



Draft Timetable High Velocity Round 2 Friday 18th January 2019 – Box Hill	
6.00pm	Triple Jump (Women) *
6.15pm	100m (Women and Men)
6.50pm	110m Hurdles Men
7.05pm	110m Hurdles Women
7.10pm	Triple Jump (Men)
7.20pm	400m (Women and Men)

*Note subject to entries, Triple Jump may be a combined event with separate field cards for both men and women.

**All Triple Jump competitors will have three (3) attempts and the Top 8 after three rounds will have a further three (3) attempts.

100m and Sprint hurdles will be conducted on either the front and/or back straight subject to the direction of the wind. The direction will be determined prior to 6.00pm.

The 100m and 400m will be open to all athletes. Heats will be seeded based on performance provided on entry. Please ensure you include your performance as if left blank you may be seeded in lower heats.

Final Timetable will be amended subject to entries received.