

# TIMETABLE of EVENTS

## BALLARAT REGION as at 16.09.2023



### Round 1 - Saturday 7<sup>th</sup> October 2023

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 3000m Walk	All Men & Women (Athletes can choose)
3.25pm	80 Metre Hurdles 90 Metre Hurdles 100 Metre Hurdles 110 Metre Hurdles	U14/40+/50+/60+/70+ Women & 70+ Men U16 Women & U14 Men U18/U20/Open Women & U16/50+/60+ Men U18/U20/Open/40+ Men
3.45pm	3000 Metre 5000 Metre	All Men & Women (Athletes can choose) Restricted to Open/U20/40+/50+/60+/70+ Men & Women
4.15pm	400 Metre	Men
4.35pm	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
1.30pm	Sheet 1 (Sector 1)			
1.30pm	Sheet 2 (Sector 2)			
2.00pm			Sheet 1	
2.15pm	Sheet 3 (Sector 1)	Sheet 1		1.50m – 2.40m
2.30pm			Sheet 2	
2.45pm		Sheet 2		
3.00pm			Sheet 3	2.25m+
3.15pm		Sheet 3		

**Note: Athletes entered in the Shot put will be evenly distributed into Sheets 1 & 2. Any additional athletes will be allocated into Sheet 3.**



# TIMETABLE of EVENTS

## BALLARAT REGION as at 16.09.2023



### Round 2 - Saturday 14<sup>th</sup> October 2023

Program Two

#### TRACK EVENTS

Time	Event	Grades
2.00pm	800 Metre	Men
2.15pm	800 Metre	Women
2.30pm	1500m Walk (NON-SCORING) 3000m Walk (NON-SCORING)	All Men & Women (Athletes can choose)
2.40pm	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 5000 Metre	All Men & Women (Athletes can choose) Restricted to Open/U20/40+/50+/60+/70+ Men & Women
4.15pm	4 x 100m Relays	Men
4.25pm	4 x 100m 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				1.03m – 1.33m
2.00pm		Sheet 1	Sheet 1	
2.15pm				1.28m – 1.58m
2.30pm		Sheet 2	Sheet 2	
2.45pm				1.53m+
3.00pm		Sheet 3	Sheet 3	



# TIMETABLE of EVENTS

## BALLARAT REGION as at 16.09.2023



### Round 3 - Saturday 21<sup>st</sup> October 2023

Program One; Re-shuffled

#### TRACK EVENTS

Time	Event	Grades
2.00pm	100 Metre	Women
2.15pm	100 Metre	Men
2.30pm	3000 Metre Steeple (91cm)	Open/U20 Men
2.50pm	3000 Metre Steeple (84cm) 2000 Metre Steeple (84cm)	40+/50+ Men U18 Men
3.10pm	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
3.30pm	4 x 200m Relays	Women
3:45pm	4 x 200m Relays	Men
4.00pm	1500m Walk 3000m Walk	All Men & Women (Athletes can choose)
4.10pm	400 Metre	Women
4.25pm	400 Metre	Men
4.40pm	80 Metre Hurdles 90 Metre Hurdles 100 Metre Hurdles 110 Metre Hurdles	U14/40+/50+/60+/70+ Women & 70+ Men U16 Women & U14 Men U18/U20/Open Women & U16/50+/60+ Men U18/U20/Open/40+ Men
4.55pm	1500 Metre	Women
5.10pm	1500 Metre	Men
5:25pm	3000 Metre (NON-SCORING)	All 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 (Sector 1)			
1.30pm	Sheet 2 (Sector 2)			
2.00pm			Sheet 1	
2.15pm	Sheet 3 (Sector 1)	Sheet 1		1.55m – 2.45m
2.30pm			Sheet 2	
2.45pm		Sheet 2		
3.00pm			Sheet 3	2.30m+
3.15pm		Sheet 3		

Note: Athletes entered in the Shot put will be evenly distributed into Sheets 1 & 2. Any additional athletes will be allocated into Sheet 3.



# TIMETABLE of EVENTS

## BALLARAT REGION as at 16.09.2023



### Round 4 - Saturday 11<sup>th</sup> November 2023

Program Two; Re-shuffled

#### TRACK EVENTS

Time	Event	Grades
2.00pm	200 Metre	Women
2.20pm	200 Metre	Men
2.40pm	3000 Metre 5000 Metre	All Men & Women (Athletes can choose) Restricted to Open/U20/40+/50+/60+/70+ Men & Women
3.10pm	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
3.30pm	800 Metre	Women
3.45pm	800 Metre	Men
4.05pm	4 x 400m Relays	Women
4.15pm	4 x 400m 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)
1.00pm	Sheet 1				
1.30pm	Sheet 2				
1.45pm				1.05m – 1.35m	
2.00pm		Sheet 1	Sheet 1		1.60m – 2.50m
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 16.09.2023



