

TIMETABLE of EVENTS
BALLARAT REGION as at 06.01.2021



Round 5 - Saturday 16th January 2021

TRACK EVENTS

Time	Event	Grades
2.00pm	800 Metre	Men
2.15pm	800 Metre	Women
2.30pm	2000m Walk *2000m Walk (*Non-Scoring) or 5000m Walk	U14/U16/40+/50+/60+ Men & Women *Open/*U20/*U18 Men & Women
2.45pm	400 Metre Hurdles 300 Metre Hurdles 200 Metre Hurdles	Open/U20/U18/40+/50+ Men & Open/U20/U18/40+ Women 60+ Men & 50+ Women/60+ Women U14/U16 Men & U14/U16
2.55pm	200 Metre	Men
3.20pm	200 Metre	Women
3.45pm	3000 Metre	All Men & Women
4.00pm	4 x 100 Metre Relays	All Men & Women

FIELD EVENTS

Time	Discus Throw (1 Cage) Max 10 per sheet	Hammer Throw (1 Cage) Max 10 per sheet	Triple Jump (1 Pit) Max 10 per sheet	High Jump (1 Bed)
1.00pm		Sheet 1		
1:20pm		Sheet 2		
1:40pm		Sheet 3		
2.00pm	Sheet 1		Sheet 1	1.05m – 1.35m
2.20pm	Sheet 2			
2:30pm			Sheet 2	1.30m – 1.60m
2:40pm	Sheet 3			
3.00pm	Sheet 4		Sheet 3	1.55m+
3.30pm			Sheet 4	

Athletes will be directed to a sanitise station after each heat/event where they will be processed and reintroduced to the next event site. All relay athletes must sanitise at each of the four transitions before competing.

Please be advised that timetables are subject to change. Please ensure you review timetable on the Friday prior to competition.



TIMETABLE of EVENTS
BALLARAT REGION as at 06.01.2021



Round 6 - Saturday 6th February 2021

Twilight start

TRACK EVENTS

Time	Event	Grades
6.00pm	1500 Metre	Men
6.15pm	1500 Metre	Women
6.30pm	100 Metre	Men
6.55pm	100 Metre	Women
7.10pm	80 Metre Hurdles 90 Metre Hurdles 100 Metre Hurdles 110 Metre Hurdles	U14/40+/50+/60+ Women U16 Women & U14 Men U18/U20/Open Women & U16/50+/60+ Men U18/U20/Open/40+ Men
7.30pm	3000 Metre 5000 Metre	U14/U16/U18 Men & Women Open/U20/40+/50+/60+ Men & Women
8.00pm	400 Metre	Men
8.15pm	400 Metre	Women

FIELD EVENTS

Time	Shot Put (1 Circle) Max 10 per sheet	Javelin (1 runway) Max 10 per sheet	Long Jump (1 Pit) Max 10 per sheet	Pole Vault (1 Bed)
5.30pm	Sheet 1		Sheet 1	
5.50pm	Sheet 2			
6.00pm			Sheet 2	
6:10pm	Sheet 3			
6.30pm	Sheet 4		Sheet 3	1.60m – 2.50m
7:00pm		Sheet 1	Sheet 4	2.35m+
7.20pm		Sheet 2		
7.40pm		Sheet 3		

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TIMETABLE of EVENTS
BALLARAT REGION as at 06.01.2021



Round 7 – Thursday 11th February 2021
Twilight start; Re-shuffled

TRACK EVENTS

Time	Event	Grades
6.00pm	200 Metre	Men
6.15pm	200 Metre	Women
6.30pm	3000 Metre	All Men & Women
7.00pm	400 Metre Hurdles 300 Metre Hurdles 200 Metre Hurdles	Open/U20/U18/40+/50+ Men & Open/U20/U18/40+ Women 60+ Men & 50+ Women/60+ Women U14/U16 Men & U14/U16
7.15pm	800 Metre	Men
7.35pm	800 Metre	Women
7.50pm	4 x 100m Relay	Men
8.00pm	4 x 100m Relay	Women

FIELD EVENTS

Time	Discus Throw (1 Cage) Max 10 per sheet	Hammer Throw (1 Cage) Max 10 per sheet	Triple Jump (1 Pit) Max 10 per sheet	High Jump (1 Bed)
5.00pm		Sheet 1		
5:20pm		Sheet 2		
5:40pm		Sheet 3		
6.00pm	Sheet 1		Sheet 1	1.05m – 1.35m
6.20pm	Sheet 2			
6:30pm			Sheet 2	1.30m – 1.60m
6:40pm	Sheet 3			
7.00pm	Sheet 4		Sheet 3	1.55m+
7.30pm			Sheet 4	

Athletes will be directed to a sanitise station after each heat/event where they will be processed and reintroduced to the next event site. All relay athletes must sanitise at each of the four transitions before competing.

