

SATURDAY 16 JANUARY 2021

PROVISIONAL TIMETABLE as at 14.01.21

ROUND 5 – WHITE ZONE VENUE – Nunawading

Program 1

TRACK EVENTS

Draft Time	Prov Time	Event	Grades
1.00pm	1.00pm	400 Metre Hurdles (Lanes 4-8) 300 Metre Hurdles (Lanes 4-8) 200 Metre Hurdles (Lanes 4-8)	Open/U20/U18/40+/50+ Men & Open/U20/U18/40+ Women 60+ Men & 50+ 60 + Women U14/U16 Men & Women
1.00pm	1.00pm	1500m Walk (Lanes 1-3) 3000m Walk (Lanes 1-3)	U14/U16 Men & Women Open/U20/U18/40+/50+/60+ Men & Women
2.00pm	2.00pm	800 Metres (Lanes 1-3)12 per heat	Women
2.05pm	2.05pm	200 Metres (Lanes 4-8)	Women
3.00pm	2.30pm	800 Metres (Lanes 1-3)12 per heat	Men
3.30pm	3.15pm	200 Metres (Lanes 1-8)	Men
4.30pm	4.30pm	3000 Metres Steeple (91cm) (Lanes 1-3)	Open/U20/40+/50+ Men
5.00pm	5.00pm	2000 Metres Steeple (84cm) (Lanes 1-3)	U18 Men
5.15pm	5.15pm	3000 Metres Steeple (76.2cm) (Lanes 1-3) 2000 Metres Steeple (76.2cm)	Open/U20 Women 60+/U16/U14 Men 40+/50+/60+/U18/U16/U14 Women
5.30pm	5.30pm	4x100m Relay (Lanes 1-8)	Women
5.45pm	5.45pm	4x100m Relay (Lanes 1-8)	Men

FIELD EVENTS

	Shot Put			Hammer	Triple Jump		High Jump	Pole Vault
	Circle 1 (20 per sheet)	Circle 2 (20 per sheet)		(1 Cage) (15 per sheet)	Pit 1 (20 per sheet)	Pit 2 (20 per sheet)	(1 Pit Only) (15 per sheet)	For Clubs in White & Blue Zone Only
1.00pm	Sheet 1(12) (13m+/11m+)	Sheet 2(20)		Sheet 1(15)	Sheet 1(8)	Sheet 2 (4) Controlled Sheet (13m+/11m+)	1.65m+ (4) (Controlled Sheet)	3.55m+(4)
2.00pm	Sheet 3(20)	Sheet 4(20)		Sheet 2(15)			1.40m-1.80m(15)	
2.15pm					Sheet 3(20)	Sheet 4(13)		2.80m+(8)
3.00pm	Sheet 5(20)	Sheet 5a(4)		Sheet 3(15)	Sheet 5(14)	Sheet 6(8)	1.35m-1.75m(15)	
3.45pm								1.60m+(9)
4.00pm	Sheet 6(20) (Throw & Go)	Sheet 7(5) (Throw & Go)		Sheet 4(5) (Throw & Go)	Sheet 7(18)	Sheet 8(10)	1.15m-1.55m(15)	
4.30pm	Sheet 8(20)	Sheet 9 (5) Controlled Sheet (13m+/11m+)		Sheet 5 (10) Controlled Sheet (35m+/30m+)				
5.00pm					Sheet 9(5)		1.05m-1.45m(15)	
5.30pm	Sheet 10(11) (15 Spots Only)	Sheet 11(6) (15 Spots Only)		Sheet 6(9)				

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. A final provisional timetable will be published on the Friday before each round.

