

**TIMETABLE of EVENTS**  
**GEELONG REGION as at 07.01.21**



**Round 5 – Saturday 16<sup>th</sup> January 2021 (Twilight)**

**TRACK EVENTS**

ZONE		
Time	Event	Grades
4.30pm	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 & U14/U16 Women
5.00pm	200 Metres	Women
5.15pm	200 Metres	Men
5.35pm	800 Metres	Women
5.50pm	800 Metres	Men
6.10pm	4x100 Metre Relay	Women
6.25pm	4x100 Metre Relay	Men
6.40pm	100 Metres (NON-SCORING)	Women
6.55pm	100 Metres (NON-SCORING)	Men
7.10pm	3000 Metres	All Men & Women

**FIELD EVENTS**

Time	Discus (1 Cage) Max 15 per sheet	Hammer Throw (1 Cage) Max 20 per sheet	Triple Jump (1 Pit) Max 15 per sheet	High Jump (1 Bed) Max 15 per sheet	Pole Vault
4.15pm		Sheet 1 (GEELONG ATHLETES ONLY)			
4.30pm			Sheet 1	1.05 Mtr+	3.20m+
5.00pm					
5.15pm	Sheet 1		Sheet 2	1.30 Mtr+	
6.00pm			Sheet 3	All heights	2.30m+
6.15pm	Sheet 2				
6.45pm			Sheet 4		1.60m+
7.15pm	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.

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



# TIMETABLE of EVENTS

## GEELONG REGION as at 07.01.21



### Round 6 – Saturday 6<sup>th</sup> February 2021

#### TRACK EVENTS

ZONE		
Time	Event	Grades
1.45pm	80Metre Hurdles	U14/40+/50+/60+ Women
	90Metre Hurdles	U16 Women & U14 Men
	100Metre Hurdles	U18/U20/Open Women & U16/50+/60+ Men
	110Metre Hurdles	U18/U20/Open/40+ Men
2.15pm	1500 Metres	Women
2.30pm	1500 Metres	Men
2.50pm	100 Metres	Men
3.10pm	100 Metres	Women
3.40pm	400 Metres	Men
4.05pm	400 Metres	Women
4.20pm	3000 Metres	U18/U16/U14 Men & Women
	5000 Metres	Open/U20/40+/50+/60+ Men & Women

#### FIELD EVENTS

Time	Shot Put Max 15 per sheet	Javelin (1 runway) Max 15 per sheet	Long Jump (1 Pit) Max 15 per sheet	*Pole Vault	NON-SCORING Events
1.15pm					Hammer Invite (Max 15)
2.00pm	Sheet 1		Sheet 1	3.20m+	
2.30pm		Sheet 1			
3.00pm	Sheet 2		Sheet 2	2.30m+	
3.30pm		Sheet 2			
4.00pm	Sheet 3		Sheet 3	1.60m+	
4.30pm		Sheet 3			High Jump Invite

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

## GEELONG REGION as at 07.01.21



### Round 7 – Saturday 13<sup>th</sup> February 2021

#### TRACK EVENTS

ZONE		
Time	Event	Grades
1.45pm	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 Women
2.15pm	200 Metres	Women
2.30pm	200 Metres	Men
2.50pm	800 Metres	Women
3.05pm	800 Metres	Men
3.20pm	4x100 Metre Relay	Women
3.30pm	4x100 Metre Relay	Men
3.45pm	100 Metres (NON-SCORING)	Women
4.00pm	100 Metres (NON-SCORING)	Men
4.20pm	3000 Metres 5000 Metres	U18/U16/U14 Men & Women Open/U20/40+/50+/60+ Men & Women

#### FIELD EVENTS

Time	Discus (1 Cage) Max 15 per sheet	Hammer Throw (1 Cage) Max 20 per sheet	Triple Jump (1 Pit) Max 15 per sheet	High Jump (1 Bed) Max 15 per sheet	NON-SCORING Events
1.15pm		Sheet 1 (GEELONG ATHLETES ONLY)			Pole Vault Invite
1.45pm			Sheet 1	1.05 Mtr+	
2.00pm					
2.30pm	Sheet 1		Sheet 2	1.30 Mtr+	
3.15pm			Sheet 3	All heights	
3.30pm	Sheet 2				
4.00pm			Sheet 4		
4.30pm	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

