AVSL TIMETABLE – METRO ZONE A

AS AT 28.10.26

All timetables featured are subject to change

PROVISIONAL – ROUND 3 – PROGRAM 2

Scan for Venue Directions

VENUE: MOONEE VALLEY ATHLETICS CENTRE, ABERFELDIE

DATE: Saturday 31st October 2026

TRACK EVENTS

~~Draft Time~~	Prov Time	Event	Grades
~~1:00pm~~	1:00pm	400 Metre Hurdles (Lanes 5-8) 300 Metre Hurdles (Lanes 5-8) 200 Metre Hurdles (Lanes 5-8)	Open/U20/U18/40+/50+ Male & Open/U20/U18/40+ Female 60+/70+ Male & 50+/60+/70+ Female U16/U14 Male & U16/U14 Female
~~1:00pm~~	1:00pm	2000m Walk (Lanes 1-3) ** Heat 1	All Male & Female
~~1:20pm~~	1:20pm	5000m Walk (Lanes 1-3) **	All Male & Female
	1:20pm	2000m Walk (Lanes 1-3) ** Heat 2	All Male & Female
~~1:45pm~~	1:50pm	800 Metres (Lanes 1-3) 12 per heat	All Female
~~2:20pm~~	2:20pm	800 Metres (Lanes 1-3) 12 per heat	All Male
~~3:10pm~~	3:10pm	200 Metres (Lanes 1-8)	All Female
~~3:40pm~~	3:45pm	200 Metres (Lanes 1-8)	All Male
~~4:25pm~~	4:30pm	3000 Metres (Lanes 1-3) ^^ (2 heats)	All Female
~~4:45pm~~	5:00pm	3000 Metres (Lanes 1-3) ^^ (3 heats)	All Male
~~5:25pm~~	5:45pm	5000 Metres (Lanes 1-3) ^^	Open/U20/40+/50+/60+/70+ Male & Female

*** The 2000m Walk & 5000m Walk are considered the same event, and athletes can only enter one or the other. (Refer AVSL Rule 5.3)*

^^ The 3000m & 5000m are considered the same event, and athletes can only enter one or the other. (Refer AVSL Rule 5.3)

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.

Prov Time	Pole Vault	Triple Jump	Shot Put Circle 1	Shot Put Circle 2	Hammer
1.00pm	Sheet 1 **[3.20m+]** (6)	Sheet 1 **Controlled** **[13m+/11m+]** (7)	Sheet 1 (23)	Sheet 2 (16)	Sheet 1 (14)
2.00pm		Sheet 2 (20) – WL(5)	Sheet 3 (23)	Sheet 4 (23)	Sheet 2 (17)
2.30pm	Sheet 2 **[2.60m-3.50m]** (7)				
3.00pm		Sheet 3 (21) – WL(1)	Sheet 5 (23)	Sheet 6 (13)	Sheet 3 (10)
4.00pm	Sheet 3 **[1.55m-2.90m]** (122)	Sheet 4 (20) – WL(2)	Sheet 7 (23)	Sheet 8 (17)	Sheet 4 (13)
5.00pm		Sheet 5 (20) – WL(4)	~~Sheet 9~~ ~~(0)~~	Sheet 10 (13)	Sheet 5 (9)
Compete in Any Sheet*			Throw & Go (23)		Throw & Go (3)

