AVSL TIMETABLE – METRO THROWS

AS AT 28.10.26

All timetables featured are subject to change

PROVISIONAL – ROUND 3 – PROGRAM 3A

Scan for Venue Directions

VENUE: SANDRINGHAM ATHLETICS TRACK, HAMPTON

DATE: Saturday 31st October 2026

FIELD EVENTS

The number of spots available for each Field event sheet are shown in brackets for each sheet. Italicised are waitlist totals.

Distances listed in brackets on controlled sheets are the minimum distances that athletes must achieve to be eligible to enter. First distance - Male athletes, Second distance - Female athletes, Percentage – Para Athletes (Both Male & Female). If only one distance is noted, this distance is required to be achieved by all athletes.

Draft Time	Shot Put	Discus	Hammer	Javelin	Seated Throws
2:00pm	Sheet 1 (13)	Sheet 1 **Controlled** **[37m+/30m+/55%]** (15) – WL(1)			
3:00pm	Sheet 2 **Controlled** **[12.50m+/10.50m+/55%]** (12)	Sheet 2 **Controlled** **[37m+/30m+/55%]** (15)			
4:00pm	Sheet 3 **Controlled** **[12.50m+/10.50m+/55%]** (8)		Sheet 1 **Controlled** **[35m+/30m+/55%]** (11)		
5:00pm	Sheet 4 (3)			Sheet 1 **Controlled** **[35m+/30m+/55%]** (15)	
6:00pm				~~Sheet 2~~ ~~**Controlled**~~ ~~**[35m+/30m+/55%]**~~ ~~(0)~~	Seated Shot Put (1) ~~Seated Discus~~ ~~Seated Javelin~~

NOTE: Assigned officials and venue managers will be able to participate in the field events as additional athletes, without the requirement to achieve the controlled distance or completing an event entry, based on their assignment to the throws only venue. This will assist Athletics Victoria in ensuring there are sufficient officials available to support the operation of the Throws Only venue.

These approved individual attempts will be **in addition to the controlled positions offered**.

Assigned officials and club helpers are to work with the officials on site to ensure they are able to complete three attempts, without impacting the published Throws Only venue timetable or the opportunities available to controlled athletes.

AVSL TIMETABLE – METRO THROWS

AS AT 28.10.26

All timetables featured are subject to change

DRAFT – ROUND 4 – PROGRAM 3B

Scan for Venue Directions

VENUE: NEWPORT PARK ATHLETICS TRACK, WILLIAMSTOWN

DATE: Saturday 7th November 2026

FIELD EVENTS

The number of spots available for each Field event sheet are shown in brackets for each sheet. Italicised are waitlist totals.

Distances listed in brackets on controlled sheets are the minimum distances that athletes must achieve to be eligible to enter. First distance - Male athletes, Second distance - Female athletes, Percentage – Para Athletes (Both Male & Female). If only one distance is noted, this distance is required to be achieved by all athletes.

Draft Time	Shot Put	Discus	Hammer	Javelin	Seated Throws
1:30pm				Sheet 1 **Controlled** **[35m+/30m+/55%]** (15)	Seated Shot Put Seated Discus Seated Javelin
2:30pm	Sheet 1 (23)			Sheet 2 **Controlled** **[35m+/30m+/55%]** (15)	
3:30pm	Sheet 2 **Controlled** **[12.50m+/10.50m+/55%]** (17)		Sheet 1 **Controlled** **[35m+/30m+/55%]** (15)		
4:30pm	Sheet 3 **Controlled** **[12.50m+/10.50m+/55%]** (17)	Sheet 1 **Controlled** **[37m+/30m+/55%]** (15)			
5:30pm	Sheet 4 (23)	Sheet 2 **Controlled** **[37m+/30m+/55%]** (15)			

NOTE: Assigned officials and venue managers will be able to participate in the field events as additional athletes, without the requirement to achieve the controlled distance or completing an event entry, based on their assignment to the throws only venue. This will assist Athletics Victoria in ensuring there are sufficient officials available to support the operation of the Throws Only venue.

These approved individual attempts will be **in addition to the controlled positions offered**.