### Round 5 - Saturday 18<sup>th</sup> November 2023

Program One

#### TRACK EVENTS

Time	Event	Grades
2.00pm	1500 Metre	Men
2.15pm	1500 Metre	Women
2.30pm	100 Metre	Men
2.50pm	100 Metre	Women
3.10pm	1500m Walk 3000m Walk	All Men & Women (Athletes can choose)
3.20pm	80 Metre Hurdles 90 Metre Hurdles 100 Metre Hurdles 110 Metre Hurdles	U14/40+/50+/60+/70+ Women & 70+ Men U16 Women & U14 Men U18/U20/Open Women & U16/50+/60+ Men U18/U20/Open/40+ Men
3.40pm	4 x 100m Mixed Relays (NON-SCORING)	Mixed (2 x F, 2 x M)
3.55pm	400 Metre	Men
4.15pm	400 Metre	Women
4.30pm	3000 Metre (NON-SCORING) 5000 Metre (NON-SCORING)	All Men & Women (Athletes can choose) Restricted to Open/U20/40+/50+/60+/70+ Men & Women
5.00pm	Relay training / practise for Victorian Relay Champs.	All 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 (Sector 1)			
1.30pm	Sheet 2 (Sector 2)			
2.00pm			Sheet 1	
2.15pm	Sheet 3 (Sector 1)	Sheet 1		1.55m – 2.45m
2.30pm			Sheet 2	
2.45pm		Sheet 2		
3.00pm			Sheet 3	2.30m+
3.15pm		Sheet 3		

Note: Athletes entered in the Shot put will be evenly distributed into Sheets 1 & 2. Any additional athletes will be allocated into Sheet 3.



# TIMETABLE of EVENTS

## BALLARAT REGION as at 16.09.2023



### Round 6 – Thursday 30<sup>th</sup> November 2023

Program Two; Twilight

#### TRACK EVENTS

Time	Event	Grades
6.00pm	600 Metre	Men
6.15pm	600 Metre	Women
6.30pm	2000m Walk 5000m Walk	All Men & Women (Athletes can choose) Restricted to Open/U20/40+/50+/60+/70+ Men & Women
6.55pm	60 Metre	Men
7.10pm	60 Metre	Women
7.25pm	Mile	Men
7.45pm	Mile	Women
8.00pm	2 x 100m Relays	Men
8.15pm	2 x 100m 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)
5.00pm	Sheet 1			
5.30pm	Sheet 2			
5.45pm				1.03m – 1.33m
6.00pm		Sheet 1	Sheet 1	
6.15pm				1.28m – 1.58m
6.30pm		Sheet 2	Sheet 2	
6.45pm				1.53m+
7.00pm		Sheet 3	Sheet 3	



# TIMETABLE of EVENTS

## BALLARAT REGION as at 16.09.2023



### Round 7 - Saturday 16<sup>th</sup> December 2023

Program One; Christmas theme; BBQ.

#### TRACK EVENTS

Time	Event	Grades
2.00pm	1000 Metre	Women
2.15pm	1000 Metre	Men
2.30pm	150 Metre	Women
2.45pm	150 Metre	Men
3.00pm	80 Metre Hurdles 90 Metre Hurdles 100 Metre Hurdles 110 Metre Hurdles	U14/40+/50+/60+/70+ Women & 70+ Men U16 Women & U14 Men U18/U20/Open Women & U16/50+/60+ Men U18/U20/Open/40+ Men
3.20pm	3000 Metre 5000 Metre	All Men & Women (Athletes can choose) Restricted to Open/U20/40+/50+/60+/70+ Men & Women
4.10pm	2 x 400m Mixed Relay (NON-SCORING)	Mixed (1 x F, 1 x M)

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 (Sector 1)			
1.30pm	Sheet 2 (Sector 2)			
2.00pm			Sheet 1	
2.15pm	Sheet 3 (Sector 1)	Sheet 1		1.60m – 2.50m
2.30pm			Sheet 2	
2.45pm		Sheet 2		
3.00pm			Sheet 3	2.35m+
3.15pm		Sheet 3		

Note: Athletes entered in the Shot put will be evenly distributed into Sheets 1 & 2. Any additional athletes will be allocated into Sheet 3.



# TIMETABLE of EVENTS

## BALLARAT REGION as at 16.09.2023



### Round 8 - Saturday 13<sup>th</sup> January 2024

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+/70+ Men & 50+/60+/70+ Women U14/U16 Men & U14/U16 Women
7.05pm	200 Metre	Women
7.20pm	200 Metre	Men
7.35pm	3000 Metre Steeple (91cm)	Open/U20 Men
7.55pm	3000 Metre Steeple (84cm) 2000 Metre Steeple (84cm)	40+/50+ Men U18 Men
8.15pm	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
8.35pm	3000 Metre (NON-SCORING)	All 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)
5.00pm	Sheet 1				
5.30pm	Sheet 2				
5.45pm				1.04m – 1.34m	
6.00pm		Sheet 1	Sheet 1		1.60m – 2.50m
6.15pm				1.29m – 1.59m	
6.30pm		Sheet 2	Sheet 2		2.35m+
6.45pm				1.54m+	
7.00pm		Sheet 3	Sheet 3		





