



# GEELONG ZONE 2016 – 17: PROGRAM

## GEELONG ZONE - ROUND 1- PROGRAM 1 - GEELONG

### TRACK EVENTS

Time	Event	Grade	Pre Entry Info (No. Athletes in heat)
2.00pm	1500 & 3000 Metre Walk	3000 = All Grades 1500 = U16 & U14	(all)Lanes 1 to 3
2.15pm	400 Metre Hurdles – 76.2 - 91.4cm	Men before Women	(5)Lanes 4 to 8
	300 Metre Hurdles - 76.2cm	Men 60+ & Women 50+	(5)Lanes 4 to 8
	200 Metre Hurdles - 76.2cm	Men before Women U16 & U14 W60+	(5)Lanes 4 to 8
2.45pm	200 Metres	Women	(5)Lanes 4 to 8
3.00pm	200 Metres	Men	(5)Lanes 4 to 8
3.15pm	800 Metres	Women	(12)Lanes 1 to 3
3.25pm	800 Metres	Men	(12)Lanes 1 to 3
4.00pm	3000 Metres	Men & Women - U18, U16, U14	All
4.00pm	5000 Metres	Men & Women - Open, 40+ & U20	(30 to 40)
4.30pm	4 x 200 Metre Relay	Women	(8)Lanes 1 to 8
4.35pm	4 x 200 Metre Relay	Men	(8)Lanes 1 to 8

### FIELD EVENTS

Time	Shot Put	Hammer	Triple Jump	High Jump
1.10pm		30m <		
1.30pm		30m >		
2.00pm	(M) U14, U16, 40+, 50+, 60+		(W) U20, Op, 40+, 50+	(M) U18,U20,OP
2.40pm	(M) U18, U20, Op		(M) 40+, 50+, 60+	(W) U20, Op, 40+, 50+
3.00pm			(W) U14, U16, U18	
3.30pm	(W) U20, Op, 40+, 50+		(M) U18, U20, Op	(W) U14, U16, U18
4.10pm			(M) U14, U16	(M) U14,U16,40,50,60+
4.30pm	(W) U14, U16, U18			



# GEELONG ZONE 2016 – 17: PROGRAM

## GEELONG ZONE - ROUND 2- PROGRAM 2 - GEELONG

### TRACK EVENTS

Time	Event	Grades	Pre Entry Info (No. Athletes in heat)
1.30pm	5000 Metre Walk	Men & Women Open, U20 & U18	(all)Lanes 1 to 3
1.30pm	3000 Metre Walk	Men & Women 40+, U16 & U14	(all)Lanes 1 to 3
2.00pm	Sprint Hurdles	Men & Women	(6)Lanes 5 to 10
2.30pm	1500 Metres	Women	(15)Lanes 1 to 3
2.40pm	1500 Metres	Men	(15)Lanes 1 to 3
3.00pm	100 Metres	Men	(7)Lanes 4 to 10
3.15pm	100 Metres	Women	(7)Lanes 4 to 10
3.30pm	2000/3000 Steeple (76.2cm)	ALL Women & Men 60+, U16 & U14	All (water on inside of track)
3.30pm	2000/3000 Steeple (91.4cm)	Men Open, 40+, 50+, U20 & U18	All (water on inside of track)
3.55pm	400 Metres	Men	(8)Lanes 1 to 8
4.15pm	400 Metres	Women	(8)Lanes 1 to 8
4.30pm	4 x 100 Metre Relay	Women	(8)Lanes 1 to 8
4.30pm	4 x 100 Metre Relay	Men	(8)Lanes 1 to 8

### FIELD EVENTS

Time	Discus	Javelin	Long Jump	Pole Vault
1.00pm				Start 3.20m <
2.00pm	(M) U14,40+, 50+, 60+	(W) U14, U16, U18	(M) U18, U20, Op	
2.30pm	(M) U16,U18, U20, Op	(M) 40+, 50+, 60+	(W) U20, Op, 40+,	Start 2.30m <
3.00pm	(W) U14, U16, U18	(W) U20, Op, 40+, 50+, 60+	(M) U14, U16	
3.30pm	(W) U20, Op, 40+, 50+, 60+	(M) U14, U16, U18	(M) 40+, 50+, 60+	
4.00pm		(M) U20, Op	(W) U14, U16, U18	Start 1.60m <