SATURDAY 16 JANUARY 2021

PROVISIONAL TIMETABLE as at 14.01.21

ROUND 5 – YELLOW VENUE – Aberfeldie

Program 2

TRACK EVENTS

Draft Time	Prov Time	Event	Grades
1.00pm	1.00pm	110Metre Hurdles (Lanes 4-10) 100Metre Hurdles (Lanes 4-10) 90Metre Hurdles (Lanes 4-10) 80Metre Hurdles (Lanes 4-10)	U18/U20/Open/40+ Men U18/U20/Open Women & U16/50+/60+ Men U16 Women & U14 Men U14/40+/50+/60+ Women
1.00pm	1.00pm	1500m Walk (Lanes 1-3) 3000m Walk (Lanes 1-3)	U14/U16 Men & Women Open/U20/U18/40+/50+/60+ Men & Women
2.00pm	2.00pm	100 Metres (Lanes 4-9)	Men
2.05pm	2.05pm	1500 Meters (Lanes 1-3)	Women
3.00pm	2.45pm	1500 Meters (Lanes 1-3)	Men
3.15pm	3.00pm	100 Metres (Lanes 4-9)	Women
4.15pm	4.00pm	400 Metres (Lanes 1-8)	Men
5.00pm	4.45pm	400 Metres (Lanes 1-8)	Women
5.45pm	5.30pm	4x100m Relay (Lanes 1-8)	Men
6.00pm	5.45pm	4x100m Relay (Lanes 1-8)	Women

FIELD EVENTS

	Discus	Javelin	Long Jump		Pole Vault
	(20 per sheet)	(20 per sheet)	Pit 1 (20 per sheet)	Pit 2 (20 per sheet)	For Clubs in Yellow & Red Zone Only
1.00pm	Sheet 1 (9) Controlled Sheet (35m+/28m+)	Sheet 1(20)	Sheet 1(20)	Sheet 2 (20) Controlled Sheet (6m+/5m+)	3.25m+(9)
2.00pm	Sheet 2(20)	Sheet 2(20)			
2.15pm	Seated Discus(2)	Seated Javelin(2)	Sheet 3(20)	Sheet 4(19)	
2.30pm					2.65m+(3)
3.00pm	Sheet 3(20)	Sheet 3(20)	Sheet 5(19)	Sheet 6(10)	
4.00pm	Sheet 4(20) (Throw & Go)	Sheet 4(4) (Throw & Go)	Sheet 7(15)	Sheet 8(11)	1.60m+(8)
4.30pm	Sheet 5(20)	Sheet 5 (9) Controlled Sheet (35m+/30m+)			
5.00pm			Sheet 9 &10 (6)		
5.30pm	Sheet 6(20)	Sheet 6(20)			

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Please be advised that timetables are subject to change. A final provisional timetable will be published on the Friday before each round.

SATURDAY 6th FEBRUARY 2021

DRAFT TIMETABLE

ROUND 6 – RED VENUE - Doncaster

Program 1

TRACK EVENTS

Draft Time	Event	Grades
1.00pm	1500m Walk (Lanes 1-3) 3000m Walk (Lanes 1-3)	U14/U16 Men & Women Open/U20/U18/40+/50+/60+ Men & Women
1.00pm	400 Metre Hurdles (Lanes 4-8) 300 Metre Hurdles 200 Metre Hurdles	Open/U20/U18/40+/50+ Men & Open/U20/U18/40+ Women 60+ Men & 50+ 60 + Women U14/U16 Men & Women
1.45pm	800 Metres (Lanes 1-3)	Men
2.00pm	200 Metres (Lanes 4-8)	Women
2.30pm	800 Metres (Lanes 1-3)	Women
3.15pm	200 Metres (Lanes 1-8)	Men
4.15pm	3000 Metres (Lanes 1-3)	All Women
5.00pm	3000 Metres (Lanes 1-3)	All Men

FIELD EVENTS

	Shot Put		Hammer	Triple Jump		High Jump
	Circle 1	Circle 2		Pit 1	Pit 2	
1.00pm	Sheet 1	Sheet 2	Sheet 1 (35m+/30m+) (Controlled Sheet)	Sheet 1	Sheet 2 Controlled Sheet (13m+/11m+)	1.65m+ (Controlled Sheet)
2.00pm	Sheet 3	Sheet 4	Sheet 2			1.40m-1.80m
2.15pm		Seated Shot		Sheet 3	Sheet 4	
3.00pm	Sheet 5	Sheet 6	Sheet 3	Sheet 5	Sheet 6	1.35m-1.75m
4.00pm	Sheet 7 (Throw & Go)	Sheet 8 (Throw & Go)	Sheet 4 (Throw & Go)	Sheet 7	Sheet 8	1.15m-1.55m
4.30pm	Sheet 9	Sheet 10 (13m+/11m+) (Controlled Sheet)	Sheet 5			
5.00pm				Sheet 9	Sheet 10	1.05m-1.45m
5.30pm	Sheet 11 (15 Spots Only)	Sheet 12 (15 Spots Only)	Sheet 6			

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. A final provisional timetable will be published on the Friday before each round.

