



BENDIGO ZONE 2016 – 17: PROGRAM

BENDIGO ZONE - ROUND 1 - PROGRAM 1

TRACK EVENTS

Time	Event	Grades
1.30pm	400 Metre Hurdles – 76.2 - 91.4cm	Women before Men
	300 Metre Hurdles - 76.2cm	Men 60+ & Women 50+
	200 Metre Hurdles - 76.2cm	Men before Women U16 & U14 W60+
1.45pm	200 Metres	Women
1.55pm	200 Metres	Men
2.15pm	1500 & 3000 Metre Walk	All Grades (1500 U16 & U14)
2.45pm	800 Metres	Men and Women
3.10pm	60 Metres (Non Shield)	Women
3.15pm	60 Metres (Non Shield)	Men
3.30pm	3000 Metres	Men & Women - U18, U16, U14
3.30pm	5000 Metres	Men & Women - Open, 40+ & U20
4.00pm	4 x 200 Metre Relay	Men
4.00pm	4 x 200 Metre Relay	Women

FIELD EVENTS

Time	
1:30pm	Hammer
1:30pm	High Jump 1.50m Starting Height
2:00pm	High Jump 1.00m Starting Height
2:20pm	Triple Jump Men
2:20pm	Discus Women
3:10pm	Discus Men
3:10pm	Triple Jump Women



BENDIGO ZONE 2016 – 17: PROGRAM

BENDIGO ZONE - ROUND 2 - PROGRAM 2

TRACK EVENTS

Time	Event	Grades
1.30pm	Sprint Hurdles	Men & Women
1.30pm	5000 Metre Walk	Men & Women Open, U20 & U18
1.30pm	3000 Metre Walk	Men & Women 40+, U16 & U14
2.05pm	100 Metres	Men
2.15pm	100 Metres	Women
2.35pm	1500 Metres	Men and Women
3.00pm	400 Metres	Women
3.10pm	400 Metres	Men
3.35pm	2000/3000 Steeple (76.2cm)	ALL Women & Men 60+, U16 & U14
3.35pm	2000/3000 Steeple (91.4cm)	Men Open, 40+, 50+, U20 & U18
4.00pm	4 x 100 Metre Relay	Men
4.00pm	4 x 100 Metre Relay	Women

FIELD EVENTS

Time	Discus
1:30pm	Shot Put Women
1:30pm	Pole Vault 3.00m Starting Height
2:00pm	Pole Vault 1.80m Starting Height
2:15pm	Shot Put Men
2:30pm	Long Jump Men
2:30pm	Javelin Women
3:15pm	Long Jump Women
3:15pm	Javelin Men



BENDIGO ZONE 2016 – 17: PROGRAM

BENDIGO ZONE - ROUND 3 - PROGRAM 1

TRACK EVENTS

Time	Event	Grades
1.30pm	400 Metre Hurdles – 76.2 - 91.4cm	Women before Men
	300 Metre Hurdles - 76.2cm	Men 60+ & Women 50+
	200 Metre Hurdles - 76.2cm	Men before Women U16 & U14 W60+
1.45pm	200 Metres	Women
1.55pm	200 Metres	Men
2.15pm	1500 & 3000 Metre Walk	All Grades (1500 U16 & U14)
2.45pm	800 Metres	Men and Women
3.10pm	60 Metres (Non Shield)	Women
3.15pm	60 Metres (Non Shield)	Men
3.30pm	3000 Metres	Men & Women
4.00pm	4 x 200 Metre Relay	Men
4.00pm	4 x 200 Metre Relay	Women

FIELD EVENTS

Time	
1:30pm	Hammer
1:30pm	High Jump 1.50m Starting Height
2:00pm	High Jump 1.00m Starting Height
2:20pm	Triple Jump Men
2:20pm	Discus Women
3:10pm	Discus Men
3:10pm	Triple Jump Women



BENDIGO ZONE 2016 – 17: PROGRAM

BENDIGO ZONE - ROUND 4 - PROGRAM 2

TRACK EVENTS

Time	Event	Grades
1.30pm	Sprint Hurdles	Men & Women
1.30pm	2000 Metre Walk	Men & Women
2.05pm	100 Metres	Men
2.15pm	100 Metres	Women
2.35pm	1500 Metres	Men and Women
3.00pm	400 Metres	Women
3.10pm	400 Metres	Men
3.35pm	2000/3000 Steeple (76.2cm)	ALL Women & Men 60+, U16 & U14
3.35pm	2000/3000 Steeple (91.4cm)	Men Open, 40+, 50+, U20 & U18
4.00pm	4 x 100 Metre Relay	Men
4.00pm	4 x 100 Metre Relay	Women

FIELD EVENTS

Time	Discus
1:30pm	Shot Put Women
1:30pm	Pole Vault 3.00m Starting Height
2:00pm	Pole Vault 1.80m Starting Height
2:15pm	Shot Put Men
2:30pm	Long Jump Men
2:30pm	Javelin Women
3:15pm	Long Jump Women
3:15pm	Javelin Men