# GEELONG ZONE 2016 – 17: PROGRAM

## GEELONG ZONE - ROUND 3- PROGRAM 1 – GEELONG

### TRACK EVENTS

Time	Event	Grade	Pre Entry Info (No. Athletes in heat)
2.00pm	1500 & 3000 Metre Walk	3000 = All Grades 1500 = U16 & U14	(all)Lanes 1 to 3
2.15pm	400 Metre Hurdles – 76.2 - 91.4cm	Men before Women	(5)Lanes 4 to 8
	300 Metre Hurdles - 76.2cm	Men 60+ & Women 50+	(5)Lanes 4 to 8
	200 Metre Hurdles - 76.2cm	Men before Women U16 & U14 W60+	(5)Lanes 4 to 8
2.45pm	200 Metres	Women	(5)Lanes 4 to 8
3.00pm	200 Metres	Men	(5)Lanes 4 to 8
3.15pm	800 Metres	Women	(12)Lanes 1 to 3
3.25pm	800 Metres	Men	(12)Lanes 1 to 3
4.00pm	3000 Metres	Men & Women - U18, U16, U14	All
4.00pm	5000 Metres	Men & Women - Open, 40+ & U20	(30 to 40)
4.30pm	4 x 200 Metre Relay	Women	(8)Lanes 1 to 8

### FIELD EVENTS

Time	Shot Put	Hammer	Triple Jump	High Jump
1.10pm		30m <		
1.30pm		30m >		
2.00pm	(M) U14, U16, 40+,		(W) U20, Op, 40+, 50+	(M) U18,U20,OP
2.40pm	(M) U18, U20, Op		(M) 40+, 50+, 60+	(W) U20, Op, 40+, 50+
3.00pm			(W) U14, U16, U18	
3.30pm	(W) U20, Op, 40+, 50+		(M) U18, U20, Op	(W) U14, U16, U18
4.10pm			(M) U14, U16	(M) U14,U16,40,50,60+
4.30pm	(W) U14, U16, U18			



# GEELONG ZONE 2016 – 17: PROGRAM

## GEELONG ZONE - ROUND 4 - PROGRAM 2 - GEELONG

### TRACK EVENTS

Time	Event	Grades	Pre Entry Info (No. Athletes in
1.30pm	2000m Walk	All Ages	(all)Lanes 1 to 3
1.30pm	3000 Metre Walk	Men & Women 40+, U16 & U14	(all)Lanes 1 to 3
2.00pm	Sprint Hurdles	Men & Women	(6)Lanes 5 to 10
2.30pm	1500 Metres	Women	(15)Lanes 1 to 3
2.40pm	1500 Metres	Men	(15)Lanes 1 to 3
3.00pm	100 Metres	Men	(7)Lanes 4 to 10
3.15pm	100 Metres	Women	(7)Lanes 4 to 10
3.30pm	2000/3000 Steeple (76.2cm)	ALL Women & Men 60+, U16 & U14	All (water on
3.30pm	2000/3000 Steeple (91.4cm)	Men Open, 40+, 50+, U20 & U18	All (water on
3.55pm	400 Metres	Men	(8)Lanes 1 to 8
4.15pm	400 Metres	Women	(8)Lanes 1 to 8
4.30pm	4 x 100 Metre Relay	Women	(8)Lanes 1 to 8
4.30pm	4 x 100 Metre Relay	Men	(8)Lanes 1 to 8

### FIELD EVENTS

Time	Discus	Javelin	Long Jump	Pole Vault
1.00pm				Start 3.20m <
2.00pm	(M) U14,40+, 50+, 60+	(W) U14, U16, U18	(M) U18, U20, Op	
2.30pm	(M) U16,U18, U20, Op	(M) 40+, 50+, 60+	(W) U20, Op, 40+,	Start 2.30m <
3.00pm	(W) U14, U16, U18	(W) U20, Op, 40+, 50+, 60+	(M) U14, U16	
3.30pm	(W) U20, Op, 40+, 50+, 60+	(M) U14, U16, U18	(M) 40+, 50+, 60+	
4.00pm		(M) U20, Op	(W) U14, U16, U18	Start 1.60m <