SATURDAY 6th FEBRUARY 2021

DRAFT TIMETABLE

ROUND 6 – BLUE VENUE - Knox

Program 2

TRACK EVENTS

Draft Time	Event	Grades
1.00pm	1500m Walk (Lanes 1-3) 3000m Walk (Lanes 1-3)	U14/U16 Men & Women Open/U20/U18/40+/50+/60+ Men & Women
1.00pm	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
2.00pm	1500 Metres (Lanes 1-3)	Women
2.00pm	100 Metres (Lanes 4-10)	Men
2.30pm	1500 Metres (Lanes 1-3)	Men
3.30pm	100 Metres (Lanes 1-8)	Women
4.30pm	400 Metres (Lanes 1-8)	Men
5.30pm	400 Metres (Lanes 1-8)	Women

FIELD EVENTS

	Discus	Javelin	Long Jump	
			Pit 1	Pit 2
1.00pm	Sheet 1	Sheet 1 (35m+/30m+) (Controlled Sheet)	Sheet 1	Sheet 2 (6m+/5m+) (Controlled Sheet)
2.00pm	Sheet 2	Sheet 2		
2.15pm	Seated Discus/Javelin		Sheet 3	Sheet 4
2.30pm				
3.00pm	Sheet 3	Sheet 3	Sheet 5	Sheet 6
3.45pm				
4.00pm	Sheet 4 (Throw & Go)	Sheet 4 (Throw & Go)	Sheet 7	Sheet 8
4.30pm	Sheet 5 (35m+/28m+) (Controlled Sheet)	Sheet 5		
5.00pm			Sheet 9	Sheet 10
5.30pm	Sheet 6 (15 Spots Only)	Sheet 6 (15 Spots Only)		

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SATURDAY 13th FEBRUARY 2021

DRAFT TIMETABLE

ROUND 7 – WHITE VENUE - Nunawading

Program 1

TRACK EVENTS

Draft Time	Event	Grades
1.00pm	2000m Walk (Lanes 1-3)	All Ages
1.00pm	400 Metre Hurdles (Lanes 4-8) 300 Metre Hurdles 200 Metre Hurdles	Open/U20/U18/40+/50+ Men & Open/U20/U18/40+ Women 60+ Men & 50+ 60 + Women U14/U16 Men & Women
2.15pm	800 Metres (Lanes 1-3)12 per heat	Men
2.15pm	200 Metres (Lanes 4-8)	Women
3.00pm	800 Metres (Lanes 1-3)12 per heat	Women
3.30pm	200 Metres (Lanes 1-8)	Men
*4.15pm	4 x 100m Relay (Lanes 4-8)	Women
4.20pm	3000 Metres (Lanes 1-3)	U14/U16/U18 Women
*4.40pm	4 x 100m Relay (Lanes 4-8)	Men
4.50pm	3000 Metres (Lanes 1-3)	U14/U16/U18 Men
5.20pm	5000 Metres (Lanes 1-3)	Open/U20/40+/50+/60+ Men & Women

*Please Note all relay athletes must sanitize at each of the changeovers before competing

FIELD EVENTS

	Shot Put		Hammer	Triple Jump		High Jump
	Circle 1	Circle 2		Pit 1	Pit 2	
1.00pm	Sheet 1	Sheet 2	Sheet 1 Controlled Sheet (35m+/30m+)	Sheet 1	Sheet 2 Controlled Sheet (13m+/11m+)	1.65m+ (Controlled Sheet)
2.00pm	Sheet 3	Sheet 4	Sheet 2			1.40m-1.80m
2.15pm		Seated Shot		Sheet 3	Sheet 4	
3.00pm	Sheet 5	Sheet 6	Sheet 3	Sheet 5	Sheet 6	1.35m-1.75m
3.45pm						
4.00pm	Sheet 7 (Throw & Go)	Sheet 8 (Throw & Go)	Sheet 4 (Throw & Go)	Sheet 7	Sheet 8	1.15m-1.55m
4.30pm	Sheet 9	Sheet 10 Controlled Sheet (13m+/11m+)	Sheet 5			
5.00pm				Sheet 9	Sheet 10	1.05m-1.45m
5.30pm	Sheet 11 (15 Spots Only)	Sheet 12 (15 Spots Only)	Sheet 6			