Assigned officials and club helpers are to work with the officials on site to ensure they are able to complete three attempts, without impacting the published Throws Only venue timetable or the opportunities available to controlled athletes.

AVSL TIMETABLE – METRO THROWS

AS AT 28.10.26

All timetables featured are subject to change

DRAFT – ROUND 5 – PROGRAM 3A

Scan for Venue Directions

VENUE: CASEY FIELDS ATHLETICS TRACK, CRANBOURNE EAST

DATE: Saturday 14th November 2026

FIELD EVENTS

The number of spots available for each Field event sheet are shown in brackets for each sheet. Italicised are waitlist totals.

Distances listed in brackets on controlled sheets are the minimum distances that athletes must achieve to be eligible to enter. First distance - Male athletes, Second distance - Female athletes, Percentage – Para Athletes (Both Male & Female). If only one distance is noted, this distance is required to be achieved by all athletes.

Draft Time	Shot Put	Discus	Hammer	Javelin	Seated Throws
1:00pm	Sheet 1 (23)	Sheet 1 **Controlled** **[37m+/30m+/55%]** (15)			
2:00pm	Sheet 2 **Controlled** **[12.50m+/10.50m+/55%]** (17)	Sheet 2 **Controlled** **[37m+/30m+/55%]** (15)			
3:00pm	Sheet 3 **Controlled** **[12.50m+/10.50m+/55%]** (17)		Sheet 1 **Controlled** **[35m+/30m+/55%]** (15)		
4:00pm	Sheet 4 (23)			Sheet 1 **Controlled** **[35m+/30m+/55%]** (15)	
5:00pm				Sheet 2 **Controlled** **[35m+/30m+/55%]** (15)	Seated Shot Put Seated Discus Seated Javelin

NOTE: Assigned officials and venue managers will be able to participate in the field events as additional athletes, without the requirement to achieve the controlled distance or completing an event entry, based on their assignment to the throws only venue. This will assist Athletics Victoria in ensuring there are sufficient officials available to support the operation of the Throws Only venue.

These approved individual attempts will be **in addition to the controlled positions offered**.

Assigned officials and club helpers are to work with the officials on site to ensure they are able to complete three attempts, without impacting the published Throws Only venue timetable or the opportunities available to controlled athletes.

AVSL TIMETABLE – METRO THROWS

AS AT 28.10.26

All timetables featured are subject to change

DRAFT – ROUND 6 – PROGRAM 3B

Scan for Venue Directions

VENUE: GEORGE KNOTT ATHLETIC FIELD, CLIFTON HILL

DATE: Saturday 21st November 2026

FIELD EVENTS

The number of spots available for each Field event sheet are shown in brackets for each sheet. Italicised are waitlist totals.

Distances listed in brackets on controlled sheets are the minimum distances that athletes must achieve to be eligible to enter. First distance - Male athletes, Second distance - Female athletes, Percentage – Para Athletes (Both Male & Female). If only one distance is noted, this distance is required to be achieved by all athletes.

Draft Time	Shot Put	Discus	Hammer	Javelin	Seated Throws
1:00pm				Sheet 1 **Controlled** **[35m+/30m+/55%]** (15)	Seated Shot Put Seated Discus Seated Javelin
2:00pm	Sheet 1 (23)			Sheet 2 **Controlled** **[35m+/30m+/55%]** (15)	
3:00pm	Sheet 2 **Controlled** **[12.50m+/10.50m+/55%]** (17)	Sheet 1 **Controlled** **[37m+/30m+/55%]** (15)			
4:00pm	Sheet 3 **Controlled** **[12.50m+/10.50m+/55%]** (17)	Sheet 2 **Controlled** **[37m+/30m+/55%]** (15)			
5:00pm	Sheet 4 (23)		Sheet 1 **Controlled** **[35m+/30m+/55%]** (15)		

NOTE: Assigned officials and venue managers will be able to participate in the field events as additional athletes, without the requirement to achieve the controlled distance or completing an event entry, based on their assignment to the throws only venue. This will assist Athletics Victoria in ensuring there are sufficient officials available to support the operation of the Throws Only venue.

These approved individual attempts will be **in addition to the controlled positions offered**.