# GEELONG ZONE 2016 – 17: PROGRAM

## GEELONG ZONE - ROUND 5- PROGRAM 1 – GEELONG

### TRACK EVENTS

Time	Event	Grade	Pre Entry Info (No. Athletes in heat)
2.00pm	1500 & 3000 Metre Walk	3000 = All Grades 1500 = U16 & U14	(all)Lanes 1 to 3
2.15pm	400 Metre Hurdles – 76.2 - 91.4cm	Men before Women	(5)Lanes 4 to 8
	300 Metre Hurdles - 76.2cm	Men 60+ & Women 50+	(5)Lanes 4 to 8
	200 Metre Hurdles - 76.2cm	Men before Women U16 & U14 W60+	(5)Lanes 4 to 8
2.45pm	200 Metres	Women	(5)Lanes 4 to 8
3.00pm	200 Metres	Men	(5)Lanes 4 to 8
3.15pm	800 Metres	Women	(12)Lanes 1 to 3
3.25pm	800 Metres	Men	(12)Lanes 1 to 3
4.00pm	3000 Metres	Men & Women - U18, U16, U14	All
4.00pm	5000 Metres	Men & Women - Open, 40+ & U20	(30 to 40)
4.30pm	4 x 200 Metre Relay	Women	(8)Lanes 1 to 8
4.35pm	4 x 200 Metre Relay	Men	(8)Lanes 1 to 8

### FIELD EVENTS

Time	Shot Put	Hammer	Triple Jump	High Jump
1.10pm		30m <		
1.30pm		30m >		
2.00pm	(M) U14, U16, 40+,		(W) U20, Op, 40+, 50+	(M) U18,U20,OP
2.40pm	(M) U18, U20, Op		(M) 40+, 50+, 60+	(W) U20, Op, 40+, 50+
3.00pm			(W) U14, U16, U18	
3.30pm	(W) U20, Op, 40+, 50+		(M) U18, U20, Op	(W) U14, U16, U18
4.10pm			(M) U14, U16	(M) U14,U16,40,50,60+
4.30pm	(W) U14, U16, U18			



# GEELONG ZONE 2016 – 17: PROGRAM

## GEELONG ZONE - ROUND 6 - PROGRAM 2 - GEELONG

### TRACK EVENTS

Time	Event	Grades	Pre Entry Info (No. Athletes in heat)
1.30pm	5000m Walk	All Ages	(all)Lanes 1 to 3
1.30pm	3000 Metre Walk	Men & Women 40+, U16 & U14	(all)Lanes 1 to 3
2.00pm	Sprint Hurdles	Men & Women	(6)Lanes 5 to 10
2.30pm	1500 Metres	Women	(15)Lanes 1 to 3
2.40pm	1500 Metres	Men	(15)Lanes 1 to 3
3.00pm	100 Metres	Men	(7)Lanes 4 to 10
3.15pm	100 Metres	Women	(7)Lanes 4 to 10
3.30pm	2000/3000 Steeple (76.2cm)	ALL Women & Men 60+, U16 & U14	All (water on inside of track)
3.30pm	2000/3000 Steeple (91.4cm)	Men Open, 40+, 50+, U20 & U18	All (water on inside of track)
4.00pm	400 Metres	Men	(8)Lanes 1 to 8
4.15pm	400 Metres	Women	(8)Lanes 1 to 8
4.30pm	4 x 100 Metre Relay	Women	(8)Lanes 1 to 8
4.30pm	4 x 100 Metre Relay	Men	(8)Lanes 1 to 8

### FIELD EVENTS

Time	Discus	Javelin	Long Jump	Pole Vault
1.00pm				Start 3.20m <
2.00pm	(M) U14,40+, 50+, 60+	(W) U14, U16, U18	(M) U18, U20, Op	
2.30pm	(M) U16,U18, U20, Op	(M) 40+, 50+, 60+	(W) U20, Op, 40+,	Start 2.30m <
3.00pm	(W) U14, U16, U18	(W) U20, Op, 40+, 50+, 60+	(M) U14, U16	
3.30pm	(W) U20, Op, 40+, 50+, 60+	(M) U14, U16, U18	(M) 40+, 50+, 60+	
4.00pm		(M) U20, Op	(W) U14, U16, U18	Start 1.60m <



