AVSL TIMETABLE – METRO ZONE B

AS AT 14.10.26

All timetables featured are subject to change

PROVISIONAL – ROUND 1 – PROGRAM 1

Scan for Venue Directions

VENUE: DUNCAN MACKINNON RESERVE, MURRUMBEENA

DATE: Saturday 17th October 2026

TRACK EVENTS

~~Draft Time~~	Prov Time	Event	Grades
~~1:30pm~~	**1:30pm**	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
~~2:30pm~~	**2:30pm**	100 Metres (Lanes 1-8)	All Male
~~3:15pm~~	**3:20pm**	100 Metres (Lanes 1-8)	All Female
~~4:00pm~~	**4:00pm**	1500 Metres (Lanes 1-3)	All Male
~~4:45pm~~	**4:40pm**	1500 Metres (Lanes 1-3)	All Female
~~5:10pm~~	**5:00pm**	400 Metres (Lanes 1-8)	All Male
~~5:50pm~~	**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.

Prov Time	Pole Vault	Long Jump Pit 1	Long Jump Pit 2	Discus	Javelin
1:30pm	Sheet 1 **[3.75m+]** (12)	Sheet 1 (20) + 2 WL	Sheet 2 **Controlled** **[5.85m+/4.85m+/60%]** (13)	Sheet 1 (21)	Sheet 1 (21)
2:30pm		Sheet 3 (20)	Sheet 4 (18)	Sheet 2 (20)	Sheet 2 (20)
3:30pm	Sheet 2 **[2.70m-4.05m]** (11)	Sheet 5 (20)	Sheet 6 (14)	Sheet 3 (20)	Sheet 3 (20)
4:30pm		Sheet 7 (14)	~~Sheet 8~~ ~~(0)~~	Sheet 4 (21)	Sheet 4 (20)
5:00pm	Sheet 3 **[1.50m-3.00m]** (9)				
5:30pm		Sheet 9 (8)	~~Sheet 10~~ ~~(0)~~	Sheet 5 (20)	Sheet 5 (11)
Compete in Any Sheet*				Throw & Go (13)	Throw & Go (12)

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