BENDIGO ZONE 2016 – 17: PROGRAM

BENDIGO ZONE - ROUND 5 - PROGRAM 1

TRACK EVENTS

Time	Event	Grades
1.30pm	400 Metre Hurdles – 76.2 - 91.4cm	Women before Men
	300 Metre Hurdles - 76.2cm	Men 60+ & Women 50+
	200 Metre Hurdles - 76.2cm	Men before Women U16 & U14 W60+
1.45pm	200 Metres	Women
1.55pm	200 Metres	Men
2.15pm	1500 & 3000 Metre Walk	All Grades (1500 U16 & U14)
2.45pm	800 Metres	Men and Women
3.10pm	60 Metres (Non Shield)	Women
3.15pm	60 Metres (Non Shield)	Men
3.30pm	3000 Metres	Men & Women - U18, U16, U14
3.30pm	5000 Metres	Men & Women - Open, 40+ & U20
4.00pm	4 x 400 Metre Relay	Men
4.00pm	4 x 400 Metre Relay	Women

FIELD EVENTS

Time	
1:30pm	Hammer
1:30pm	High Jump 1.50m Starting Height
2:00pm	High Jump 1.00m Starting Height
2:20pm	Triple Jump Men
2:20pm	Discus Women
3:10pm	Discus Men
3:10pm	Triple Jump Women



BENDIGO ZONE 2016 – 17: PROGRAM

BENDIGO ZONE - ROUND 6 - PROGRAM 2

TRACK EVENTS

Time	Event	Grades
1.30pm	Sprint Hurdles	Men & Women
1.30pm	5000 Metre Walk	Men & Women Open, U20 & U18
1.30pm	3000 Metre Walk	Men & Women 40+, U16 & U14
2.05pm	100 Metres	Men
2.15pm	100 Metres	Women
2.35pm	1500 Metres	Men and Women
3.00pm	400 Metres	Women
3.10pm	400 Metres	Men
3.35pm	2000/3000 Steeple (76.2cm)	ALL Women & Men 60+, U16 & U14
3.35pm	2000/3000 Steeple (91.4cm)	Men Open, 40+, 50+, U20 & U18
4.00pm	4 x 100 Metre Relay	Men
4.00pm	4 x 100 Metre Relay	Women

FIELD EVENTS

Time	Discus
1:30pm	Shot Put Women
1:30pm	Pole Vault 3.00m Starting Height
2:00pm	Pole Vault 1.80m Starting Height
2:15pm	Shot Put Men
2:30pm	Long Jump Men
2:30pm	Javelin Women
3:15pm	Long Jump Women
3:15pm	Javelin Men



BENDIGO ZONE 2016 – 17: PROGRAM

BENDIGO ZONE - ROUND 7 - PROGRAM 1

TRACK EVENTS

Time	Event	Grades
1.30pm	400 Metre Hurdles – 76.2 - 91.4cm	Women before Men
	300 Metre Hurdles - 76.2cm	Men 60+ & Women 50+
	200 Metre Hurdles - 76.2cm	Men before Women U16 & U14 W60+
1.45pm	200 Metres	Women
1.55pm	200 Metres	Men
2.15pm	1500 & 3000 Metre Walk	All Grades (1500 U16 & U14)
2.45pm	800 Metres	Men and Women
3.10pm	60 Metres (Non Shield)	Women
3.15pm	60 Metres (Non Shield)	Men
3.30pm	3000 Metres	Men & Women - U18, U16, U14
3.30pm	5000 Metres	Men & Women - Open, 40+ & U20
4.00pm	4 x 400 Metre Relay	Men
4.00pm	4 x 400 Metre Relay	Women

FIELD EVENTS

Time	
1:30pm	Hammer
1:30pm	High Jump 1.50m Starting Height
2:00pm	High Jump 1.00m Starting Height
2:20pm	Triple Jump Men
2:20pm	Discus Women
3:10pm	Discus Men
3:10pm	Triple Jump Women



BENDIGO ZONE 2016 – 17: PROGRAM

BENDIGO ZONE - ROUND 8 - PROGRAM 2

TRACK EVENTS

Time	Event	Grades
1.30pm	Sprint Hurdles	Men & Women
1.30pm	2000 Metre Walk	Men & Women
2.05pm	100 Metres	Men
2.15pm	100 Metres	Women
2.35pm	1500 Metres	Men and Women
3.00pm	400 Metres	Women
3.10pm	400 Metres	Men
3.35pm	3000 Metres	Men and Women
4.00pm	4 x 100 Metre Relay	Men
4.00pm	4 x 100 Metre Relay	Women

FIELD EVENTS

Time	Discus
1:30pm	Shot Put Women
1:30pm	Pole Vault 3.00m Starting Height
2:00pm	Pole Vault 1.80m Starting Height
2:15pm	Shot Put Men
2:30pm	Long Jump Men
2:30pm	Javelin Women
3:15pm	Long Jump Women
3:15pm	Javelin Men