# GEELONG ZONE 2016 – 17: PROGRAM

## GEELONG ZONE - ROUND 7 - PROGRAM 1 – GEELONG

### TRACK EVENTS

Time	Event	Grade	Pre Entry Info (No. Athletes in heat)
2.00pm	1500 & 3000 Metre Walk	3000 = All Grades 1500 = U16 & U14	(all)Lanes 1 to 3
2.15pm	400 Metre Hurdles – 76.2 - 91.4cm	Men before Women	(5)Lanes 4 to 8
	300 Metre Hurdles - 76.2cm	Men 60+ & Women 50+	(5)Lanes 4 to 8
	200 Metre Hurdles - 76.2cm	Men before Women U16 & U14 W60+	(5)Lanes 4 to 8
2.45pm	200 Metres	Women	(5)Lanes 4 to 8
3.00pm	200 Metres	Men	(5)Lanes 4 to 8
3.15pm	800 Metres	Women	(12)Lanes 1 to 3
3.25pm	800 Metres	Men	(12)Lanes 1 to 3
4.00pm	3000 Metres	Men & Women - U18, U16, U14	All
4.00pm	5000 Metres	Men & Women - Open, 40+ & U20	(30 to 40)
4.30pm	4 x 200 Metre Relay	Women	(8)Lanes 1 to 8
4.35pm	4 x 200 Metre Relay	Men	(8)Lanes 1 to 8

### FIELD EVENTS

Time	Shot Put	Hammer	Triple Jump	High Jump
1.10pm		30m <		
1.30pm		30m >		
2.00pm	(M) U14, U16, 40+,		(W) U20, Op, 40+, 50+	(M) U18,U20,OP
2.40pm	(M) U18, U20, Op		(M) 40+, 50+, 60+	(W) U20, Op, 40+, 50+
3.00pm			(W) U14, U16, U18	
3.30pm	(W) U20, Op, 40+, 50+		(M) U18, U20, Op	(W) U14, U16, U18
4.10pm			(M) U14, U16	(M) U14,U16,40,50,60+
4.30pm	(W) U14, U16, U18			



# GEELONG ZONE 2016 – 17: PROGRAM

## GEELONG ZONE - ROUND 8 - PROGRAM 2 – GEELONG

### TRACK EVENTS

Time	Event	Grades	Pre Entry Info (No. Athletes in heat)
1.30pm	2000m Walk	All Ages	(all)Lanes 1 to 3
2.00pm	Sprint Hurdles	Men & Women	(6)Lanes 5 to 10
2.30pm	1500 Metres	Women	(15)Lanes 1 to 3
2.40pm	1500 Metres	Men	(15)Lanes 1 to 3
3.00pm	100 Metres	Men	(7)Lanes 4 to 10
3.15pm	100 Metres	Women	(7)Lanes 4 to 10
3.30pm	3000m	All Ages	(15) Lanes 1 to 3
4.00pm	400 Metres	Men	(8)Lanes 1 to 8
4.15pm	400 Metres	Women	(8)Lanes 1 to 8
4.30pm	4 x 100 Metre Relay	Women	(8)Lanes 1 to 8
4.30pm	4 x 100 Metre Relay	Men	(8)Lanes 1 to 8

### FIELD EVENTS

Time	Discus	Javelin	Long Jump	Pole Vault
1.00pm				Start 3.20m <
2.00pm	(M) U14,40+, 50+, 60+	(W) U14, U16, U18	(M) U18, U20, Op	
2.30pm	(M) U16,U18, U20, Op	(M) 40+, 50+, 60+	(W) U20, Op, 40+,	Start 2.30m <
3.00pm	(W) U14, U16, U18	(W) U20, Op, 40+, 50+, 60+	(M) U14, U16	
3.30pm	(W) U20, Op, 40+, 50+, 60+	(M) U14, U16, U18	(M) 40+, 50+, 60+	
4.00pm		(M) U20, Op	(W) U14, U16, U18	Start 1.60m <





