



TIMETABLE of EVENTS as at 22.11.17 *All timetables featured are subject to change.

SUNDAY 26TH NOVEMBER 2017

Round 6 check-in at Aberfeldie will open at 10.00am.

TRACK EVENTS Program 2 ALTERNATE ROUND 6 – Aberfeldie (Moonee Valley Athletics Centre) (Sunday Competition)

ZONE		
Time	Event	Grades
11.30am	*3000 Metres Steeple (91cm) (Lanes 1-3) *2000 Metres Steeple (91cm)	Open/U20/40+/50+ Men U18 Men
11.30am	110Metre Hurdles (Lanes 4-9) 100Metre Hurdles (Lanes 4-9) 90Metre Hurdles (Lanes 4-9) 80Metre Hurdles (Lanes 4-9)	U18/U20/Open/40+ Men U18/U20/Open Women & U16/50+/60+ Men U16 Women & U14 Men U14/40+/50+/60+ Women
11.45pm	*3000 Metres Steeple (76.2cm) (Lanes 1-3) *2000 Metres Steeple (76.2cm)	Open/U20 Women 60+/U16/U14 Men
12.00pm	*2000 Metres Steeple (76.2cm)	40+/50+/60+/U18/U16/U14 Women
12.15pm	*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 4-9)	Women
1.00pm	1500 Metres (Lanes 1-3)	Men
1.45pm	100m (Lanes 4-9)	Men
2.00pm	1500 Metres (Lanes 1-3)	Women
3.15pm	4x200m Relay (Lanes 1-8)	Women
3.45pm	4x200m Relay (Lanes 1-8)	Men
4.15pm	400m (Lanes 1-8)	Women
5.00pm	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 (Moonee Valley Athletics Centre) (Sunday Competition)

Time	Discus (1 Cage) Max 20 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
11.00am	Sheet A(20)	Sheet A(20)	Sheet A(8)/Sheet B	
12.00pm	Sheet 1(20)	Sheet 1(18)(Elite 40m+/30m+)	Sheet 1(19)/Sheet 2(19) (Elite 6m+/5m+)	
1.00pm	Sheet 2(20)	Sheet 2(20)		3.00m+(8)
1.15pm			Sheet 3(20)/Sheet 4(20)	
2.00pm	Sheet 3(20)	Sheet 3(20)		
2.15pm			Sheet 5(20)/Sheet 6(8)	
3.00pm	Sheet 4(20)	Sheet 4(20)		1.60m+(22)
3.15pm			Sheet 7(20)/Sheet 8(20)	
4.00pm	Sheet 5(17) (Elite 35m+/28m+)	Sheet 5(20)		
4.15pm			Sheet 9(19)/Sheet 10(7)	

* Athletes can only pre-enter online for one sheet in the same discipline. Athletes who add themselves to more than one field sheet in the same discipline will be removed from all sheets by AV Administration.