AVSL TIMETABLE – METRO ZONE A

AS AT 14.10.26

All timetables featured are subject to change

PROVISIONAL – ROUND 1 – PROGRAM 2

Scan for Venue Directions

VENUE: TOM KELLY ATHLETICS TRACK, DONCASTER EAST

DATE: Saturday 17th October 2026

TRACK EVENTS

~~Draft Time~~	Prov Time	Event	Grades
~~1:30pm~~	1:30pm	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
~~1:30pm~~	1:30pm	1500m Walk (Lanes 1-3) **	All Male & Female
~~1:50pm~~	1:50pm	3000m Walk (Lanes 1-3) **	All Male & Female
~~2:15pm~~	2:15pm	800 Metres (Lanes 1-3) 12 per heat	All Female
~~2:45pm~~	2:40pm	800 Metres (Lanes 1-3) 12 per heat	All Male
~~3:30pm~~	3:25pm	200 Metres (Lanes 1-8)	All Female
~~4:00pm~~	4:00pm	200 Metres (Lanes 1-8)	All Male
~~4:45pm~~	4:45pm	3000 Metres (Lanes 1-3) ^^	All Female
~~5:05pm~~	5:05pm	3000 Metres (Lanes 1-3) ^^	All Male
~~5:45pm~~	5:45pm	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.

Prov Time	Pole Vault	Triple Jump	Shot Put Circle 1	Shot Put Circle 2	Hammer
1.30pm	**Sheet 1** **[3.15m+]** (7)	Sheet 1 **Controlled** **[13m+/11m+]** (9)	Sheet 1 (24)	Sheet 2 (24)	Sheet 1 (13)
2.30pm		Sheet 2 (20) + 5 WL	Sheet 3 (23)	Sheet 4 (23)	Sheet 2 (17)
3.00pm	Sheet 2 **[2.55m-3.45m]** (5)				
3.30pm		Sheet 3 (20) + 5 WL	Sheet 5 (16)	Sheet 6 (15)	Sheet 3 (9)
4.30pm	Sheet 3 **[1.50m-2.85m]** (15)	Sheet 4 (21)	Sheet 7 (17)	Sheet 8 (17)	Sheet 4 (13)
5.30pm		Sheet 5 (20) + 3 WL	Sheet 9 (7)	~~Sheet 10~~ ~~(0)~~	Sheet 5 (8)
Compete in Any Sheet*			Throw & Go (16)		~~Throw & Go~~ ~~(0)~~

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