

# TIMETABLE of EVENTS

## BENDIGO REGION as at 20.09.22

All timetables featured are subject to change



## P2 - Round 1 - Saturday 8<sup>th</sup> October 2022

### TRACK EVENTS

Time	Event	Grades
1.30pm	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+Women U14/U16 Men & Women/70+ Women
1.45pm	1500 Metre Walk (Non-Scoring) 3000 Metre Walk (Non-Scoring)	All Men and Women (athlete can choose) Open/U20/U18/40+/50+/60+ Men & Women
2.10pm	200 Metre	Women
2.20pm	200 Metre	Men
2.50pm	800 Metre	Men & Women
3.15pm	100 Metre (Non Scoring)	Women
3.20pm	100 Metre (Non Scoring)	Men
3.25pm	3000 Metre Steeple (91cm)	Open/U20/40+/50+ Men
	2000 Metre Steeple (84cm)	U18 Men
	3000 Metre Steeple (76.2cm)	Open/U20 Women
	2000 Metre Steeple (76.2cm)	70+/60+/U16/U14 Men 40+/50+/60+/70+U18/U16/U14 Women
4.10pm	Relay (Non Scoring)	All Men & Women

### FIELD EVENTS

Time	Discus Throw	Hammer Throw	Long Jump	High Jump
1:00pm		Sheet 1		
1:30pm			Sheet 3	Sheet 1
1:45pm	Sheet 2			
2:15pm			Sheet 1	Sheet 2
2:30pm	Sheet 3			
3:15pm	Sheet 1		Sheet 2	Sheet 3
4:00pm		Sheet 2 (if required)		

# DRAFT TIMETABLE



# TIMETABLE of EVENTS

## BENDIGO REGION as at 20.09.22

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### P1 - Round 2 – Saturday 15<sup>th</sup> October 2022

#### TRACK EVENTS

Time	Event	Grades
1.30pm	110 Metre Hurdles 100 Metre Hurdles 90 Metre Hurdles 80 Metre Hurdles	U18/U20/Open/40+ Men U18/U20/Open Women & U16/50+/60+ Men U16 Women & U14 Men U14/40+/50+/60+/70+ Women 70+Men
1.45pm	1500 Metre Walk 3000 Metre Walk	All Men and Women (athlete can choose) Open/U20/U18/40+/50+/60+ Men & Women
2.05pm	100 Metre	Men
2.15pm	100 Metre	Women
2.35pm	1500 Metre	Men & Women
3.00pm	400 Metre	Men
3.15pm	400 Metre	Women
3.30pm	3000 Metre (Non Scoring) 5000 Metre (Non Scoring)	All Men & Women (athlete can choose) Open/U20/40+/50+/60+ Men & Women
4.00pm	4 x 200 Metre Relay	Men & Women

#### FIELD EVENTS

Time	Shot Put	Javelin	Triple Jump	Pole Vault
1.30pm	Sheet 1	Sheet 2	Sheet 3	Sheet 1
2.00pm				
2.20pm	Sheet 3	Sheet 1	Sheet 2	Sheet 2
3.10pm	Sheet 2	Sheet 3	Sheet 1	

## DRAFT TIMETABLE



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## BENDIGO REGION as at 20.09.22

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## P2 - Round 3 - Saturday 22<sup>nd</sup> October 2022

### TRACK EVENTS

Time	Event	Grades
1.30pm	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+Women U14/U16 Men & Women/70+ Women
1.45pm	1500 Metre Walk (Non-Scoring) 3000 Metre Walk (Non-Scoring)	All Men and Women (athlete can choose) Open/U20/U18/40+/50+/60+ Men & Women
2.10pm	200 Metre	Women
2.20pm	200 Metre	Men
2.50pm	800 Metre	Men & Women
3.15pm	100 Metre (Non Scoring)	Women
3.20pm	100 Metre (Non Scoring)	Men
3.30pm	3000 Metre 5000 Metre	All Men & Women (athlete can choose) Open/U20/40+/50+/60+ Men & Women
4.10pm	4 x 400 Metre Relay	Men & Women

### FIELD EVENTS

Time	Discus Throw	Hammer Throw	Long Jump	High Jump
1:00pm		Sheet 1		
1:30pm			Sheet 3	Sheet 1
1:45pm	Sheet 2			
2:15pm			Sheet 1	Sheet 2
2:30pm	Sheet 3			
3:15pm	Sheet 1		Sheet 2	Sheet 3
4:00pm		Sheet 2 (if required)		

# DRAFT TIMETABLE



# TIMETABLE of EVENTS

## BENDIGO REGION as at 20.09.22

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### P1 - Round 4 – Saturday 12<sup>th</sup> November 2022