## GEELONG REGION as at 07.01.21



### Round 8 – Saturday 6<sup>th</sup> March 2021

#### TRACK EVENTS

ZONE		
Time	Event	Grades
1.45pm	80Metre Hurdles 90Metre Hurdles 100Metre Hurdles 110Metre Hurdles	U14/40+/50+/60+ Women U16 Women & U14 Men U18/U20/Open Women & U16/50+/60+ Men U18/U20/Open/40+ Men
2.15pm	1500 Metres	Women
2.30pm	1500 Metres	Men
2.50pm	100 Metres	Men
3.10pm	100 Metres	Women
3.35pm	400 Metres	Men
3.55pm	400 Metres	Women
4.10pm	*3000 Metres Steeple (91cm)	Open/U20/40+/50+ Men
4.25pm	*2000 Metres Steeple (84cm)	U18 Men
4.40pm	*3000 Metres Steeple (76.2cm) *2000 Metres Steeple (76.2cm)	Open/U20 Women 60+/U16/U14 Men 40+/50+/60+/U18/U16/U14 Women

#### FIELD EVENTS

Time	Shot Put Max 15 per sheet	Javelin (1 runway) Max 15 per sheet	Long Jump (1 Pit) Max 15 per sheet	*Pole Vault	NON-SCORING Events
1.15pm					Hammer Invite
1.30pm	Sheet 1		Sheet 1	3.20m+	
2.00pm		Sheet 1	Sheet 2		
2.30pm	Sheet 2		Sheet 3	2.30m+	
3.00pm		Sheet 2			
3.30pm	Sheet 3		Sheet 4	1.60m+	
4.00pm		Sheet 3			High Jump Invite
4.30pm		Sheet 4			
4.45pm	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

## GEELONG REGION as at 07.01.21



### Round 9 – Saturday 13<sup>th</sup> March 2021

#### TRACK EVENTS

ZONE		
Time	Event	Grades
1.45pm	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 Women
2.15pm	200 Metres	Women
2.30pm	200 Metres	Men
2.50pm	800 Metres	Women
3.05pm	800 Metres	Men
3.20pm	4x200 Metre Relay	Women
3.30pm	4x200 Metre Relay	Men
3.45pm	100 Metres (NON-SCORING)	Women
4.00pm	100 Metres (NON-SCORING)	Men
4.20pm	3000 Metres 5000 Metres	U18/U16/U14 Men & Women Open/U20/40+/50+/60+ Men & Women

#### FIELD EVENTS

Time	Discus (1 Cage) Max 15 per sheet	Hammer Throw (1 Cage) Max 20 per sheet	Triple Jump (1 Pit) Max 15 per sheet	High Jump (1 Bed) Max 15 per sheet	NON-SCORING Events
1.15pm		Sheet 1 (GEELONG ATHLETES ONLY)			Pole Vault Invite
1.30pm			Sheet 1	1.05 Mtr+	
2.00pm					
2.15pm	Sheet 1		Sheet 2	1.30 Mtr+	
3.00pm			Sheet 3	All heights	
3.15pm	Sheet 2				
3.45pm			Sheet 4		
4.15pm	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

## GEELONG REGION as at 07.01.21



### Round 10 – Sunday 21<sup>st</sup> March 2021

#### TRACK EVENTS

ZONE		
Time	Event	Grades
10.00am	80Metre Hurdles 90Metre Hurdles 100Metre Hurdles 110Metre Hurdles	U14/40+/50+/60+ Women U16 Women & U14 Men U18/U20/Open Women & U16/50+/60+ Men U18/U20/Open/40+ Men
10.30am	1500 Metres	Women
10.45am	1500 Metres	Men
11.05am	100 Metres	Men
11.25am	100 Metres	Women
11.50am	400 Metres	Men
12.10pm	400 Metres	Women
12.25pm	*3000 Metres Steeple (91cm)	Open/U20/40+/50+ Men
12.40pm	*2000 Metres Steeple (84cm)	U18 Men
12.55pm	*3000 Metres Steeple (76.2cm) *2000 Metres Steeple (76.2cm)	Open/U20 Women 60+/U16/U14 Men 40+/50+/60+/U18/U16/U14 Women

#### FIELD EVENTS

Time	Shot Put Max 15 per sheet	Javelin (1 runway) Max 15 per sheet	Long Jump (1 Pit) Max 15 per sheet	*Pole Vault	NON-SCORING Events
10.00am					Hammer Invite
10.15am	Sheet 1		Sheet 1	3.20m+	
11.00am		Sheet 1	Sheet 2		
11.30am	Sheet 2		Sheet 3	2.30m+	
12.00pm		Sheet 2			
12.30pm	Sheet 3		Sheet 4	1.60m+	
1.00pm		Sheet 3			High Jump Invite
1.30pm		Sheet 4			
1.45pm	Sheet 4				

