# AVSL TIMETABLE – METRO THROWS

*AS AT 06. 10.26*

*All timetables featured are subject to change*

# PROVISIONAL – ROUND 1 – PROGRAM 3A

Scan for Venue Directions

## VENUE: SANDRINGHAM ATHLETICS TRACK, HAMPTON

## DATE: Saturday 17th 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.*

| Prov Time | Shot Put | Discus | Hammer | Javelin | Seated Throws |
|---|---|---|---|---|---|
| **2:00pm** | Sheet 1 (7) | Sheet 1 **Controlled [37m+/30m+/55%]** (15) | | | |
| **3:00pm** | Sheet 2 **Controlled [12.50m+/10.50m+/55%]** (11) | Sheet 2 **Controlled [37m+/30m+/55%]** (11) | | | |
| **4:00pm** | Sheet 3 **Controlled [12.50m+/10.50m+/55%]** (6) | | Sheet 1 **Controlled [35m+/30m+/55%]** (13) | | |
| **5:00pm** | Sheet 4 (3) | | | Sheet 1 **Controlled [35m+/30m+/55%]** (12) | |
| **6:00pm** | | | | Sheet 2 **Controlled [35m+/30m+/55%]** (3) | ~~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.