#### TRACK EVENTS

Time	Event	Grades
1.30pm	110 Metre Hurdles 100 Metre Hurdles 90 Metre Hurdles 80 Metre Hurdles	U18/U20/Open/40+ Men U18/U20/Open Women & U16/50+/60+ Men U16 Women & U14 Men U14/40+/50+/60+/70+ Women 70+Men
1.45pm	2000 Metre Walk 5000 Metre Walk	All Men & Women (athlete can choose) Open/U20/U18/40+/50+ Men & Women
2.05pm	100 Metre	Men
2.15pm	100 Metre	Women
2.35pm	1500 Metre	Men & Women
3.00pm	400 Metre	Men
3.15pm	400 Metre	Women
3.30pm	3000 Metre (Non Scoring) 5000 Metre (Non Scoring)	All Men & Women (athlete can choose) Open/U20/40+/50+/60+ Men & Women
4.00pm	4 x 100 Metre Relay	Men & Women

#### FIELD EVENTS

Time	Shot Put	Javelin	Triple Jump	Pole Vault
1.30pm	Sheet 1	Sheet 2	Sheet 3	Sheet 1
2.00pm				
2.20pm	Sheet 3	Sheet 1	Sheet 2	Sheet 2
3.10pm	Sheet 2	Sheet 3	Sheet 1	

## DRAFT TIMETABLE



# TIMETABLE of EVENTS

## BENDIGO REGION as at 20.09.22

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## P2 - Round 5 - Saturday 19<sup>th</sup> November 2022

### TRACK EVENTS

Time	Event	Grades
1.30pm	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+Women U14/U16 Men & Women/70+ Women
1.45pm	1500 Metre Walk (Non-Scoring) 3000 Metre Walk (Non-Scoring)	All Men and Women (athlete can choose) Open/U20/U18/40+/50+/60+ Men & Women
2.10pm	200 Metre	Women
2.20pm	200 Metre	Men
2.50pm	800 Metre	Men & Women
3.15pm	100 Metre (Non Scoring)	Women
3.20pm	100 Metre (Non Scoring)	Men
3.30pm	3000 Metre 5000 Metre	All Men & Women (athlete can choose) Open/U20/40+/50+/60+ Men & Women
4.10pm	400 Metre Relay (Non-Scoring)	Mixed Teams Men & Women

### FIELD EVENTS

Time	Discus Throw	Hammer Throw	Long Jump	High Jump
1:00pm		Sheet 1		
1:30pm			Sheet 3	Sheet 1
1:45pm	Sheet 2			
2:15pm			Sheet 1	Sheet 2
2:30pm	Sheet 3			
3:15pm	Sheet 1		Sheet 2	Sheet 3
4:00pm		Sheet 2 (if required)		

# DRAFT TIMETABLE



# TIMETABLE of EVENTS

## BENDIGO REGION as at 20.09.22

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### P1 - Round 6 – Saturday 3<sup>rd</sup> December 2022

#### TRACK EVENTS

Time	Event	Grades
1.30pm	110 Metre Hurdles 100 Metre Hurdles 90 Metre Hurdles 80 Metre Hurdles	U18/U20/Open/40+ Men U18/U20/Open Women & U16/50+/60+ Men U16 Women & U14 Men U14/40+/50+/60+/70+ Women 70+Men
1.45pm	1500 Metre Walk 3000 Metre Walk	All Men and Women (athlete can choose) Open/U20/U18/40+/50+/60+ Men & Women
2.05pm	100 Metre	Men
2.15pm	100 Metre	Women
2.35pm	1500 Metre	Men & Women
3.55pm	400 Metre	Men
4.10pm	400 Metre	Women
3.30pm	3000 Metre (Non Scoring) 5000 Metre (Non Scoring)	All Men & Women (athlete can choose) Open/U20/40+/50+/60+ Men & Women
4.00pm	200 Metre (Non-Scoring)	Men & Women

#### FIELD EVENTS

Time	Shot Put	Javelin	Triple Jump	Pole Vault
1.30pm	Sheet 1	Sheet 2	Sheet 3	Sheet 1
2.00pm				
2.20pm	Sheet 3	Sheet 1	Sheet 2	Sheet 2
3.10pm	Sheet 2	Sheet 3	Sheet 1	

## DRAFT TIMETABLE



# TIMETABLE of EVENTS

## BENDIGO REGION as at 20.09.22

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### P2 - Round 7 - Saturday 17<sup>th</sup> December 2022

#### TRACK EVENTS

Time	Event	Grades
1.30pm	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+Women U14/U16 Men & Women/70+ Women
1.45pm	1500 Metre Walk (Non-Scoring) 3000 Metre Walk (Non-Scoring)	All Men and Women (athlete can choose) Open/U20/U18/40+/50+/60+ Men & Women
2.10pm	200 Metre	Women
2.20pm	200 Metre	Men
2.50pm	800 Metre	Men & Women
3.15pm	100 Metre (Non Scoring)	Women
3.20pm	100 Metre (Non Scoring)	Men
3.25pm	3000 Metre Steeple (91cm)	Open/U20/40+/50+ Men
	2000 Metre Steeple (84cm)	U18 Men
	3000 Metre Steeple (76.2cm)	Open/U20 Women
	2000 Metre Steeple (76.2cm)	70+/60+/U16/U14 Men 40+/50+/60+/70+U18/U16/U14 Women
4.10pm	Relay (Non Scoring)	Men & Women

