

TIMETABLE of EVENTS

BENDIGO REGION as at 26.09.23

All timetables featured are subject to change



Round 1 – P1 - Saturday 7th October 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 | 1500 Metre Walk 3000 Metre Walk | U14/U16 Men & 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 | 4 x 100 Relay (non scoring) | Men & Women |
| 3.20pm | 3000 Metre 5000 Metre | All Men & Women (athlete can choose) Open/U20/40+/50+/60+/70+ Men & Women |
| 3.45pm | 400 Metre | Men |
| 4.00pm | 400 Metre | Women |

FIELD EVENTS

| