

TIMETABLE of EVENTS

BALLARAT REGION as at 20.09.2022



Round 1 - Saturday 8th October 2022

Program One

TRACK EVENTS

Time	Event	Grades
2.00pm	1500 Metre	Men
2.15pm	1500 Metre	Women
2.30pm	100 Metre	Men
2.55pm	100 Metre	Women
3.15pm	1500m Walk (NON-SCORING) 3000m Walk (NON-SCORING)	All Men & Women (Athletes can choose) Restricted to Open/U20/40+/50+/60+/70+ Men & Women
3.25pm	80 Metre Hurdles 90 Metre Hurdles 100 Metre Hurdles 110 Metre Hurdles	U14/40+/50+/60+/70+ Women U16 Women & U14 Men U18/U20/Open Women & U16/50+/60+/70+ Men U18/U20/Open/40+ Men
3.45pm	3000 Metre Steeple (91cm)	Open/U20/40+/50+ Men
4.05pm	2000 Metre Steeple (84cm)	U18 Men
4.20pm	3000 Metre Steeple (76.2cm) 2000 Metre Steeple (76.2cm)	Open/U20 Women 60+/70+/U16/U14 Men 40+/50+/60+/70+/U18/U16/U14 Women
4.40pm	400 Metre	Men
5.00pm	400 Metre	Women
5.15pm	4 x 100m Mixed Relays (2 M, 2 F) (NON-SCORING)	Women & Men
5.25pm	3000 Metre (NON-SCORING) 5000 Metre (NON-SCORING)	All Men & Women (Athletes can choose) Restricted to Open/U20/40+/50+/60+/70+ Men & Women

Note: The Track event start times are just a guide. Events can run up to 30 minutes ahead of the scheduled time.

FIELD EVENTS

Time	Shot Put Max 15 per sheet	Javelin (1 runway) Max 15 per sheet	Triple Jump (1 Pit) Max 15 per sheet	Pole Vault
1.30pm	Sheet 1 & 2			
2.00pm			Sheet 1	
2.15pm	Sheet 3			1.60m – 2.50m
2.30pm			Sheet 2	
2.45pm				
3.00pm		Sheet 1	Sheet 3	2.35m+
3.30pm		Sheet 2		
4.00pm		Sheet 3		



TIMETABLE of EVENTS

BALLARAT REGION as at 20.09.2022



Round 2 - Saturday 15th October 2022

Program Two

TRACK EVENTS

Time	Event	Grades
2.00pm	800 Metre	Men
2.15pm	800 Metre	Women
2.30pm	1500m Walk 3000m Walk	All Men & Women (Athletes can choose) Restricted to Open/U20/40+/50+/60+/70+ Men & Women
2.45pm	400 Metre Hurdles 300 Metre Hurdles 200 Metre Hurdles	Open/U20/U18/40+/50+ Men & Open/U20/U18/40+ Women 60+/70+ Men & 50+/60+/70+ Women U14/U16 Men & U14/U16 Women
2.55pm	200 Metre	Men
3.20pm	200 Metre	Women
3.45pm	3000 Metre (NON-SCORING) 5000 Metre (NON-SCORING)	All Men & Women (Athletes can choose) Restricted to Open/U20/40+/50+/60+/70+ Men & Women
4.15pm	4 x 200m Relays	Men
4.25pm	4 x 200m Relays	Women

Note: The Track event start times are just a guide. Events can run up to 30 minutes ahead of the scheduled time.

FIELD EVENTS

Time	Hammer Throw (1 Cage) Max 15 per sheet	Discus Throw (1 Cage) Max 15 per sheet	Long Jump (1 Pit) Max 15 per sheet	High Jump (1 Bed)
1.00pm	Sheet 1			
1.30pm	Sheet 2			
1.45pm				1.05m – 1.35m
2.00pm		Sheet 1	Sheet 1	
2.15pm				1.30m – 1.60m
2.30pm		Sheet 2	Sheet 2	
2.45pm				1.55m+
3.00pm		Sheet 3	Sheet 3	



TIMETABLE of EVENTS

BALLARAT REGION as at 20.09.2022



Round 3 - Saturday 22nd October 2022

Program One

TRACK EVENTS

Time	Event	Grades
2.00pm	1500 Metre	Women
2.15pm	1500 Metre	Men
2.30pm	100 Metre	Women
2.50pm	100 Metre	Men
3.10pm	1500m Walk (NON-SCORING) 3000m Walk (NON-SCORING)	All Men & Women (Athletes can choose) Restricted to Open/U20/40+/50+/60+/70+ Men & Women
3.20pm	80 Metre Hurdles 90 Metre Hurdles 100 Metre Hurdles 110 Metre Hurdles	U14/40+/50+/60+/70+ Women U16 Women & U14 Men U18/U20/Open Women & U16/50+/60+/70+ Men U18/U20/Open/40+ Men
3.35pm	4 x 400m Relays	Women
3.55pm	4 x 400m Relays	Men
4.15pm	3000 Metre 5000 Metre	All Men & Women (Athletes can choose) Restricted to Open/U20/40+/50+/60+/70+ Men & Women
4.45pm	400 Metre	Women
4.55pm	400 Metre	Men

Note: The Track event start times are just a guide. Events can run up to 30 minutes ahead of the scheduled time.

FIELD EVENTS

Time	Shot Put Max 15 per sheet	Javelin (1 runway) Max 15 per sheet	Triple Jump (1 Pit) Max 15 per sheet	Pole Vault
1.30pm	Sheet 1 & 2			
2.00pm			Sheet 1	
2.15pm	Sheet 3			1.60m – 2.50m
2.30pm			Sheet 2	
2.45pm				
3.00pm		Sheet 1	Sheet 3	2.35m+
3.30pm		Sheet 2		
4.00pm		Sheet 3		



TIMETABLE of EVENTS

BALLARAT REGION as at 20.09.2022



Round 4 - Saturday 12th November 2022

Program Two

TRACK EVENTS

Time	Event	Grades
2.00pm	800 Metre	Women
2.15pm	800 Metre	Men
2.30pm	2000m Walk 5000m Walk	All Men & Women (Athletes can choose) Restricted to Open/U20/U18 Men & Women
2.45pm	400 Metre Hurdles 300 Metre Hurdles 200 Metre Hurdles	Open/U20/U18/40+/50+ Men & Open/U20/U18/40+ Women 60+/70+ Men & 50+/60+/70+ Women U14/U16 Men & U14/U16 Women
2.55pm	200 Metre	Women
3.20pm	200 Metre	Men
3.45pm	3000 Metre Steeple (91cm) (NON-SCORING)	Open/U20/40+/50+ Men
4.05pm	2000 Metre Steeple (84cm) (NON-SCORING)	U18 Men
4.20pm	3000 Metre Steeple (76.2cm) (NON-SCORING) 2000 Metre Steeple (76.2cm) (NON-SCORING)	Open/U20 Women 60+/70+/U16/U14 Men 40+/50+/60+/70+/U18/U16/U14 Women
4.40pm	4 x 100m Relays	Women
4.50pm	4 x 100m Relays	Men
5.00pm	3000 Metre (NON-SCORING) 5000 Metre (NON-SCORING)	All Men & Women (Athletes can choose) Restricted to Open/U20/40+/50+/60+/70+ Men & Women

Note: The Track event start times are just a guide. Events can run up to 30 minutes ahead of the scheduled time.