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SATURDAY 13th FEBRUARY 2021

DRAFT TIMETABLE

ROUND 7 – YELLOW VENUE - Aberfeldie

Program 2

TRACK EVENTS

Draft Time	Event	Grades
1.00pm	110Metre Hurdles (Lanes 5-9) 100Metre Hurdles (Lanes 5-9) 90Metre Hurdles (Lanes 5-9) 80Metre Hurdles (Lanes 5-9)	U18/U20/Open/40+ Men U18/U20/Open Women & U16/50+/60+ Men U16 Women & U14 Men U14/40+/50+/60+ Women
1.00pm	3000 Metres Steeple (91cm) (Lanes 1-3)	Open/U20/40+/50+ Men
1.30pm	2000 Metres Steeple (84cm) (Lanes 1-3)	U18 Men
1.45pm	3000 Metres Steeple (76.2cm) (Lanes 1-3) 2000 Metres Steeple (76.2cm)	Open/U20 Women 60+/U16/U14 Men 40+/50+/60+/U18/U16/U14 Women
2.00pm	1500 Metres (Lanes 1-3)	Men
2.00pm	100 Metres (Lanes 4-10)	Men
3.00pm	1500 Metres (Lanes 1-3)	Women
3.00pm	100 Metres (Lanes 4-10)	Women
3.30pm	2000m Walk (Lanes 1-3)	All Ages
4.00pm	4x100m Relay (Lanes 1-8)	Men
4.15pm	4x100m Relay (Lanes 1-8)	Women
4.30pm	400 Metres (Lanes 1-8)	Men
5.30pm	400 Metres (Lanes 1-8)	Women

*Please Note all relay athletes must sanitize at each of the changeovers before competing

FIELD EVENTS

	Discus	Javelin	Long Jump	
			Pit 1	Pit 2
1.00pm	Sheet 1	Sheet 1 Sheet 1 (35m+/30m+) (Controlled Sheet)	Sheet 1	Sheet 2 (6m+/5m+) (Controlled Sheet)
2.00pm	Sheet 2	Sheet 2		
2.15pm	Seated Discus/Javelin		Sheet 3	Sheet 4
2.30pm				
3.00pm	Sheet 3	Sheet 3	Sheet 5	Sheet 6
4.00pm	Sheet 4 (Throw & Go)	Sheet 4 (Throw & Go)	Sheet 7	Sheet 8
4.30pm	Sheet 5 (35m+/28m+) (Controlled Sheet)	Sheet 5		
5.00pm			Sheet 9	Sheet 10
5.30pm	Sheet 6 (15 Spots Only)	Sheet 6 (15 Spots Only)		

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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SATURDAY 6th MARCH 2021

DRAFT TIMETABLE

ROUND 8 – RED VENUE – Doncaster

Program 1

TRACK EVENTS

Draft Time	Event	Grades
1.00pm	2000m Walk (Lanes 1-3) 5000m Walk (Lanes 1-3)	U14/U16/40+/50+/60+ Men & Women Open/U20/U18 Men & Women
1.00pm	400 Metre Hurdles (Lanes 4-8) 300 Metre Hurdles 200 Metre Hurdles	Open/U20/U18/40+/50+ Men & Open/U20/U18/40+ Women 60+ Men & 50+ 60 + Women U14/U16 Men & Women
2.00pm	800 Metres (Lanes 1-3)12 per heat	Women
2.00pm	200 Metres (Lanes 4-8)	Men
2.30pm	800 Metres (Lanes 1-3)12 per heat	Men
3.15pm	200 Metres (Lanes 4-8)	Women
3.15pm	3000 Metres (Lanes 1-3)	All Women
4.00pm	3000 Metres (Lanes 1-3)	All Men

FIELD EVENTS

	Shot Put		Hammer	Triple Jump		High Jump	Pole Vault
	Circle 1	Circle 2		Pit 1	Pit 2		For Clubs in Red & Yellow Zone Only
1.00pm	Sheet 1	Sheet 2 (13m+/11m+) (Controlled Sheet)	Sheet 1	Sheet 1	Sheet 2 (13m+/11m+) (Controlled Sheet)	1.65m+ (Controlled Sheet)	3.25m+
2.00pm	Sheet 3	Sheet 4	Sheet 2			1.40m-1.80m	
2.15pm		Seated Shot		Sheet 3	Sheet 4		
2.30pm							2.65m+
3.00pm	Sheet 5	Sheet 6	Sheet 3	Sheet 5	Sheet 6	1.35m-1.75m	
4.00pm	Sheet 7 (Throw & Go)	Sheet 8 (Throw & Go)	Sheet 4 (Throw & Go)	Sheet 7	Sheet 8	1.15m-1.55m	1.60m+
4.30pm	Sheet 9	Sheet 10	Sheet 5 (35m+/30m+) (Controlled Sheet)				
5.00pm				Sheet 9	Sheet 10	1.05m-1.45m	
5.30pm	Sheet 11 (15 Spots Only)	Sheet 12 (15 Spots Only)	Sheet 6				