**Throw & Go Athletes MUST check in online and then see officials at start time of sheet you wish to compete in.*

AVSL TIMETABLE – METRO ZONE A

AS AT 28.10.26

All timetables featured are subject to change

DRAFT – ROUND 4 – PROGRAM 1

Scan for Venue Directions

VENUE: MEADOWGLEN ATHLETICS STADIUM, EPPING

DATE: Saturday 7th November 2026

TRACK EVENTS

Draft Time	Event	Grades
1:00pm	110 Metre Hurdles (Lanes 5-8) 100 Metre Hurdles (Lanes 5-8) 90 Metre Hurdles (Lanes 5-8) 80 Metre Hurdles (Lanes 5-8)	Open/U20/U18/40+ Male Open/U20/U18 Female & U16/50+/60+ Male U14 Male & U16 Female U14/40+/50+/60+/70+ Female & 70+ Male
2:00pm	100 Metres (Lanes 1-10)	All Male
2:50pm	100 Metres (Lanes 1-10)	All Female
3:30pm	1500 Metres (Lanes 1-3)	All Male
4:10pm	1500 Metres (Lanes 1-3)	All Female
4:35pm	4x200 Metre Relay	All Male
4:50pm	4x200 Metre Relay	All Female
5:05pm	400 Metres (Lanes 1-8)	All Male
5:45pm	400 Metres (Lanes 1-8)	All Female

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	High Jump	Long Jump Pit 1	Long Jump Pit 2	Discus	Javelin
1.00pm	Sheet 1 **Controlled** **[1.62m+]** (15)	Sheet 1 (20)	Sheet 2 **Controlled** **[5.85m+/4.85m+/60%]** (15)	Sheet 1 (20)	Sheet 1 (20)
2.00pm	Sheet 2 **[1.37m-1.82m]** (15)	Sheet 3 (20)	Sheet 4 (20)	Sheet 2 (20)	Sheet 2 (20)
3.00pm	Sheet 3 **[1.27m-1.72m]** (15)	Sheet 5 (20)	Sheet 6 (20)	Sheet 3 (20)	Sheet 3 (20)
4.00pm	Sheet 4 **[1.12m-1.57m]** (15)	Sheet 7 (20)	Sheet 8 (20)	Sheet 4 (20)	Sheet 4 (20)
5.00pm	Sheet 5 **[1.02m-1.47m]** (15)	Sheet 9 (20)	Sheet 10 (20)	Sheet 5 (20)	Sheet 5 (20)
Compete in Any Sheet*				Throw & Go (20)	Throw & Go (20)

**Throw & Go Athletes MUST check in online and then see officials at start time of sheet you wish to compete in.*

AVSL TIMETABLE – METRO ZONE A

AS AT 28.10.26

All timetables featured are subject to change

DRAFT – ROUND 5 – PROGRAM 2

Scan for Venue Directions

VENUE: TOM KELLY ATHLETICS TRACK, DONCASTER EAST

DATE: Saturday 14th November 2026

TRACK EVENTS

Draft Time	Event	Grades
1:00pm	400 Metre Hurdles (Lanes 5-8) 300 Metre Hurdles (Lanes 5-8) 200 Metre Hurdles (Lanes 5-8)	Open/U20/U18/40+/50+ Male & Open/U20/U18/40+ Female 60+/70+ Male & 50+/60+/70+ Female U16/U14 Male & U16/U14 Female
1:00pm	1500m Walk (Lanes 1-3) **	All Male & Female
1:20pm	3000m Walk (Lanes 1-3) **	All Male & Female
1:45pm	800 Metres (Lanes 1-3) 12 per heat	All Female
2:15pm	800 Metres (Lanes 1-3) 12 per heat	All Male
3:00pm	200 Metres (Lanes 1-8)	All Female
3:30pm	200 Metres (Lanes 1-8)	All Male
4:15pm	4x400m Relays	All Female
4:30pm	4x400m Relays	All Male
4:45pm	3000 Metres (Lanes 1-3) ^^	All Female
5:05pm	3000 Metres (Lanes 1-3) ^^	All Male
5:40pm	5000 Metres (Lanes 1-3) ^^	Open/U20/40+/50+/60+/70+ Male & Female

*** The 1500m Walk & 3000m Walk are considered the same event, and athletes can only enter one or the other. (Refer AVSL Rule 5.3)*

^^ The 3000m & 5000m are considered the same event, and athletes can only enter one or the other. (Refer AVSL Rule 5.3)