FIELD EVENTS

Time	Hammer Throw (1 Cage) Max 15 per sheet	Discus Throw (1 Cage) Max 15 per sheet	Long Jump (1 Pit) Max 15 per sheet	High Jump (1 Bed)
1.00pm	Sheet 1			
1.30pm	Sheet 2			
1.45pm				1.05m – 1.35m
2.00pm		Sheet 1	Sheet 1	
2.15pm				1.30m – 1.60m
2.30pm		Sheet 2	Sheet 2	
2.45pm				1.55m+
3.00pm		Sheet 3	Sheet 3	



TIMETABLE of EVENTS

BALLARAT REGION as at 20.09.2022



Round 5 - Saturday 19th November 2022

Program One; Re-shuffled

TRACK EVENTS

Time	Event	Grades
2.00pm	100 Metre	Men
2.15pm	100 Metre	Women
2.30pm	3000 Metre 5000 Metre	All Men & Women (Athletes can choose) Restricted to Open/U20/40+/50+/60+/70+ Men & Women
3.00pm	400 Metre	Men
3.15pm	400 Metre	Women
3.30pm	1500m Walk (NON-SCORING) 3000m Walk (NON-SCORING)	All Men & Women (Athletes can choose) Restricted to Open/U20/40+/50+/60+/70+ Men & Women
3.40pm	80 Metre Hurdles 90 Metre Hurdles 100 Metre Hurdles 110 Metre Hurdles	U14/40+/50+/60+ Women U16 Women & U14 Men U18/U20/Open Women & U16/50+/60+ Men U18/U20/Open/40+ Men
3.55pm	1500 Metre	Men
4.10pm	1500 Metre	Women
4.25pm	Medley Relay (Timed H'cap) (NON-SCORING)	Men & Women
4:40pm	Relay Training for Victorain Championships	Men & Women

Note: The Track event start times are just a guide. Events can run up to 30 minutes ahead of the scheduled time.

FIELD EVENTS

Time	Shot Put Max 15 per sheet	Javelin (1 runway) Max 15 per sheet	Triple Jump (1 Pit) Max 15 per sheet	Pole Vault
1.30pm	Sheet 1 & 2			
2.00pm			Sheet 1	
2.15pm	Sheet 3			1.60m – 2.50m
2.30pm			Sheet 2	
2.45pm				
3.00pm		Sheet 1	Sheet 3	2.35m+
3.30pm		Sheet 2		
4.00pm		Sheet 3		



TIMETABLE of EVENTS

BALLARAT REGION as at 20.09.2022



Round 6 - Saturday 3rd December 2022

Program Two; Re-shuffled.

TRACK EVENTS

Time	Event	Grades
2.00pm	200 Metre	Men
2.20pm	200 Metre	Women
2.40pm	3000 Metre (NON-SCORING) 5000 Metre (NON-SCORING)	All Men & Women (Athletes can choose) Restricted to Open/U20/40+/50+/60+/70+ Men & Women
3.10pm	1500m Walk 3000m Walk	All Men & Women (Athletes can choose) Restricted to Open/U20/40+/50+/60+/70+ Men & Women
3.35pm	400 Metre Hurdles 300 Metre Hurdles 200 Metre Hurdles	Open/U20/U18/40+/50+ Men & Open/U20/U18/40+ Women 60+/70+ Men & 50+/60+/70+ Women U14/U16 Men & U14/U16 Women
3.40pm	800 Metre	Men
3.55pm	800 Metre	Women
4.10pm	2 x 400m Mixed Relays (1 M, 1 F) (NON-SCORING)	Men & Women

Note: The Track event start times are just a guide. Events can run up to 30 minutes ahead of the scheduled time.

FIELD EVENTS

Time	Hammer Throw (1 Cage) Max 15 per sheet	Discus Throw (1 Cage) Max 15 per sheet	Long Jump (1 Pit) Max 15 per sheet	High Jump (1 Bed)	Pole Vault (NON-SCORING)
1.00pm	Sheet 1				
1.30pm	Sheet 2				
1.45pm				1.05m – 1.35m	1.60m – 2.50m
2.00pm		Sheet 1	Sheet 1		
2.15pm				1.30m – 1.60m	
2.30pm		Sheet 2	Sheet 2		2.35m+
2.45pm				1.55m+	
3.00pm		Sheet 3	Sheet 3		



TIMETABLE of EVENTS

BALLARAT REGION as at 20.09.2022



Round 7 - Saturday 17th December 2022

Program One; Christmas theme.