Assigned officials and club helpers are to work with the officials on site to ensure they are able to complete three attempts, without impacting the published Throws Only venue timetable or the opportunities available to controlled athletes.

AVSL TIMETABLE – METRO THROWS

AS AT 28.10.26

All timetables featured are subject to change

DRAFT – ROUND 7 – PROGRAM 3A

Scan for Venue Directions

VENUE: SANDRINGHAM ATHLETICS TRACK, HAMPTON

DATE: Saturday 28th November 2026

FIELD EVENTS

The number of spots available for each Field event sheet are shown in brackets for each sheet. Italicised are waitlist totals.

Distances listed in brackets on controlled sheets are the minimum distances that athletes must achieve to be eligible to enter. First distance - Male athletes, Second distance - Female athletes, Percentage – Para Athletes (Both Male & Female). If only one distance is noted, this distance is required to be achieved by all athletes.

Draft Time	Shot Put	Discus	Hammer	Javelin	Seated Throws
2:00pm	Sheet 1 (23)	Sheet 1 **Controlled** **[37m+/30m+/55%]** (15)			
3:00pm	Sheet 2 **Controlled** **[12.50m+/10.50m+/55%]** (17)	Sheet 2 **Controlled** **[37m+/30m+/55%]** (15)			
4:00pm	Sheet 3 **Controlled** **[12.50m+/10.50m+/55%]** (17)		Sheet 1 **Controlled** **[35m+/30m+/55%]** (15)		
5:00pm	Sheet 4 (23)			Sheet 1 **Controlled** **[35m+/30m+/55%]** (15)	
6:00pm				Sheet 2 **Controlled** **[35m+/30m+/55%]** (15)	Seated Shot Put Seated Discus Seated Javelin

NOTE: Assigned officials and venue managers will be able to participate in the field events as additional athletes, without the requirement to achieve the controlled distance or completing an event entry, based on their assignment to the throws only venue. This will assist Athletics Victoria in ensuring there are sufficient officials available to support the operation of the Throws Only venue.

These approved individual attempts will be **in addition to the controlled positions offered**.

Assigned officials and club helpers are to work with the officials on site to ensure they are able to complete three attempts, without impacting the published Throws Only venue timetable or the opportunities available to controlled athletes.

AVSL TIMETABLE – METRO THROWS

AS AT 28.10.26

All timetables featured are subject to change

DRAFT – ROUND 8 – PROGRAM 3B

Scan for Venue Directions

VENUE: NEWPORT PARK ATHLETICS TRACK, WILLIAMSTOWN

DATE: Saturday 9th January 2027

FIELD EVENTS

The number of spots available for each Field event sheet are shown in brackets for each sheet. Italicised are waitlist totals.

Distances listed in brackets on controlled sheets are the minimum distances that athletes must achieve to be eligible to enter. First distance - Male athletes, Second distance - Female athletes, Percentage – Para Athletes (Both Male & Female). If only one distance is noted, this distance is required to be achieved by all athletes.

Draft Time	Shot Put	Discus	Hammer	Javelin	Seated Throws
1:30pm				Sheet 1 **Controlled** **[35m+/30m+/55%]** (15)	Seated Shot Put Seated Discus Seated Javelin
2:30pm	Sheet 1 (23)			Sheet 2 **Controlled** **[35m+/30m+/55%]** (15)	
3:30pm	Sheet 2 **Controlled** **[12.50m+/10.50m+/55%]** (17)		Sheet 1 **Controlled** **[35m+/30m+/55%]** (15)		
4:30pm	Sheet 3 **Controlled** **[12.50m+/10.50m+/55%]** (17)	Sheet 1 **Controlled** **[37m+/30m+/55%]** (15)			
5:30pm	Sheet 4 (23)	Sheet 2 **Controlled** **[37m+/30m+/55%]** (15)			

NOTE: Assigned officials and venue managers will be able to participate in the field events as additional athletes, without the requirement to achieve the controlled distance or completing an event entry, based on their assignment to the throws only venue. This will assist Athletics Victoria in ensuring there are sufficient officials available to support the operation of the Throws Only venue.

These approved individual attempts will be **in addition to the controlled positions offered**.