BENDIGO ZONE 2016 – 17: PROGRAM

BENDIGO ZONE - ROUND 9 - PROGRAM 1

TWILIGHT MEET 5.30PM START

TRACK EVENTS

Time	Event	Grades
5.30pm	400 Metre Hurdles – 76.2 - 91.4cm	Women before Men
	300 Metre Hurdles - 76.2cm	Men 60+ & Women 50+
	200 Metre Hurdles - 76.2cm	Men before Women U16 & U14 W60+
5.45pm	200 Metres	Women
5.55pm	200 Metres	Men
6.15pm	1500 & 3000 Metre Walk	All Grades (1500 U16 & U14)
6.45pm	800 Metres	Men and Women
7.10pm	60 Metres (Non Shield)	Women
7.15pm	60 Metres (Non Shield)	Men
7.30pm	3000 Metres	Men & Women - U18, U16, U14
7.30pm	5000 Metres	Men & Women - Open, 40+ & U20
8.00pm	4 x 200 Metre Relay	Men
8.00pm	4 x 200 Metre Relay	Women

FIELD EVENTS

Time	
5:30pm	Hammer
5:30pm	High Jump 1.50m Starting Height
6:00pm	High Jump 1.00m Starting Height
6:20pm	Triple Jump Men
6:20pm	Discus Women
7:10pm	Discus Men
7:10pm	Triple Jump Women



BENDIGO ZONE 2016 – 17: PROGRAM

BENDIGO ZONE - ROUND 10 - PROGRAM 2

TRACK EVENTS

Time	Event	Grades
1.30pm	Sprint Hurdles	Men & Women
1.30pm	5000 Metre Walk	Men & Women Open, U20 & U18
1.30pm	3000 Metre Walk	Men & Women 40+, U16 & U14
2.05pm	100 Metres	Men
2.15pm	100 Metres	Women
2.35pm	1500 Metres	Men and Women
3.00pm	400 Metres	Women
3.10pm	400 Metres	Men
3.35pm	2000/3000 Steeple (76.2cm)	ALL Women & Men 60+, U16 & U14
3.35pm	2000/3000 Steeple (91.4cm)	Men Open, 40+, 50+, U20 & U18
4.00pm	4 x 100 Metre Relay	Men
4.00pm	4 x 100 Metre Relay	Women

FIELD EVENTS

Time	Discus
1:30pm	Shot Put Women
1:30pm	Pole Vault 3.00m Starting Height
2:00pm	Pole Vault 1.80m Starting Height
2:15pm	Shot Put Men
2:30pm	Long Jump Men
2:30pm	Javelin Women
3:15pm	Long Jump Women
3:15pm	Javelin Men



BENDIGO ZONE 2016 – 17: PROGRAM

BENDIGO ZONE - ROUND 11- PROGRAM 1

TWILIGHT MEET 4.30PM START

TRACK EVENTS

Time	Event	Grades
4.30pm	400 Metre Hurdles – 76.2 - 91.4cm	Women before Men
	300 Metre Hurdles - 76.2cm	Men 60+ & Women 50+
	200 Metre Hurdles - 76.2cm	Men before Women U16 & U14 W60+
4.45pm	200 Metres	Women
4.55pm	200 Metres	Men
5.15pm	1500 & 3000 Metre Walk	All Grades (1500 U16 & U14)
5.45pm	800 Metres	Men and Women
5.10pm	60 Metres (Non Shield)	Women
5.15pm	60 Metres (Non Shield)	Men
5.30pm	3000 Metres	Men & Women
7.00pm	4 x 400 Metre Relay	Men
7.00pm	4 x 400 Metre Relay	Women

FIELD EVENTS

Time	
4:30pm	Hammer
4:30pm	High Jump 1.50m Starting Height
5:00pm	High Jump 1.00m Starting Height
5:20pm	Triple Jump Men
5:20pm	Discus Women
6:10pm	Discus Men
6:10pm	Triple Jump Women



BENDIGO ZONE 2016 – 17: PROGRAM

BENDIGO ZONE - ROUND 12 - PROGRAM 2

TWILIGHT MEET 4.30PM START

TRACK EVENTS

Time	Event	Grades
4.30pm	Sprint Hurdles	Men & Women
4.30pm	2000 Metre Walk	Men & Women
5.05pm	100 Metres	Men
5.15pm	100 Metres	Women
5.35pm	1500 Metres	Men and Women
6.00pm	400 Metres	Women
6.10pm	400 Metres	Men
6.35pm	2000/3000 Steeple (76.2cm)	ALL Women & Men 60+, U16 & U14
6.35pm	2000/3000 Steeple (91.4cm)	Men Open, 40+, 50+, U20 & U18
7.00pm	4 x 100 Metre Relay	Men
7.00pm	4 x 100 Metre Relay	Women

FIELD EVENTS

Time	Discus
4:30pm	Shot Put Women
4:30pm	Pole Vault 3.00m Starting Height
5:00pm	Pole Vault 1.80m Starting Height
5:15pm	Shot Put Men
5:30pm	Long Jump Men
5:30pm	Javelin Women
6:15pm	Long Jump Women
6:15pm	Javelin Men