#### FIELD EVENTS

Time	Discus Throw	Hammer Throw	Long Jump	High Jump
1:00pm		Sheet 1		
1:30pm			Sheet 3	Sheet 1
1:45pm	Sheet 2			
2:15pm			Sheet 1	Sheet 2
2:30pm	Sheet 3			
3:15pm	Sheet 1		Sheet 2	Sheet 3
4:00pm		Sheet 2 (if required)		

## DRAFT TIMETABLE



# TIMETABLE of EVENTS

## BENDIGO REGION as at 20.09.22

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### P1 - Round 8 – Saturday 21<sup>st</sup> January 2023

#### TRACK EVENTS

Time	Event	Grades
1.30pm	110 Metre Hurdles 100 Metre Hurdles 90 Metre Hurdles 80 Metre Hurdles	U18/U20/Open/40+ Men U18/U20/Open Women & U16/50+/60+ Men U16 Women & U14 Men U14/40+/50+/60+/70+ Women 70+Men
1.45pm	2000 Metre Walk 5000 Metre Walk	All Men & Women (athlete can choose) Open/U20/U18/40+/50+ Men & Women
2.05pm	100 Metre	Men
2.15pm	100 Metre	Women
2.35pm	1500 Metre	Men & Women
3.55pm	400 Metre	Men
4.10pm	400 Metre	Women
3.30pm	3000 Metre (Non Scoring) 5000 Metre (Non Scoring)	All Men & Women (athlete can choose) Open/U20/40+/50+/60+ Men & Women
4.00pm	4 x 200 Metre Relay	Men & Women

#### FIELD EVENTS

Time	Shot Put	Javelin	Triple Jump	Pole Vault
1.30pm	Sheet 1	Sheet 2	Sheet 3	Sheet 1
2.00pm				
2.20pm	Sheet 3	Sheet 1	Sheet 2	Sheet 2
3.10pm	Sheet 2	Sheet 3	Sheet 1	

## DRAFT TIMETABLE



# TIMETABLE of EVENTS

## BENDIGO REGION as at 20.09.22

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### P2 - Round 9 – Saturday 4<sup>th</sup> February 2023

#### TRACK

#### EVENTS

Time	Event	Grades
1.30pm	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+Women U14/U16 Men & Women/70+ Women
1.45pm	1500 Metre Walk (Non-Scoring) 3000 Metre Walk (Non-Scoring)	All Men and Women (athlete can choose) Open/U20/U18/40+/50+/60+ Men & Women
2.10pm	200 Metre	Women
2.20pm	200 Metre	Men
2.50pm	800 Metre	Men & Women
3.15pm	100 Metre (Non Scoring)	Women
3.20pm	100 Metre (Non Scoring)	Men
3.30pm	3000 Metre 5000 Metre	All Men & Women (athlete can choose) Open/U20/40+/50+/60+ Men & Women
4.10pm	4 x 400 Metre Relay	Men & Women

#### FIELD EVENTS

Time	Discus Throw	Hammer Throw	Long Jump	High Jump
1:00pm		Sheet 1		
1.30pm			Sheet 3	Sheet 1
1.45pm	Sheet 2			
2.15pm			Sheet 1	Sheet 2
2.30pm	Sheet 3			
3.15pm	Sheet 1		Sheet 2	Sheet 3
4.00pm		Sheet 2 (if required)		

## DRAFT TIMETABLE



# TIMETABLE of EVENTS

## BENDIGO REGION as at 20.09.22

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### P1 - Round 10 – Friday 17<sup>th</sup> February 2023 (Night)

#### TRACK EVENTS

Time	Event	Grades
6.30pm	110 Metre Hurdles 100 Metre Hurdles 90 Metre Hurdles 80 Metre Hurdles	U18/U20/Open/40+ Men U18/U20/Open Women & U16/50+/60+ Men U16 Women & U14 Men U14/40+/50+/60+/70+ Women/70+ Men
6.45pm	1500 Metre Walk 3000 Metre Walk	All Men and Women (athlete can choose) Open/U20/U18/40+/50+/60+ Men & Women
7.05pm	100 Metre	Men
7.15pm	100 Metre	Women
7.35pm	1500 Metre	Men & Women
7.55pm	400 Metre	Men
7.10pm	400 Metre	Women
7.35pm	3000 Metre (Non Scoring) 5000 Metre (Non Scoring)	All Men & Women (athlete can choose) Open/U20/40+/50+/60+ Men & Women
8.45pm	4 x 100 Metre Relay	Men & Women

#### FIELD EVENTS

Time	Shot Put	Javelin	Triple Jump	Pole Vault
6.30pm	Sheet 1	Sheet 2	Sheet 3	Sheet 1
7.00pm				
7.20pm	Sheet 3	Sheet 1	Sheet 2	Sheet 2
8.10pm	Sheet 2	Sheet 3	Sheet 1	

## DRAFT TIMETABLE