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	Pole Vault	Triple Jump	Shot Put Circle 1	Shot Put Circle 2	Hammer
1.00pm	Sheet 1 **[3.25m+]** (15)	Sheet 1 **Controlled** **[13m+/11m+]** (15)	Sheet 1 (23)	Sheet 2 (23)	Sheet 1 (17)
2.00pm		Sheet 2 (20)	Sheet 3 (23)	Sheet 4 (23)	Sheet 2 (17)
2.30pm	Sheet 2 **[2.65m-3.55m]** (15)				
3.00pm		Sheet 3 (20)	Sheet 5 (23)	Sheet 6 (23)	Sheet 3 (17)
4.00pm	Sheet 3 **[1.60m-2.95m]** (20)	Sheet 4 (20)	Sheet 7 (23)	Sheet 8 (23)	Sheet 4 (17)
5.00pm		Sheet 5 (20)	Sheet 9 (23)	Sheet 10 (23)	Sheet 5 (17)
Compete in Any Sheet*			Throw & Go (23)		Throw & Go (17)

**Throw & Go Athletes MUST check in online and then see officials at start time of sheet you wish to compete in.*

AVSL TIMETABLE – METRO ZONE A

AS AT 28.10.26

All timetables featured are subject to change

DRAFT – ROUND 6 – PROGRAM 1

Scan for Venue Directions

VENUE: NEWPORT PARK ATHLETICS TRACK, WILLIAMSTOWN

DATE: Saturday 21st November 2026

TRACK EVENTS

Draft Time	Event	Grades
1:30pm	110 Metre Hurdles (Lanes 6-9) 100 Metre Hurdles (Lanes 6-9) 90 Metre Hurdles (Lanes 6-9) 80 Metre Hurdles (Lanes 6-9)	Open/U20/U18/40+ Male Open/U20/U18 Female & U16/50+/60+ Male U14 Male & U16 Female U14/40+/50+/60+/70+ Female & 70+ Male
1:30pm	3000 Metres Steeple (0.914m) (Lanes 1-3) ^^	Open/U20 Male
1:45pm	3000 Metres Steeple (0.838m) (Lanes 1-3) ^^ ~~ 2000 Metres Steeple (0.838m) (Lanes 1-3) ^^ ~~	40+/50+ Male U18 Male
2:00pm	3000 Metres Steeple (0.762m) (Lanes 1-3) ^^ ~~ 2000 Metres Steeple (0.762m) (Lanes 1-3) ^^ ~~	Open/U20 Female U18/U16/U14 Female & 40+/50+/60+/70+ Female
2:15pm	2000 Metres Steeple (0.762m) (Lanes 1-3) ^^	U16/U14 Male & 60+/70+ Male
2:30pm	100 Metres (Lanes 1-9)	All Male
3:20pm	100 Metres (Lanes 1-9)	All Female
4:00pm	1500 Metres (Lanes 1-3)	All Male
4:40pm	1500 Metres (Lanes 1-3)	All Female
5:05pm	4x100m Relays	All Male
5:20pm	4x100m Relays	All Female
5:35pm	400 Metres (Lanes 1-8)	All Male
6:05pm	400 Metres (Lanes 1-8)	All Female

^^ The 2000m Steeple & 3000m Steeple are considered the same event, and athletes can only enter one or the other. (Refer AVSL Rule 5.3)

~~ The 2000m Steeple & 3000m Steeple for each hurdle height will be run concurrently, starting from different start lines

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	High Jump	Long Jump Pit 1	Long Jump Pit 2	Discus	Javelin
1.30pm	Sheet 1 **Controlled** **[1.63m+]** (15)	Sheet 1 (20)	Sheet 2 **Controlled** **[5.85m+/4.85m+/60%]** (15)	Sheet 1 (20)	Sheet 1 (20)
2.30pm	Sheet 2 **[1.38m-1.83m]** (15)	Sheet 3 (20)	Sheet 4 (20)	Sheet 2 (20)	Sheet 2 (20)
3.30pm	Sheet 3 **[1.28m-1.73m]** (15)	Sheet 5 (20)	Sheet 6 (20)	Sheet 3 (20)	Sheet 3 (20)
4.30pm	Sheet 4 **[1.13m-1.58m]** (15)	Sheet 7 (20)	Sheet 8 (20)	Sheet 4 (20)	Sheet 4 (20)
5.30pm	Sheet 5 **[1.03m-1.48m]** (15)	Sheet 9 (20)	Sheet 10 (20)	Sheet 5 (20)	Sheet 5 (20)
Compete in Any Sheet*				Throw & Go (20)	Throw & Go (20)

