Elite)	3.80m+ (Elite)
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	3.00m+
9.00pm	Sheet 7	Sheet 8	Sheet 7/Sheet 8	Sheet 7/Sheet 8	1.60m+

***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

SATURDAY 13TH JANUARY 2018

TRACK EVENTS Program 1 **ROUND 11 - Nunawading**

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+ Women
	200 Metre Hurdles	U14/U16 Men & U14/U16/60+ Women
1.30pm	*5000 Metres (Lanes 1-3)	Open/U20/40+/50+/60+ Men & Women
2.35pm	800 Metres (Lanes 1-3)12 per heat	Men
2.45pm	200 Metres (Lanes 4-8)	Women
4.10pm	800 Metres (Lanes 1-3)12 per heat	Women
4.45pm	200 Metres (Lanes 4-8) (Lanes 1-8 from 5.40pm)	Men

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

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

FIELD EVENTS Program 1 **ROUND 11 - Nunawading**

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 sheet	*Pole Vault For clubs in White and Blue Zone only
1.00pm	Sheet 1 (Elite)	Sheet 1	Sheet 1/Sheet 2 (Elite)	1.65m+ (Elite)	3.80m+ (Elite)
2.00pm	Sheet 2	Sheet 2	Sheet 3/Sheet 4	1.40m-1.80m	
3.00pm	Sheet 3	Sheet 3	Sheet 5/Sheet 6	1.35m-1.75m	3.00m+
4.00pm	Sheet 4	Sheet 4	Sheet 7/Sheet 8	1.15m-1.55m	
5.00pm	Sheet 5	Sheet 5 (Elite)	Sheet 9/Sheet 10	1.05m-1.45m	1.60m+

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



TIMETABLE of EVENTS

SATURDAY 20TH JANUARY 2018

TRACK EVENTS Program 1 ALTERNATE **ROUND 12 - Aberfeldie**

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 (Lanes 4-8)	60+ Men & 50+ Women
	200 Metre Hurdles (Lanes 4-8)	U14/U16 Men & U14/U16/60+ Women
1.30pm	*3000 Metres (Lanes 1-3)	All Men & Women (5000m - Rd 3,5,8,11)
2.35pm	800 Metres (Lanes 1-3)12 per heat	Women
2.45pm	200 Metres (Lanes 4-8)	Men
4.35pm	800 Metres (Lanes 1-3)12 per heat	Men
4.45pm	200 Metres (Lanes 4-8) (Lanes 1-8 from 5.40pm)	Women
6.00pm	4 x 400m Relay (Alternate Program 1 Only)	Men & Women

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

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

*4x100 Relay on rounds 2 & 10

*4x200 Relay on rounds 4 & 8

*4x400 Relay on rounds 6 & 12

FIELD EVENTS Program 1 **ROUND 12 – Aberfeldie**

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 sheet	*Pole Vault For clubs in Yellow and Red Zone only
1.00pm	Sheet 1/Sheet 2	Sheet 1 (Elite)	Sheet 1/Sheet 2 (Elite)	1.65m+ (Elite)	3.60m+ (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	2.70m+
4.00pm	Sheet 7/Sheet 8	Sheet 4	Sheet 7/Sheet 8	1.15m-1.55m	
5.00pm	Sheet 9/Sheet 10 (Elite)	Sheet 5	Sheet 9/Sheet 10	1.05m-1.45m	1.60m+

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



TIMETABLE of EVENTS

SATURDAY 20TH JANUARY 2018

TRACK EVENTS Program 2 ALTERNATE **ROUND 12 – Casey Fields**

ZONE		
Time	Event	Grades
1.30pm	100m (Lanes 5-10)	Women
1.30pm	1500 Metres (Lanes 1-3)	Men
2.45pm	1500 Metres (Lanes 1-3)	Women
3.00pm	100m (Lanes 5-10)	Men
4.00pm	400m (4pm-4.30pm Lanes 1-4)(Lanes 1-8 4.30pm – 5.15pm)	Men
5.15pm	400m (Lanes 1-8 5.15pm – 5.30pm)(Lanes 4-8 5.30pm +)	Women
5.30pm	*3000 Metres Steeple (91cm) (Lanes 1-3) *2000 Metres Steeple (91cm)	Open/U20/40+/50+ Men U18 Men
6.00pm	*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

*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**

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)	Sheet 1 (Elite)	Sheet 1/Sheet 2 (Elite)	3.60m+ (Elite)
2.00pm	Sheet 2	Sheet 2	Sheet 3/Sheet 4	
3.00pm	Sheet 3	Sheet 3	Sheet 5/Sheet 6	2.70m+
4.00pm	Sheet 4	Sheet 4	Sheet 7/Sheet 8	
5.00pm	Sheet 5	Sheet 5	Sheet 9/Sheet 10	1.60m+

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