Assigned officials and club helpers are to work with the officials on site to ensure they are able to complete three attempts, without impacting the published Throws Only venue timetable or the opportunities available to controlled athletes.

AVSL TIMETABLE – METRO THROWS

AS AT 28.10.26

All timetables featured are subject to change

DRAFT – ROUND 9 – PROGRAM 3A

VENUE: TBC

DATE: Saturday 16th January 2027

FIELD EVENTS

The number of spots available for each Field event sheet are shown in brackets for each sheet. Italicised are waitlist totals.

Distances listed in brackets on controlled sheets are the minimum distances that athletes must achieve to be eligible to enter. First distance - Male athletes, Second distance - Female athletes, Percentage – Para Athletes (Both Male & Female). If only one distance is noted, this distance is required to be achieved by all athletes.

Draft Time	Shot Put	Discus	Hammer	Javelin	Seated Throws
1:30pm	Sheet 1 (23)	Sheet 1 **Controlled [37m+/30m+/55%]** (15)			
2:30pm	Sheet 2 **Controlled [12.50m+/10.50m+/55%]** (17)	Sheet 2 **Controlled [37m+/30m+/55%]** (15)			
3:30pm	Sheet 3 **Controlled [12.50m+/10.50m+/55%]** (17)		Sheet 1 **Controlled [35m+/30m+/55%]** (15)		
4:30pm	Sheet 4 (23)			Sheet 1 **Controlled [35m+/30m+/55%]** (15)	
5:30pm				Sheet 2 **Controlled [35m+/30m+/55%]** (15)	Seated Shot Put Seated Discus Seated Javelin

NOTE: Assigned officials and venue managers will be able to participate in the field events as additional athletes, without the requirement to achieve the controlled distance or completing an event entry, based on their assignment to the throws only venue. This will assist Athletics Victoria in ensuring there are sufficient officials available to support the operation of the Throws Only venue.

These approved individual attempts will be **in addition to the controlled positions offered**.

Assigned officials and club helpers are to work with the officials on site to ensure they are able to complete three attempts, without impacting the published Throws Only venue timetable or the opportunities available to controlled athletes.

AVSL TIMETABLE – METRO THROWS

AS AT 28.10.26

All timetables featured are subject to change

DRAFT – ROUND 10 – PROGRAM 3B

Scan for Venue Directions

VENUE: MOONEE VALLEY ATHLETICS CENTRE, ABERFELDIE

DATE: Saturday 6th February 2027

FIELD EVENTS

The number of spots available for each Field event sheet are shown in brackets for each sheet. Italicised are waitlist totals.

Distances listed in brackets on controlled sheets are the minimum distances that athletes must achieve to be eligible to enter. First distance - Male athletes, Second distance - Female athletes, Percentage – Para Athletes (Both Male & Female). If only one distance is noted, this distance is required to be achieved by all athletes.

Draft Time	Shot Put	Discus	Hammer	Javelin	Seated Throws
1:00pm				Sheet 1 **Controlled** **[35m+/30m+/55%]** (15)	Seated Shot Put Seated Discus Seated Javelin
2:00pm	Sheet 1 (23)			Sheet 2 **Controlled** **[35m+/30m+/55%]** (15)	
3:00pm	Sheet 2 **Controlled** **[12.50m+/10.50m+/55%]** (17)		Sheet 1 **Controlled** **[35m+/30m+/55%]** (15)		
4:00pm	Sheet 3 **Controlled** **[12.50m+/10.50m+/55%]** (17)	Sheet 1 **Controlled** **[37m+/30m+/55%]** (15)			
5:00pm	Sheet 4 (23)	Sheet 2 **Controlled** **[37m+/30m+/55%]** (15)			

NOTE: Assigned officials and venue managers will be able to participate in the field events as additional athletes, without the requirement to achieve the controlled distance or completing an event entry, based on their assignment to the throws only venue. This will assist Athletics Victoria in ensuring there are sufficient officials available to support the operation of the Throws Only venue.

These approved individual attempts will be **in addition to the controlled positions offered**.

Assigned officials and club helpers are to work with the officials on site to ensure they are able to complete three attempts, without impacting the published Throws Only venue timetable or the opportunities available to controlled athletes.