# TIMETABLE of EVENTS

## BALLARAT REGION as at 16.09.2023



### Round 9 - Saturday 20<sup>th</sup> January 2024

Program One

#### TRACK EVENTS

Time	Event	Grades
2.00pm	1500 Metre	Men
2.15pm	1500 Metre	Women
2.30pm	100 Metre	Men
2.45pm	100 Metre	Women
3.00pm	1500m Walk 3000m Walk	All Men & Women (Athletes can choose)
3.10pm	80 Metre Hurdles 90 Metre Hurdles 100 Metre Hurdles 110 Metre Hurdles	U14/40+/50+/60+/70+ Women & 70+ Men U16 Women & U14 Men U18/U20/Open Women & U16/50+/60+ Men U18/U20/Open/40+ Men
3.35pm	4 x 100m Relays	Men
3.50pm	4 x 100m Relays	Women
4.05pm	BRAC 100m Gift (Handicap Heats, NON-SCORING)	Men & Women
4.20pm	3000 Metre (NON-SCORING) 5000 Metre (NON-SCORING)	All Men & Women (Athletes can choose) Restricted to Open/U20/40+/50+/60+/70+ Men & Women
4.50pm	BRAC 100m Gift (Handicap Final, NON-SCORING)	Men & Women
4.55pm	400 Metre	Men
5.25pm	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
1.30pm	Sheet 1 (Sector 1)			
1.30pm	Sheet 2 (Sector 2)			
2.00pm			Sheet 1	
2.15pm	Sheet 3 (Sector 1)	Sheet 1		1.60m – 2.50m
2.30pm			Sheet 2	
2.45pm		Sheet 2		
3.00pm			Sheet 3	2.35m+
3.15pm		Sheet 3		

Note: Athletes entered in the Shot put will be evenly distributed into Sheets 1 & 2. Any additional athletes will be allocated into Sheet 3.



# TIMETABLE of EVENTS

## BALLARAT REGION as at 16.09.2023



### Round 10 - Saturday 3<sup>rd</sup> February 2024

Program Two

#### TRACK EVENTS

Time	Event	Grades
2.00pm	800 Metre	Men
2.15pm	800 Metre	Women
2.30pm	2000m Walk (NON-SCORING) 5000m Walk (NON-SCORING)	All Men & Women (Athletes can choose)
2.40pm	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	Mental Health awareness run 3000 Metre 5000 Metre	All Men & Women (Athletes can choose) Restricted to Open/U20/40+/50+/60+/70+ Men & Women
4.15pm	4 x 400m Relays	Men
4.25pm	4 x 400m 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 16.09.2023



### Round 11 - Thursday 8<sup>th</sup> February 2024

Program One; Twilight start.

#### TRACK EVENTS

Time	Event	Grades
6.00pm	1500 Metre	Women
6.15pm	1500 Metre	Men
6.30pm	100 Metre	Women
6.45pm	100 Metre	Men
7.00pm	1500m Walk 3000m Walk	All Men & Women (Athletes can choose)
7.10pm	80 Metre Hurdles 90 Metre Hurdles 100 Metre Hurdles 110 Metre Hurdles	U14/40+/50+/60+/70+ Women & 70+ Men U16 Women & U14 Men U18/U20/Open Women & U16/50+/60+ Men U18/U20/Open/40+ Men
7.30pm	100 yards Championship (NON-SCORING)	Men & Women
7.40pm	3000 Metre Steeple (91cm)	Open/U20 Men
8.00pm	3000 Metre Steeple (84cm) 2000 Metre Steeple (84cm)	40+/50+ Men U18 Men
8.20pm	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
8.40pm	400 Metre	Women
8.55pm	400 Metre	Men
9.10pm	3000 Metre (NON-SCORING)	All 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
5.30pm	Sheet 1 (Sector 1)			
5.30pm	Sheet 2 (Sector 2)			
6.00pm			Sheet 1	
6.15pm	Sheet 3 (Sector 1)	Sheet 1		1.55m – 2.45m
6.30pm			Sheet 2	
6.45pm		Sheet 2		
7.00pm			Sheet 3	2.30m+
7.15pm		Sheet 3		

Note: Athletes entered in the Shot put will be evenly distributed into Sheets 1 & 2. Any additional athletes will be allocated into Sheet 3.



# TIMETABLE of EVENTS

## BALLARAT REGION as at 16.09.2023



### Round 12 – Saturday 17<sup>th</sup> February 2024

Program Two.

#### TRACK EVENTS

Time	Event	Grades
2.00pm	800 Metre	Women
2.15pm	800 Metre	Men
2.30pm	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
2.50pm	200 Metre	Women
3.10pm	200 Metre	Men
3.30pm	3000 Metre 5000 Metre	All Men & Women (Athletes can choose) Restricted to Open/U20/40+/50+/60+/70+ Men & Women
4.00pm	4 x 200m Relays	Women
4.20pm	4 x 200m Relays	Men
4.40pm	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	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				1.04m – 1.34m
2.00pm		Sheet 1	Sheet 1	
2.15pm				1.29m – 1.59m
2.30pm		Sheet 2	Sheet 2	
2.45pm				1.54m+
3.00pm		Sheet 3	Sheet 3	