# GEELONG ZONE 2016 – 17: PROGRAM

## GEELONG ZONE - ROUND 9 - PROGRAM 1 – GEELONG

### TRACK EVENTS

Time	Event	Grade	Pre Entry Info (No. Athletes in heat)
2.00pm	1500 & 3000 Metre Walk	3000 = All Grades 1500 = U16 & U14	(all)Lanes 1 to 3
2.15pm	400 Metre Hurdles – 76.2 - 91.4cm	Men before Women	(5)Lanes 4 to 8
	300 Metre Hurdles - 76.2cm	Men 60+ & Women 50+	(5)Lanes 4 to 8
	200 Metre Hurdles - 76.2cm	Men before Women U16 & U14 W60+	(5)Lanes 4 to 8
2.45pm	200 Metres	Women	(5)Lanes 4 to 8
3.00pm	200 Metres	Men	(5)Lanes 4 to 8
3.15pm	800 Metres	Women	(12)Lanes 1 to 3
3.25pm	800 Metres	Men	(12)Lanes 1 to 3
4.00pm	3000 Metres	Men & Women - U18, U16, U14	All
4.00pm	5000 Metres	Men & Women - Open, 40+ & U20	(30 to 40)
4.30pm	4 x 200 Metre Relay	Women	(8)Lanes 1 to 8
4.35pm	4 x 200 Metre Relay	Men	(8)Lanes 1 to 8

### FIELD EVENTS

Time	Shot Put	Hammer	Triple Jump	High Jump
1.10pm		30m <		
1.30pm		30m >		
2.00pm	(M) U14, U16, 40+,		(W) U20, Op, 40+, 50+	(M) U18,U20,OP
2.40pm	(M) U18, U20, Op		(M) 40+, 50+, 60+	(W) U20, Op, 40+, 50+
3.00pm			(W) U14, U16, U18	
3.30pm	(W) U20, Op, 40+, 50+		(M) U18, U20, Op	(W) U14, U16, U18
4.10pm			(M) U14, U16	(M) U14,U16,40,50,60+
4.30pm	(W) U14, U16, U18			

\* Competition Manager reserves the right to cease competition due to poor light to ensure safety of Officials/helpers



# GEELONG ZONE 2016 – 17: PROGRAM

## GEELONG ZONE - ROUND 10 - PROGRAM 2 – GEELONG

### TRACK EVENTS

Time	Event	Grades	Pre Entry Info (No. Athletes in heat)
5.30pm	5000 Metre Walk	Men & Women Open, U20 & U18	(all)Lanes 1 to 3
5.30pm	3000 Metre Walk	Men & Women 40+, U16 & U14	(all)Lanes 1 to 3
6.00pm	Sprint Hurdles	Men & Women	(6)Lanes 5 to 10
6.30pm	1500 Metres	Women	(15)Lanes 1 to 3
6.40pm	1500 Metres	Men	(15)Lanes 1 to 3
7.00pm	100 Metres	Men	(7)Lanes 4 to 10
7.15pm	100 Metres	Women	(7)Lanes 4 to 10
7.30pm	2000/3000 Steeple (76.2cm)	ALL Women & Men 60+, U16 & U14	All (water on inside of track)
7.30pm	2000/3000 Steeple (91.4cm)	Men Open, 40+, 50+, U20 & U18	All (water on inside of track)
7.55pm	400 Metres	Men	(8)Lanes 1 to 8
8.15pm	400 Metres	Women	(8)Lanes 1 to 8
8.30pm	4 x 100 Metre Relay	Women	(8)Lanes 1 to 8
8.30pm	4 x 100 Metre Relay	Men	(8)Lanes 1 to 8

### FIELD EVENTS

Time	Discus	Javelin	Long Jump	Pole Vault
5.00pm				Start 3.20m <
6.00pm	(M) U14,40+, 50+, 60+	(W) U14, U16, U18	(M) U18, U20, Op	
6.30pm	(M) U16,U18, U20, Op	(M) 40+, 50+, 60+	(W) U20, Op, 40+,	Start 2.30m <
7.00pm	(W) U14, U16, U18	(W) U20, Op, 40+, 50+, 60+	(M) U14, U16	
7.30pm	(W) U20, Op, 40+, 50+, 60+	(M) U14, U16, U18	(M) 40+, 50+, 60+	
8.00pm		(M) U20, Op	(W) U14, U16, U18	Start 1.60m <



