

TIMETABLE of EVENTS

BENDIGO REGION as at 07.01.21



P1 - Round 5 - Saturday 16th January 2021 (Night)

TRACK EVENTS

Time	Event	Grades
6.30pm	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 & Women
6.45pm	2000m Walk 5000m Walk or *2000m Walk (*NON-SCORING)	U14/U16/40+/50+/60+ Men & Women *Open/*U20/*U18 Men & Women
7.10pm	200 Metres	Women
7.20pm	200 Metres	Men
7.50pm	800 Metres	Men & Women
8.15pm	100 Metres (Non Scoring)	Women
8.20pm	100 Metres (Non Scoring)	Men
8.35pm	3000 Metre Steeple (91cm)	Open/U20/40+/50+ Men
8.45pm	2000 Metre Steeple (84cm)	U18 Men
8.55pm	3000 Metre Steeple (76.2cm) 2000 Metre Steeple (76.2cm)	Open/U20 Women 60+/U16/U14 Men 40+/50+/60+/U18/U16/U14 Women
9.10pm	4x100m Relay	All Men & Women

FIELD EVENTS

Time	Discus Throw	Hammer Throw	Triple Jump	High Jump	Pole Vault
6:00pm		Sheet 1			
6.30pm			Sheet 3	Sheet 1	
6.45pm	Sheet 2				
7.15pm			Sheet 1	Sheet 2	Sheet 1
7.30pm	Sheet 3				
8.15pm	Sheet 1		Sheet 2	Sheet 3	Sheet 2
9.00pm		Sheet 2			

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

BENDIGO REGION as at 07.01.21



P2 - Round 6 – Friday 5th February 2021 (Night)

TRACK EVENTS

ZONE		
Time	Event	Grades
6.30pm	110Metre Hurdles 100Metre Hurdles 90Metre Hurdles 80Metre Hurdles	U18/U20/Open/40+ Men U18/U20/Open Women & U16/50+/60+ Men U16 Women & U14 Men U14/40+/50+/60+ Women
6.45pm	1500m Walk 3000m Walk	U14/U16 Men & Women Open/U20/U18/40+/50+/60+ Men & Women
7.05pm	100 Metres	Men
7.15pm	100 Metres	Women
7.35pm	1500 Metres	Men & Women
8.00pm	4x400m Relay (Non Scoring)	Men & Women
8.15pm	3000 Metre 5000 Metre	U14/U16/U18 Men & Women Open/U20/40+/50+/60+ Men & Women
8.45pm	400 Metres	Men
9.00pm	400 Metres	Women

FIELD EVENTS

Time	Shot Put	Javelin	Long Jump	Pole Vault (Non Scoring)	High Jump
6.30pm	Sheet 1	Sheet 2	Sheet 3	Sheet 1	
7.00pm				Sheet 2	
7.20pm	Sheet 3	Sheet 1	Sheet 2		Sheet 1
8.10pm	Sheet 2	Sheet 3	Sheet 1		Sheet 2

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

BENDIGO REGION as at 07.01.21



P1 - Round 7 - Saturday 13th February 2021

TRACK EVENTS

ZONE		
Time	Event	Grades
1.30pm	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 & Women
1.45pm	1500m Walk 3000m Walk	U14/U16 Men & Women Open/U20/U18/40+/50+/60+ Men & Women
2.10pm	200 Metres	Women
2.20pm	200 Metres	Men
2.50pm	800 Metres	Men & Women
3.15pm	100 Metres (Non Scoring)	Women
3.20pm	100 Metres (Non Scoring)	Men
3.35pm	3000 Metres	Men & Women
4.00pm	4x100m Relay	All Men & Women

FIELD EVENTS

Time	Discus Throw	Hammer Throw	Triple Jump	High Jump	Pole Vault
6:00pm		Sheet 1			
6:30pm			Sheet 3	Sheet 1	
6:45pm	Sheet 2				
7:15pm			Sheet 1	Sheet 2	Sheet 1
7:30pm	Sheet 3				
8:15pm	Sheet 1		Sheet 2	Sheet 3	Sheet 2
9:00pm		Sheet 2			

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

BENDIGO REGION as at 07.01.21



P2 - Round 8 – Friday 5th March 2021 (Night)