TRACK EVENTS

Time	Event	Grades
2.00pm	1500 Metre	Women
2.15pm	1500 Metre	Men
2.30pm	100 Metre	Women
2.45pm	100 Metre	Men
3.00pm	80 Metre Hurdles 90 Metre Hurdles 100 Metre Hurdles 110 Metre Hurdles	U14/40+/50+/60+/70+ Women U16 Women & U14 Men U18/U20/Open Women & U16/50+/60+/70+ Men U18/U20/Open/40+ Men
3.25pm	BRAC 100m Gift (Handicap Heats, NON-SCORING)	Men & Women
3.45pm	3000 Metre Steeple (91cm)	Open/U20/40+/50+ Men
4.05pm	2000 Metre Steeple (84cm)	U18 Men
4.20pm	3000 Metre Steeple (76.2cm) 2000 Metre Steeple (76.2cm)	Open/U20 Women 60+/70+/U16/U14 Men 40+/50+/60+/70+/U18/U16/U14 Women
4.40pm	BRAC 100m Gift (Handicap Final, NON-SCORING)	Men & Women
4.50pm	400 Metre	Women
5.05pm	400 Metre	Men
5.20pm	Parlauf Relay (NON-SCORING)	Women & Men

Note: The Track event start times are just a guide. Events can run up to 30 minutes ahead of the scheduled time.

FIELD EVENTS

Time	Shot Put Max 15 per sheet	Javelin (1 runway) Max 15 per sheet	Triple Jump (1 Pit) Max 15 per sheet	Pole Vault
1.30pm	Sheet 1 & 2			
2.00pm			Sheet 1	
2.15pm	Sheet 3			1.60m – 2.50m
2.30pm			Sheet 2	
2.45pm				
3.00pm		Sheet 1	Sheet 3	2.35m+
3.30pm		Sheet 2		
4.00pm		Sheet 3		



TIMETABLE of EVENTS

BALLARAT REGION as at 20.09.2022



Round 8 - Saturday 21st January 2023

Program Two; Twilight start.

TRACK EVENTS

Time	Event	Grades
6.00pm	800 Metre	Women
6.15pm	800 Metre	Men
6.30pm	2000m Walk 5000m Walk	All Men & Women (Athletes can choose) Restricted to Open/U20/40+/50+/60+/70+ Men & Women
6.45pm	400 Metre Hurdles 300 Metre Hurdles 200 Metre Hurdles	Open/U20/U18/40+/50+ Men & Open/U20/U18/40+ Women 60+ Men & 50+ Women/60+ Women U14/U16 Men & U14/U16
7.05pm	200 Metre	Women
7.20pm	200 Metre	Men
7.35pm	Mental Health awareness run 3000 Metre (NON-SCORING) 5000 Metre (NON-SCORING)	All Men & Women (Athletes can choose) Restricted to Open/U20/40+/50+/60+ Men & Women
8.05pm	4 x 200m Relays	Women
8.20pm	4 x 200m Relays	Men

Note: The Track event start times are just a guide. Events can run up to 30 minutes ahead of the scheduled time.

FIELD EVENTS

Time	Hammer Throw (1 Cage) Max 15 per sheet	Discus Throw (1 Cage) Max 15 per sheet	Long Jump (1 Pit) Max 15 per sheet	High Jump (1 Bed)	Pole Vault (NON-SCORING)
5.00pm	Sheet 1				
5.30pm	Sheet 2				
5.45pm				1.05m – 1.35m	1.60m – 2.50m
6.00pm		Sheet 1	Sheet 1		
6.15pm				1.30m – 1.60m	
6.30pm		Sheet 2	Sheet 2		2.35m+
6.45pm				1.55m+	
7.00pm		Sheet 3	Sheet 3		



TIMETABLE of EVENTS

BALLARAT REGION as at 20.09.2022



Round 9 - Saturday 4th February 2023

Program One; Twilight start.