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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SATURDAY 6th MARCH 2021

DRAFT TIMETABLE

ROUND 8 – BLUE VENUE – Casey Fields

Program 2

TRACK EVENTS

Draft Time	Event	Grades
1.00pm	2000m Walk (Lanes 1-3) 5000m Walk (Lanes 1-3)	U14/U16/40+/50+/60+ Men & Women Open/U20/U18 Men & Women
1.00pm	110Metre Hurdles (Lanes 5-9) 100Metre Hurdles (Lanes 5-9) 90Metre Hurdles (Lanes 5-9) 80Metre Hurdles (Lanes 5-9)	U18/U20/Open/40+ Men U18/U20/Open Women & U16/50+/60+ Men U16 Women & U14 Men U14/40+/50+/60+ Women
2.00pm	1500 Metres (Lanes 1-3)	Women
2.00pm	100 Metres (Lanes 4-10)	Men
2.45pm	1500 Metres (Lanes 1-3)	Men
3.30pm	100 Metres (Lanes 4-10)	Women
3.30pm	3000 Metres Steeple (91cm) (Lanes 1-3)	Open/U20/40+/50+ Men
4.00pm	2000 Metres Steeple (84cm) (Lanes 1-3)	U18 Men
4.15pm	3000 Metres Steeple (76.2cm) (Lanes 1-3) 2000 Metres Steeple (76.2cm)	Open/U20 Women 60+/U16/U14 Men & 40+/50+/60+/U18/U16/U14 Women
4.45pm	400 Metres (Lanes 1-8)	Men
5.45pm	400 Metres (Lanes 1-8)	Women

FIELD EVENTS

	Discus	Javelin	Long Jump		Pole Vault
			Pit 1	Pit 2	For Clubs in Blue & White Zone Only
1.00pm	Sheet 1 (35m+/28m+) (Controlled Sheet)	Sheet 1	Sheet 1	Sheet 2 (6m+/5m+) (Controlled Sheet)	3.55m+
2.00pm	Sheet 2	Sheet 2			
2.15pm	Seated Discus/Javelin		Sheet 3	Sheet 4	2.80m+
2.30pm					
3.00pm	Sheet 3	Sheet 3	Sheet 5	Sheet 6	
3.45pm					1.60m+
4.00pm	Sheet 4 (Throw & Go)	Sheet 4 (Throw & Go)	Sheet 7	Sheet 8	
4.30pm	Sheet 5	Sheet 5 (35m+/30m+) (Controlled Sheet)			
5.00pm			Sheet 9	Sheet 10	
5.30pm	Sheet 6 (15 Spots Only)	Sheet 6 (15 Spots Only)			

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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SATURDAY 13th MARCH 2021

DRAFT TIMETABLE

ROUND 9 – WHITE VENUE – Nunawading

Program 1

TRACK EVENTS

Draft Time	Event	Grades
1.00pm	3000m (Lanes 1-3)	U14/U16/U18 Women
1.00pm	400 Metre Hurdles (Lanes 4-8) 300 Metre Hurdles 200 Metre Hurdles	Open/U20/U18/40+/50+ Men & Open/U20/U18/40+ Women 60+ Men & 50+ 60 + Women U14/U16 Men & Women
1.30pm	3000m (Lanes 1-3)	U14/U16/U18 Women
2.00pm	5000m (Lanes 1-3)	Open/U20/U18 Men & Women
2.00pm	200 Metres (Lanes 4-8)	Women
3.30pm	200 Metres (Lanes 1-8)	Men
4.30pm	4x200m Relay (Lanes 1-8)	Women
4.45pm	4x200m Relay (Lanes 1-8)	Men
5.00pm	800 Metres (Lanes 1-3)12 per heat	Women
5.30pm	800 Metres (Lanes 1-3)12 per heat	Men