**Throw & Go Athletes MUST check in online and then see officials at start time of sheet you wish to compete in.*

AVSL TIMETABLE – METRO ZONE A

AS AT 28.10.26

All timetables featured are subject to change

DRAFT – ROUND 7 – PROGRAM 2

Scan for Venue Directions

VENUE: MOONEE VALLEY ATHLETICS CENTRE, ABERFELDIE

DATE: Saturday 28th November 2026

TRACK EVENTS

Draft Time	Event	Grades
1:00pm	400 Metre Hurdles (Lanes 5-8) 300 Metre Hurdles (Lanes 5-8) 200 Metre Hurdles (Lanes 5-8)	Open/U20/U18/40+/50+ Male & Open/U20/U18/40+ Female 60+/70+ Male & 50+/60+/70+ Female U16/U14 Male & U16/U14 Female
1:00pm	2000m Walk (Lanes 1-3) **	All Male & Female
1:20pm	5000m Walk (Lanes 1-3) **	All Male & Female
1:45pm	800 Metres (Lanes 1-3) 12 per heat	All Female
2:05pm	800 Metres (Lanes 1-3) 12 per heat	All Male
2:45pm	200 Metres (Lanes 1-8)	All Female
3:20pm	200 Metres (Lanes 1-8)	All Male
4:05pm	3000 Metres (Lanes 1-3) ^^	All Female
4:30pm	3000 Metres (Lanes 1-3) ^^	All Male
5:10pm	5000 Metres (Lanes 1-3) ^^	Open/U20/40+/50+/60+/70+ Male & Female

*** The 2000m Walk & 5000m Walk are considered the same event, and athletes can only enter one or the other. (Refer AVSL Rule 5.3)*

^^ The 3000m & 5000m are considered the same event, and athletes can only enter one or the other. (Refer AVSL Rule 5.3)

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	Pole Vault	Triple Jump	Shot Put Circle 1	Shot Put Circle 2	Hammer
1.00pm	Sheet 1 **[3.15m+]** (15)	Sheet 1 **Controlled** **[13m+/11m+]** (15)	Sheet 1 (23)	Sheet 2 (23)	Sheet 1 (17)
2.00pm		Sheet 2 (20)	Sheet 3 (23)	Sheet 4 (23)	Sheet 2 (17)
2.30pm	Sheet 2 **[2.55m-3.45m]** (15)				
3.00pm		Sheet 3 (20)	Sheet 5 (23)	Sheet 6 (23)	Sheet 3 (17)
4.00pm	Sheet 3 **[1.50m-2.85m]** (20)	Sheet 4 (20)	Sheet 7 (23)	Sheet 8 (23)	Sheet 4 (17)
5.00pm		Sheet 5 (20)	Sheet 9 (23)	Sheet 10 (23)	Sheet 5 (17)
Compete in Any Sheet*			Throw & Go (23)		Throw & Go (17)

**Throw & Go Athletes MUST check in online and then see officials at start time of sheet you wish to compete in.*

AVSL TIMETABLE – METRO ZONE A

AS AT 28.10.26

All timetables featured are subject to change

DRAFT – ROUND 8 – PROGRAM 1

Scan for Venue Directions

VENUE: TOM KELLY ATHLETICS TRACK, DONCASTER EAST

DATE: Saturday 9th January 2027

TRACK EVENTS

Draft Time	Event	Grades
1:00pm	110 Metre Hurdles (Lanes 6-9) 100 Metre Hurdles (Lanes 6-9) 90 Metre Hurdles (Lanes 6-9) 80 Metre Hurdles (Lanes 6-9)	Open/U20/U18/40+ Male Open/U20/U18 Female & U16/50+/60+ Male U14 Male & U16 Female U14/40+/50+/60+/70+ Female & 70+ Male
2:00pm	100 Metres (Lanes 1-10)	All Male
2:50pm	100 Metres (Lanes 1-10)	All Female
3:30pm	1500 Metres (Lanes 1-3)	All Male
4:20pm	1500 Metres (Lanes 1-3)	All Female
4:50pm	400 Metres (Lanes 1-8)	All Male
5:40pm	400 Metres (Lanes 1-8)	All Female

