AVSL TIMETABLE – METRO ZONE B

AS AT 21.10.26

All timetables featured are subject to change

PROVISIONAL – ROUND 2 – PROGRAM 2

Scan for Venue Directions

VENUE: BALLAM PARK, FRANKSTON

DATE: Saturday 24th 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) **	All Male & Female
~~1:20pm~~	**1:00pm**	5000m Walk (Lanes 1-3) **	All Male & Female
~~2:00pm~~	**2:00pm**	800 Metres (Lanes 1-3) 12 per heat	All Female
~~2:25pm~~	**2:25pm**	800 Metres (Lanes 1-3) 12 per heat	All Male
~~3:05pm~~	**3:05pm**	200 Metres (Lanes 1-8)	All Female
~~3:35pm~~	**3:35pm**	200 Metres (Lanes 1-8)	All Male
~~4:15pm~~	**4:15pm**	3000 Metres (Lanes 1-3) ^^	All Female
~~4:20pm~~	**4:25pm**	60 Metre Hurdles (Lanes 5-8)	Open/U20/U18 Male
~~4:35pm~~	**4:40pm**	3000 Metres (Lanes 1-3) ^^	All Male
~~4:55pm~~	**4:45pm**	60 Metre Hurdles (Lanes 5-8)	Open/U20/U18 Female
~~5:05pm~~	**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.

Prov Time	High Jump	Triple Jump	Shot Put Circle 1	Shot Put Circle 2	Hammer
1:00pm	Sheet 1 **Controlled** **[1.61m+]** (10)	Sheet 1 **Controlled** **[13m+/11m+]** (6)	Sheet 1 (23)	Sheet 2 (19)	Sheet 1 (17)
2:00pm	Sheet 2 **[1.36m-1.81m]** (14)	Sheet 2 (21)	Sheet 3 (21)	Sheet 4 (12)	Sheet 2 (9)
3:00pm	Sheet 3 **[1.26m-1.71m]** (14)	Sheet 3 (16)	Sheet 5 (12)	Sheet 6 (7)	Sheet 3 (11)
4:00pm	Sheet 4 **[1.11m-1.56m]** (15)	Sheet 4 (21)	Sheet 7 (12)	Sheet 8 (14)	Sheet 4 (3)
5:00pm	Sheet 5 **[1.01m-1.46m]** (14)	Sheet 5 (11)	Sheet 9 (9)	~~Sheet 10~~ ~~(0)~~	Sheet 5 (5)
Compete in Any Sheet*			Throw & Go (17)		Throw & Go (3)

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