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TIMETABLE of EVENTS

BALLARAT REGION as at 06.01.2021



Round 8 – Saturday 6th March 2021

Re-shuffled

TRACK EVENTS

Time	Event	Grades
2.00pm	100 Metre	Men
2.20pm	100 Metre	Women
2.40pm	3000 Metre Steeple (91cm)	Open/U20/40+/50+ Men
2.55pm	2000 Metre Steeple (84cm)	U18 Men
3.10pm	3000 Metre Steeple (76.2cm) 2000 Metre Steeple (76.2cm)	Open/U20 Women 60+/U16/U14 Men 40+/50+/60+/U18/U16/U14 Women
3.25pm	400 Metre	Men
3.40pm	400 Metre	Women
3.50pm	1500m Walk 3000m Walk	U14/U16 Men & Women Open/U20/U18/40+/50+/60+ Men & Women
4.00pm	80 Metre Hurdles 90 Metre Hurdles 100 Metre Hurdles 110 Metre Hurdles	U14/40+/50+/60+ Women U16 Women & U14 Men U18/U20/Open Women & U16/50+/60+ Men U18/U20/Open/40+ Men
4.15pm	1500 Metre	Men
4.30pm	1500 Metre	Women
4:45pm	3000 Metre (Countdown start; NON-SCORING)	All Men & Women

FIELD EVENTS

Time	Shot Put (1 Circle) Max 10 per sheet	Javelin (1 runway) Max 10 per sheet	Long Jump (1 Pit) Max 10 per sheet	Pole Vault (1 Bed)
1.30pm	Sheet 1		Sheet 1	
1:50pm	Sheet 2			
2.00pm			Sheet 2	
2:10pm	Sheet 3			
2.30pm	Sheet 4		Sheet 3	1.60m – 2.50m
3:00pm		Sheet 1	Sheet 4	2.35m+
3.20pm		Sheet 2		
3.40pm		Sheet 3		

Athletes will be directed to a sanitise station after each heat/event where they will be processed and reintroduced to the next event site. All relay athletes must sanitise at each of the four transitions before competing.

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TIMETABLE of EVENTS
BALLARAT REGION as at 06.01.2021



Round 9 - Saturday 13th March 2021
Morning start

TRACK EVENTS

Time	Event	Grades
10.00am	800 Metre	Men
10.15am	800 Metre	Women
10.30am	400 Metre Hurdles 300 Metre Hurdles 200 Metre Hurdles	Open/U20/U18/40+/50+ Men & Open/U20/U18/40+ Women 60+ Men & 50+ Women/60+ Women U14/U16 Men & U14/U16
10.40am	200 Metre	Men
11.05am	200 Metre	Women
11.25am	3000 Metre (Mental Health awareness run – Gold coin donation)	All Men & Women & Non-registered athletes
12.00pm	4 x 200 Metre Relay	Men & Women
12:15pm	Parlauf Relay - Mixed gender, age group and club. 10 min (NON-SCORING)	Mixed
12.30pm	BRAC BBQ Lunch - Invitation to all members	

FIELD EVENTS

Time	Discus Throw (1 Cage) Max 10 per sheet	Hammer Throw (1 Cage) Max 10 per sheet	Triple Jump (1 Pit) Max 10 per sheet	High Jump (1 Bed)
9.00am		Sheet 1		
9:20am		Sheet 2		
9:40am		Sheet 3		
10.00am	Sheet 1		Sheet 1	1.05m – 1.35m
10.20am	Sheet 2			
10:30am			Sheet 2	1.30m – 1.60m
10:40am	Sheet 3			
11.00am	Sheet 4		Sheet 3	1.55m+
11.30am			Sheet 4	

Athletes will be directed to a sanitise station after each heat/event where they will be processed and reintroduced to the next event site. All relay athletes must sanitise at each of the four transitions before competing.

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TIMETABLE of EVENTS
BALLARAT REGION as at 06.01.2021



Round 10 - Saturday 20th March 2021

TRACK EVENTS

ZONE		
Time	Event	Grades
2.00pm	1500 Metre	Men
2.15pm	1500 Metre	Women
2.30pm	100 Metre	Men
2.55pm	100 Metre	Women
3.15pm	1500m Walk 3000m Walk	U14/U16 Men & Women Open/U20/U18/40+/50+/60+ Men & Women
3.20pm	80 Metre Hurdles 90 Metre Hurdles 100 Metre Hurdles 110 Metre Hurdles	U14/40+/50+/60+ Women U16 Women & U14 Men U18/U20/Open Women & U16/50+/60+ Men U18/U20/Open/40+ Men
3.40pm	4 x 200 Metre Relays (NON-SCORING)	Men & Women
4.00pm	3000 Metre Steeple (91cm)	Open/U20/40+/50+ Men
4.15pm	2000 Metre Steeple (84cm)	U18 Men
4.30pm	3000 Metre Steeple (76.2cm) 2000 Metre Steeple (76.2cm)	Open/U20 Women 60+/U16/U14 Men 40+/50+/60+/U18/U16/U14 Women
4.55pm	400 Metre	Men
5.10pm	400 Metre	Women

FIELD EVENTS

Time	Shot Put (1 Circle) Max 10 per sheet	Javelin (1 runway) Max 10 per sheet	Long Jump (1 Pit) Max 10 per sheet	Pole Vault (1 Bed)
1.30pm	Sheet 1		Sheet 1	
1:50pm	Sheet 2			
2.00pm			Sheet 2	
2:10pm	Sheet 3			
2.30pm	Sheet 4		Sheet 3	1.60m – 2.50m
3:00pm		Sheet 1	Sheet 4	2.35m+
3.20pm		Sheet 2		
3.40pm		Sheet 3		

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