TRACK EVENTS

ZONE		
Time	Event	Grades
6.30pm	110Metre Hurdles 100Metre Hurdles 90Metre Hurdles 80Metre Hurdles	U18/U20/Open/40+ Men U18/U20/Open Women & U16/50+/60+ Men U16 Women & U14 Men U14/40+/50+/60+ Women
6.45pm	1500m Walk 3000m Walk	U14/U16 Men & Women Open/U20/U18/40+/50+/60+ Men & Women
7.05pm	100 Metres	Men
7.15pm	100 Metres	Women
7.35pm	1500 Metres	Men & Women
8.00pm	4x400m Relay (Non-Scoring)	Men & Women
8.15pm	3000 Metre Steeple (91cm)	Open/U20/40+/50+ Men
8.25pm	2000 Metre Steeple (84cm)	U18 Men
8.35pm	3000 Metre Steeple (76.2cm) 2000 Metre Steeple (76.2cm)	Open/U20 Women 60+/U16/U14 Men 40+/50+/60+/U18/U16/U14 Women
8.55pm	400 Metres	Men
9.10pm	400 Metres	Women

FIELD EVENTS

Time	Shot Put	Javelin	Long Jump	Pole Vault	High Jump
6.30pm	Sheet 1	Sheet 2	Sheet 3	Sheet 1	
7.00pm				Sheet 2	
7.20pm	Sheet 3	Sheet 1	Sheet 2		Sheet 1
8.10pm	Sheet 2	Sheet 3	Sheet 1		Sheet 2

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

BENDIGO REGION as at 07.01.21



P1 - Round 9 - Saturday 13th March 2021

TRACK EVENTS

ZONE		
Time	Event	Grades
1.30pm	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 & Women
1.45pm	1500m Walk (Non Scoring) 3000m Walk (Non Scoring)	U14/U16 Men & Women Open/U20/U18/40+/50+/60+ Men & Women
2.10pm	200 Metres	Women
2.20pm	200 Metres	Men
2.50pm	800 Metres	Men & Women
3.15pm	100 Metres (Non Scoring)	Women
3.20pm	100 Metres (Non Scoring)	Men
3.35pm	3000 Metres	Men & Women
4.00pm	4x200m Relay	All Men & Women

FIELD EVENTS

Time	Discus Throw	Hammer Throw	Triple Jump	High Jump
6:00pm		Sheet 1		
6:30pm			Sheet 3	Sheet 1
6:45pm	Sheet 2			
7:15pm			Sheet 1	Sheet 2
7:30pm	Sheet 3			
8:15pm	Sheet 1		Sheet 2	Sheet 3
9:00pm		Sheet 2		

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

BENDIGO REGION as at 07.01.21



P2 - Round 10 – Saturday 20th March 2021

TRACK EVENTS

ZONE		
Time	Event	Grades
1.30pm	110Metre Hurdles 100Metre Hurdles 90Metre Hurdles 80Metre Hurdles	U18/U20/Open/40+ Men U18/U20/Open Women & U16/50+/60+ Men U16 Women & U14 Men U14/40+/50+/60+ Women
1.45pm	1500m Walk 3000m Walk	U14/U16 Men & Women Open/U20/U18/40+/50+/60+ Men & Women
2.05pm	100 Metres	Men
2.15pm	100 Metres	Women
2.35pm	1500 Metres	Men & Women
3.00pm	4x100m Relay (Non-Scoring)	Men & Women
3.15pm	3000 Metre Steeple (91cm)	Open/U20/40+/50+ Men
3.25pm	2000 Metre Steeple (84cm)	U18 Men
3.35pm	3000 Metre Steeple (76.2cm) 2000 Metre Steeple (76.2cm)	Open/U20 Women 60+/U16/U14 Men 40+/50+/60+/U18/U16/U14 Women
3.55pm	400 Metres	Men
4.10pm	400 Metres	Women

FIELD EVENTS

Time	Shot Put	Javelin	Long Jump	Pole Vault
1.30pm	Sheet 1	Sheet 2	Sheet 3	Sheet 1
2.00pm				Sheet 2
2.20pm	Sheet 3	Sheet 1	Sheet 2	
3.10pm	Sheet 2	Sheet 3	Sheet 1	

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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