# GEELONG ZONE 2016 – 17: PROGRAM

## GEELONG ZONE - ROUND 11 - PROGRAM 1 – GEELONG

### TRACK EVENTS

Time	Event	Grade	Pre Entry Info (No. Athletes in heat)
6.00pm	1500 & 3000 Metre Walk	3000 = All Grades 1500 = U16 & U14	(all)Lanes 1 to 3
6.15pm	400 Metre Hurdles – 76.2 - 91.4cm	Men before Women	(5)Lanes 4 to 8
	300 Metre Hurdles - 76.2cm	Men 60+ & Women 50+	(5)Lanes 4 to 8
	200 Metre Hurdles - 76.2cm	Men before Women U16 & U14 W60+	(5)Lanes 4 to 8
6.45pm	200 Metres	Women	(5)Lanes 4 to 8
7.00pm	200 Metres	Men	(5)Lanes 4 to 8
7.15pm	800 Metres	Women	(12)Lanes 1 to 3
7.25pm	800 Metres	Men	(12)Lanes 1 to 3
8.30pm	4 x 200 Metre Relay	Women	(8)Lanes 1 to 8
8.35pm	4 x 200 Metre Relay	Men	(8)Lanes 1 to 8
8.00pm	3000 Metres	Men & Women - U18, U16, U14	All

### FIELD EVENTS

Time	Shot Put	Hammer	Triple Jump	High Jump
5.10pm		30m <		
5.30pm		30m >		
6.00pm	(M) U14, U16, 40+,		(W) U20, Op, 40+, 50+	(M) U18,U20,OP
6.40pm	(M) U18, U20, Op		(M) 40+, 50+, 60+	(W) U20, Op, 40+, 50+
7.00pm			(W) U14, U16, U18	
7.30pm	(W) U20, Op, 40+, 50+		(M) U18, U20, Op	(W) U14, U16, U18
8.10pm			(M) U14, U16	(M) U14,U16,40,50,60+
8.30pm	(W) U14, U16, U18			



# GEELONG ZONE 2016 – 17: PROGRAM

## GEELONG ZONE - ROUND 12 - PROGRAM 2 – GEELONG

### TRACK EVENTS

Time	Event	Grades	Pre Entry Info (No. Athletes in heat)
5.30pm	2000m Walk	All Ages	(all)Lanes 1 to 3
6.00pm	Sprint Hurdles	Men & Women	(6)Lanes 5 to 10
6.30pm	1500 Metres	Women	(15)Lanes 1 to 3
6.40pm	1500 Metres	Men	(15)Lanes 1 to 3
7.00pm	100 Metres	Men	(7)Lanes 4 to 10
7.15pm	100 Metres	Women	(7)Lanes 4 to 10
7.30pm	2000/3000 Steeple (76.2cm)	ALL Women & Men 60+, U16 & U14	All (water on inside of track)
7.30pm	2000/3000 Steeple (91.4cm)	Men Open, 40+, 50+, U20 & U18	All (water on inside of track)
7.55pm	400 Metres	Men	(8)Lanes 1 to 8
8.15pm	400 Metres	Women	(8)Lanes 1 to 8
8.30pm	4 x 100 Metre Relay	Women	(8)Lanes 1 to 8
8.30pm	4 x 100 Metre Relay	Men	(8)Lanes 1 to 8

### FIELD EVENTS

Time	Discus	Javelin	Long Jump	Pole Vault
5.00pm				Start 3.20m <
6.00pm	(M) U14,40+, 50+, 60+	(W) U14, U16, U18	(M) U18, U20, Op	
6.30pm	(M) U16,U18, U20, Op	(M) 40+, 50+, 60+	(W) U20, Op, 40+,	Start 2.30m <
7.00pm	(W) U14, U16, U18	(W) U20, Op, 40+, 50+, 60+	(M) U14, U16	
7.30pm	(W) U20, Op, 40+, 50+, 60+	(M) U14, U16, U18	(M) 40+, 50+, 60+	
8.00pm		(M) U20, Op	(W) U14, U16, U18	Start 1.60m <