FIELD EVENTS

	Shot Put		Hammer	Triple Jump		High Jump	Pole Vault
	Circle 1	Circle 2		Pit 1	Pit 2	(1 Pit Only)	For Clubs in Blue & White Zone Only
1.00pm	Sheet 1 (13m+/11m+) (Controlled Sheet)	Sheet 2 (13m+/11m+) (Controlled Sheet)	Sheet 1	Sheet 1	Sheet 2 (13m+/11m+) (Controlled Sheet)	1.65m+ (Controlled Sheet)	3.55m+
2.00pm	Sheet 3	Sheet 4	Sheet 2			1.40m-1.80m	
2.15pm		Seated Shot		Sheet 3	Sheet 4		2.80m+
3.00pm	Sheet 5	Sheet 6	Sheet 3	Sheet 5	Sheet 6	1.35m-1.75m	
3.45pm							1.60m+
4.00pm	Sheet 7 (Throw & Go)	Sheet 8 (Throw & Go)	Sheet 4 (Throw & Go)	Sheet 7	Sheet 8	1.15m-1.55m	
4.30pm	Sheet 9	Sheet 10	Sheet 5 (35m+/30m+) (Controlled Sheet)				
5.00pm				Sheet 9	Sheet 10	1.05m-1.45m	
5.30pm	Sheet 11 (15 Spots Only)	Sheet 12 (15 Spots Only)	Sheet 6				

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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SATURDAY 13th MARCH 2021

DRAFT TIMETABLE

ROUND 9 – YELLOW VENUE – Aberfeldie

Program 2

TRACK EVENTS

Draft Time	Event	Grades
1.30pm	3000 Metres Steeple (91cm) (Lanes 1-3)	Open/U20/40+/50+ Men
1.30pm	110 Metre Hurdles (Lanes 6-10) 100 Metre Hurdles (Lanes 6-10) 90 Metre Hurdles (Lanes 6-10) 80 Metre Hurdles (Lanes 6-10)	U18/U20/Open/40+ Men U18/U20/Open Women & U16/50+/60+ Men U16 Women & U14 Men U14/40+/50+/60+ Women
2.00pm	2000 Metres Steeple (91cm) (Lanes 1-3)	U18 Men
2.15pm	3000 Metres Steeple (76.2cm) (Lanes 1-3) 2000 Metres Steeple (76.2cm)	Open/U20 Women 40+/50+/60+/U18/U16/U14 Women
2.30pm	100 Metres (Lanes 4-10)	Men
2.45pm	1500 Metres (Lanes 1-3)	Men
3.30pm	1500 Metres (Lanes 1-3)	Women
4.00pm	100 Metres (Lanes 1-8)	Women
4.45pm	4x200m Relay (Lanes 1-8)	Men
5.00pm	4x200m Relay (Lanes 1-8)	Women
5.15pm	400 Metres (Lanes 1-8)	Men
6.15pm	400 Metres (Lanes 1-8)	Women

FIELD EVENTS

	Discus	Javelin	Long Jump		Pole Vault
			Pit 1	Pit 2	For Clubs in Red & Yellow Zone Only
1.30pm	Sheet 1 (35m+/28m+) (Controlled Sheet)	Sheet 1	Sheet 1	Sheet 2 (6m+/5m+) (Controlled Sheet)	3.25m+
2.30pm	Sheet 2	Sheet 2			
2.45pm	Seated Discus/Javelin		Sheet 3	Sheet 4	
3.00pm					2.65m+
3.30pm	Sheet 3	Sheet 3	Sheet 5	Sheet 6	
4.30pm	Sheet 4 (Throw & Go)	Sheet 4 (Throw & Go)	Sheet 7	Sheet 8	1.60m+
5.00pm	Sheet 5	Sheet 5 (35m+/30m+) (Controlled Sheet)			
5.30pm			Sheet 9	Sheet 10	
6.00pm	Sheet 6 (15 Spots Only)	Sheet 6 (15 Spots Only)			

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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SATURDAY 20th MARCH 2021