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	High Jump	Long Jump Pit 1	Long Jump Pit 2	Discus	Javelin
1.00pm	Sheet 1 **Controlled** **[1.64m+]** (15)	Sheet 1 (20)	Sheet 2 **Controlled** **[5.85m+/4.85m+/60%]** (15)	Sheet 1 (20)	Sheet 1 (20)
2.00pm	Sheet 2 **[1.39m-1.84m]** (15)	Sheet 3 (20)	Sheet 4 (20)	Sheet 2 (20)	Sheet 2 (20)
3.00pm	Sheet 3 **[1.29m-1.74m]** (15)	Sheet 5 (20)	Sheet 6 (20)	Sheet 3 (20)	Sheet 3 (20)
4.00pm	Sheet 4 **[1.14m-1.59m]** (15)	Sheet 7 (20)	Sheet 8 (20)	Sheet 4 (20)	Sheet 4 (20)
5.00pm	Sheet 5 **[1.04m-1.49m]** (15)	Sheet 9 (20)	Sheet 10 (20)	Sheet 5 (20)	Sheet 5 (20)
Compete in Any Sheet*				Throw & Go (20)	Throw & Go (20)

**Throw & Go Athletes MUST check in online and then see officials at start time of sheet you wish to compete in.*

AVSL TIMETABLE – METRO ZONE A

AS AT 28.10.26

All timetables featured are subject to change

DRAFT – ROUND 9 – PROGRAM 2

Scan for Venue Directions

VENUE: MOONEE VALLEY ATHLETICS CENTRE, ABERFELDIE

DATE: Saturday 16th January 2027

TRACK EVENTS

Draft Time	Event	Grades
1:00pm	400 Metre Hurdles (Lanes 5-8) 300 Metre Hurdles (Lanes 5-8) 200 Metre Hurdles (Lanes 5-8)	Open/U20/U18/40+/50+ Male & Open/U20/U18/40+ Female 60+/70+ Male & 50+/60+/70+ Female U16/U14 Male & U16/U14 Female
1:00pm	1500m Walk (Lanes 1-3) **	All Male & Female
1:20pm	3000m Walk (Lanes 1-3) **	All Male & Female
1:45pm	800 Metres (Lanes 1-3) 12 per heat	All Female
2:10pm	800 Metres (Lanes 1-3) 12 per heat	All Male
2:50pm	200 Metres (Lanes 1-8)	All Female
3:20pm	200 Metres (Lanes 1-8)	All Male
4:00pm	3000 Metres (Lanes 1-3) ^^	All Female
4:25pm	3000 Metres (Lanes 1-3) ^^	All Male
5:10pm	5000 Metres (Lanes 1-3) ^^	Open/U20/40+/50+/60+/70+ Male & Female
5:45pm	4x400 Metres Relay	MIXED

*** The 1500m Walk & 3000m Walk are considered the same event, and athletes can only enter one or the other. (Refer AVSL Rule 5.3)*

^^ The 3000m & 5000m are considered the same event, and athletes can only enter one or the other. (Refer AVSL Rule 5.3)

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	Pole Vault	Triple Jump	Shot Put Circle 1	Shot Put Circle 2	Hammer
1.00pm	Sheet 1 **[3.20m+]** (15)	Sheet 1 **Controlled** **[13m+/11m+]** (15)	Sheet 1 (23)	Sheet 2 (23)	Sheet 1 (17)
2.00pm		Sheet 2 (20)	Sheet 3 (23)	Sheet 4 (23)	Sheet 2 (17)
2.30pm	Sheet 2 **[2.60m-3.50m]** (15)				
3.00pm		Sheet 3 (20)	Sheet 5 (23)	Sheet 6 (23)	Sheet 3 (17)
4.00pm	Sheet 3 **[1.55m-2.90m]** (20)	Sheet 4 (20)	Sheet 7 (23)	Sheet 8 (23)	Sheet 4 (17)
5.00pm		Sheet 5 (20)	Sheet 9 (23)	Sheet 10 (23)	Sheet 5 (17)
Compete in Any Sheet*			Throw & Go (23)		Throw & Go (17)