TRACK EVENTS

Time	Event	Grades
6.00pm	1500 Metre	Men
6.15pm	1500 Metre	Women
6.30pm	100 Metre	Men
6.45pm	100 Metre	Women
7.00pm	1500m Walk (NON-SCORING) 3000m Walk (NON-SCORING)	All Men & Women (Athletes can choose) Restricted to Open/U20/40+/50+/60+/70+ Men & Women
7.10pm	80 Metre Hurdles 90 Metre Hurdles 100 Metre Hurdles 110 Metre Hurdles	U14/40+/50+/60+/70+ Women U16 Women & U14 Men U18/U20/Open Women & U16/50+/60+/70+ Men U18/U20/Open/40+ Men
7.30pm	4 x 400m Relays	Men
7.45pm	4 x 400m Relays	Women
8.00pm	3000 Metre 5000 Metre	All Men & Women (Athletes can choose) Restricted to Open/U20/40+/50+/60+/70+ Men & Women
8.30pm	400 Metre	Men
8.45pm	400 Metre	Women

Note: The Track event start times are just a guide. Events can run up to 30 minutes ahead of the scheduled time.

FIELD EVENTS

Time	Shot Put Max 15 per sheet	Javelin (1 runway) Max 15 per sheet	Triple Jump (1 Pit) Max 15 per sheet	Pole Vault
5.30pm	Sheet 1 & 2			
6.00pm			Sheet 1	
6.15pm	Sheet 3			1.60m – 2.50m
6.30pm			Sheet 2	
6.45pm				
7.00pm		Sheet 1	Sheet 3	2.35m+
7.30pm		Sheet 2		
8.00pm		Sheet 3		



TIMETABLE of EVENTS

BALLARAT REGION as at 20.09.2022



Round 10 - Thursday 16th February 2023

Program Two; Twilight start.

TRACK EVENTS

Time	Event	Grades
6.00pm	800 Metre	Women
6.15pm	800 Metre	Men
6.30pm	2000m Walk 5000m Walk	All Men & Women (Athletes can choose) Restricted to Open/U20/U18 Men & Women
6.45pm	400 Metre Hurdles 300 Metre Hurdles 200 Metre Hurdles	Open/U20/U18/40+/50+ Men & Open/U20/U18/40+ Women 60+/70+ Men & 50+/60+/70+ Women U14/U16 Men & U14/U16 Women
6.55pm	200 Metre	Women
7.15pm	200 Metre	Men
7.35pm	3000 Metre Steeple (91cm) (NON-SCORING)	Open/U20/40+/50+ Men
7.55pm	2000 Metre Steeple (84cm) (NON-SCORING)	U18 Men
8.10pm	3000 Metre Steeple (76.2cm) (NON-SCORING) 2000 Metre Steeple (76.2cm) (NON-SCORING)	Open/U20 Women 60+/70+/U16/U14 Men 40+/50+/60+/70+/U18/U16/U14 Women
8.30pm	4 x 100m Relays	Women
8.40pm	4 x 100m Relays	Men
8.50pm	3000 Metre (NON-SCORING) 5000 Metre (NON-SCORING)	All Men & Women (Athletes can choose) Restricted to Open/U20/40+/50+/60+/70+ Men & Women

Note: The Track event start times are just a guide. Events can run up to 30 minutes ahead of the scheduled time.

FIELD EVENTS

Time	Hammer Throw (1 Cage) Max 15 per sheet	Discus Throw (1 Cage) Max 15 per sheet	Long Jump (1 Pit) Max 15 per sheet	High Jump (1 Bed)
5.00pm	Sheet 1			
5.30pm	Sheet 2			
5.45pm				1.05m – 1.35m
6.00pm		Sheet 1	Sheet 1	
6.15pm				1.30m – 1.60m
6.30pm		Sheet 2	Sheet 2	
6.45pm				1.55m+
7.00pm		Sheet 3	Sheet 3	

