AVSL TIMETABLE – METRO ZONE A

AS AT 21.10.26

All timetables featured are subject to change

PROVISIONAL – ROUND 2 – PROGRAM 1

Scan for Venue Directions

VENUE: NEWPORT PARK ATHLETICS TRACK, WILLIAMSTOWN

DATE: Saturday 24th October 2026

TRACK EVENTS

~~Draft Time~~	Prov Time	Event	Grades
~~1:30pm~~	**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~~	**1:30pm**	3000 Metres Steeple (0.914m) (Lanes 1-3) ^^	Open/U20 Male
~~1:45pm~~	**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~~	**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~~	**2:15pm**	2000 Metres Steeple (0.762m) (Lanes 1-3) ^^	U16/U14 Male & 60+/70+ Male
~~2:30pm~~	**2:30pm**	100 Metres (Lanes 1-9)	All Male
~~3:20pm~~	**3:20pm**	100 Metres (Lanes 1-9)	All Female
~~4:00pm~~	**4:00pm**	1500 Metres (Lanes 1-3)	All Male
~~4:50pm~~	**4:40pm**	1500 Metres (Lanes 1-3)	All Female
~~5:20pm~~	**5:05pm**	400 Metres (Lanes 1-8)	All Male
~~6:10pm~~	**5:45pm**	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.

Prov Time	High Jump	Long Jump Pit 1	Long Jump Pit 2	Discus	Javelin
1.30pm	Sheet 1 **Controlled** **[1.61m+]** (8)	Sheet 1 (20)	Sheet 2 **Controlled** **[5.85m+/4.85m+/60%]** (10)	Sheet 1 (20) – WL(4)	Sheet 1 (21)
2.30pm	Sheet 2 **[1.36m-1.81m]** (15)	Sheet 3 (20)	Sheet 4 (17)	Sheet 2 (20) – WL(2)	Sheet 2 (20) – WL(2)
3.30pm	Sheet 3 **[1.26m-1.71m]** (15)	Sheet 5 (14)	Sheet 6 (14)	Sheet 3 (20) – WL(1)	Sheet 3 (20) – WL(2)
4.30pm	Sheet 4 **[1.11m-1.56m]** (15)	Sheet 7 (19)	Sheet 8 (11)	Sheet 4 (21) – WL(1)	Sheet 4 (20)- WL(4)
5.30pm	Sheet 5 **[1.01m-1.46m]** (13)	~~Sheet 9~~ ~~(0)~~	Sheet 10 (18)	Sheet 5 (19)	Sheet 5 (21)
Compete in Any Sheet*				Throw & Go (19)	Throw & Go (19)

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