**Throw & Go Athletes MUST check in online and then see officials at start time of sheet you wish to compete in.*

AVSL TIMETABLE – METRO ZONE A

AS AT 28.10.26

All timetables featured are subject to change

DRAFT – ROUND 10 – PROGRAM 1

Scan for Venue Directions

VENUE: TOM KELLY ATHLETICS TRACK, DONCASTER EAST

DATE: Saturday 6th February 2027

TRACK EVENTS

Draft Time	Event	Grades
1:00pm	110 Metre Hurdles (Lanes 6-9) 100 Metre Hurdles (Lanes 6-9) 90 Metre Hurdles (Lanes 6-9) 80 Metre Hurdles (Lanes 6-9)	Open/U20/U18/40+ Male Open/U20/U18 Female & U16/50+/60+ Male U14 Male & U16 Female U14/40+/50+/60+/70+ Female & 70+ Male
1:00pm	3000 Metres Steeple (0.914m) (Lanes 1-3) ^^	Open/U20 Male
1:15pm	3000 Metres Steeple (0.838m) (Lanes 1-3) ^^ ~~ 2000 Metres Steeple (0.838m) (Lanes 1-3) ^^ ~~	40+/50+ Male U18 Male
1:30pm	3000 Metres Steeple (0.762m) (Lanes 1-3) ^^ ~~ 2000 Metres Steeple (0.762m) (Lanes 1-3) ^^ ~~	Open/U20 Female U18/U16/U14 Female & 40+/50+/60+/70+ Female
1:45pm	2000 Metres Steeple (0.762m) (Lanes 1-3) ^^	U16/U14 Male & 60+/70+ Male
2:00pm	100 Metres (Lanes 1-10)	All Male
2:50pm	100 Metres (Lanes 1-10)	All Female
3:35pm	1500 Metres (Lanes 1-3)	All Male
4:25pm	1500 Metres (Lanes 1-3)	All Female
4:50pm	400 Metres (Lanes 1-8)	All Male
5:40pm	400 Metres (Lanes 1-8)	All Female
6:05pm	4x100 Metres Relay	MIXED

^^ The 2000m Steeple & 3000m Steeple are considered the same event, and athletes can only enter one or the other. (Refer AVSL Rule 5.3)

~~ The 2000m Steeple & 3000m Steeple for each hurdle height will be run concurrently, starting from different start lines

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	High Jump	Long Jump Pit 1	Long Jump Pit 2	Discus	Javelin
1.00pm	Sheet 1 **Controlled** **[1.65m+]** (15)	Sheet 1 (20)	Sheet 2 **Controlled** **[5.85m+/4.85m+/60%]** (15)	Sheet 1 (20)	Sheet 1 (20)
2.00pm	Sheet 2 **[1.40m-1.85m]** (15)	Sheet 3 (20)	Sheet 4 (20)	Sheet 2 (20)	Sheet 2 (20)
3.00pm	Sheet 3 **[1.30m-1.75m]** (15)	Sheet 5 (20)	Sheet 6 (20)	Sheet 3 (20)	Sheet 3 (20)
4.00pm	Sheet 4 **[1.15m-1.60m]** (15)	Sheet 7 (20)	Sheet 8 (20)	Sheet 4 (20)	Sheet 4 (20)
5.00pm	Sheet 5 **[1.05m-1.50m]** (15)	Sheet 9 (20)	Sheet 10 (20)	Sheet 5 (20)	Sheet 5 (20)
Compete in Any Sheet*				Throw & Go (20)	Throw & Go (20)

**Throw & Go Athletes MUST check in online and then see officials at start time of sheet you wish to compete in.*