



AV SHIELD FINAL
DRAFT Timetable as at 22.01.19
Saturday 23rd February 2019
Lakeside Stadium

TRACK EVENTS (Times featured below may change once entries are closed)

Time	Circular	Laned	Grades
9.00am	3000m Steeple (91cm) 2000m Steeple (91cm)		MOP, M20, M40, M50 (5 Lanes: 1-5) (20 athletes per heat) M18 (5 Lanes: 1-4) (20 athletes per heat)
10.15m	3000m Steeple (76cm) 2000m Steeple (76cm)		WOP, W20 (5 Lanes: 1-5) (20 athletes per heat) M16, M14, M60, W18, W16, W14, W40/50/60 (5 Lanes: 1-4) (20 athletes per heat)
10.30am		Sprint Hurdles	All Grades Men and Women (Highest to Lowest spec) (6 Lanes: 5-10)
11.15am	2000m Walk		All Grades Men and Women (3 Lanes: 1-3) (20 athletes per heat)
12.00pm		100 Metres	Men (7 Lanes: 4 -10)
12.30pm	1500 Metres		Men (3 Lanes: 1-3) (15 athletes per heat)
1.45pm		100 Metres	Women (7 Lanes: 4 -10)
2.00pm	1500 Metres		Women (3 Lanes: 1-3) (15 athletes per heat)
3.30pm		400 Metres	Men (8 Lanes: 1-8)
5.15pm		400 Metres	Women (8 Lanes: 1-8)
7.00pm		4 x 100 Metre Relay	Men (8 Lanes: 1-8)
7.30pm		4 x 100 Metre Relay	Women (8 Lanes: 1-8)



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FIELD EVENTS (Times featured below may change once entries are closed)

Time	Discus (Outside unless stated)	Javelin (SB end)	Long Jump (2 Pits)	Pole Vault (VIS end)
9.00am	35m+ (17) (Inside)	<20m (17)	Pit 1(15)/Pit 2(15)	
9.30am				Pit 1: 3.55+ (Men Only) Pit 2: 2.65+ (Women Only)
9.45am	<35m (17)	<30m (17)		
10.00am			Pit 1(15)/Pit 2(15)	
10.30am	<15m (17)	40m+ (17)		
11.00am			Pit 1(15)/Pit 2(15)	
11.15am	<30m (17)	<35m (17)		
12.00pm	<30m (17)	<35m (17)	Pit 1: 5m/6m (15)	Pit 1: 2.65m – 4.00m Pit 2: 1.60m – 2.80m
12.30pm				
12.45pm	<25m (17)	<40m (17)		
1.00pm			Pit 1(15)/Pit 2(15)	
1.30pm	<35m (17)	<30m (17)		
2.15pm	35m+ (17) (Inside)			
2.00pm			Pit 1(15)/Pit 2(15)	
2.30pm				Pit 1: 2.65m – 4.00m Pit 2: 1.60m – 2.80m
3.00pm	<35m (17)	<30m (17)	Pit 1(15)/Pit 2(15)	
3.30pm				
3.45pm	<15m (17)	40m+ (17)		
4.00pm			Pit 1(15)/Pit 2(15)	
4.30pm	<30m (17)	<35m (17)		
5.00pm			Pit 1: 5m/6m (15)	
5.15pm	<30m (17)	<35m (17)		
5.30pm				
6.00pm	<35m (17)	<40m (17)	Pit 1(15)/Pit 2(15)	

*Please Note for the AV Shield Final invitational athletes are not permitted and in field events there will be no additional or extra attempts provided.

* Outdoor throws cage has a limit of 50 metres and under. Athletes throwing over 50 metres will be asked to go in time slots 9.00am or 2.15pm which will be held in the arena throws cage.