DRAFT TIMETABLE

ROUND 10 – RED VENUE - Doncaster

Program 1

TRACK EVENTS

Draft Time	Event	Grades
1.00pm	2000m Walk (Lanes 1-3) 5000m Walk (Lanes 1-3)	U14/U16/40+/50+/60+ Men & Women Open/U20/U18 Men & Women
1.00pm	400 Metre Hurdles (Lanes 4-8) 300 Metre Hurdles 200 Metre Hurdles	Open/U20/U18/40+/50+ Men & Open/U20/U18/40+ Women 60+ Men & 50+ 60 + Women U14/U16 Men & Women
2.00pm	800 Metres (Lanes 1-3)12 per heat	Women
2.00pm	200 Metres (Lanes 4-8)	Men
2.30pm	800 Metres (Lanes 1-3)12 per heat	Men
3.15pm	200 Metres (Lanes 4-8)	Women
3.15pm	3000 Metres (Lanes 1-3)	All Women
4.00pm	3000 Metres (Lanes 1-3)	All Men
4.45pm	5000 Metres (Lanes 1-3)	Open/U20/40+/50+/60+ Men & Women

FIELD EVENTS

	Shot Put		Hammer	Triple Jump		High Jump	Pole Vault
	Circle 1	Circle 2		Pit 1	Pit 2		
1.00pm	Sheet 1	Sheet 2 (13m+/11m+) (Controlled Sheet)	Sheet 1	Sheet 1	Sheet 2 (13m+/11m+)	1.65m+ (Controlled Sheet)	3.25m+
2.00pm	Sheet 3	Sheet 4	Sheet 2			1.40m-1.80m	
2.15pm		Seated Shot		Sheet 3	Sheet 4		
2.30pm							2.65m+
3.00pm	Sheet 5	Sheet 6	Sheet 3	Sheet 5	Sheet 6	1.35m-1.75m	
4.00pm	Sheet 7 (Throw & Go)	Sheet 8 (Throw & Go)	Sheet 4 (Throw & Go)	Sheet 7	Sheet 8	1.15m-1.55m	1.60m+
4.30pm	Sheet 9	Sheet 10	Sheet 5 (35m+/30m+) (Controlled Sheet)				
5.00pm				Sheet 9	Sheet 10	1.05m-1.45m	
5.30pm	Sheet 9 (15 Spots Only)	Sheet 10 (15 Spots Only)	Sheet 6				

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. A final provisional timetable will be published on the Friday before each round.

SATURDAY 20th MARCH 2021

DRAFT TIMETABLE

ROUND 10 – BLUE VENUE – ~~Knox~~ Nunawading

Program 2

TRACK EVENTS

Draft Time	Event	Grades
1.00pm	2000m Walk (Lanes 1-3) 5000m Walk (Lanes 1-3)	U14/U16/40+/50+/60+ Men & Women Open/U20/U18 Men & Women
1.00pm	110Metre Hurdles (Lanes 5-9) 100Metre Hurdles (Lanes 5-9) 90Metre Hurdles (Lanes 5-9) 80Metre Hurdles (Lanes 5-9)	U18/U20/Open/40+ Men U18/U20/Open Women & U16/50+/60+ Men U16 Women & U14 Men U14/40+/50+/60+ Women
2.00pm	1500 Metres (Lanes 1-3)	Women
2.00pm	100 Metres (Lanes 4-10)	Men
2.45pm	1500 Metres (Lanes 1-3)	Men
3.30pm	100 Metres (Lanes 4-10)	Women
4.30pm	400 Metres (Lanes 1-8)	Men
5.15pm	400 Metres (Lanes 1-8)	Women

FIELD EVENTS

	Discus	Javelin	Long Jump		Pole Vault
			Pit 1	Pit 2	For Clubs in White & Blue Zone Only
1.00pm	Sheet 1 (35m+/28m+) (Controlled Sheet)	Sheet 1	Sheet 1	Sheet 2 (6m+/5m+) (Controlled Sheet)	3.55m+
2.00pm	Sheet 2	Sheet 2			
2.15pm	Seated Discus/Javelin		Sheet 3	Sheet 4	2.80m+
2.30pm					
3.00pm	Sheet 3	Sheet 3	Sheet 5	Sheet 6	1.60m+
3.45pm					
4.00pm	Sheet 4 (Throw & Go)	Sheet 4 (Throw & Go)	Sheet 7	Sheet 8	
4.30pm	Sheet 5	Sheet 5 (35m+/30m+) (Controlled Sheet)			
5.00pm			Sheet 9	Sheet 10	
5.30pm	Sheet 6 (15 Spots Only)	Sheet 6 (15 Spots Only)			

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Please be advised that timetables are subject to change. A final provisional timetable will be published on the Friday before each round.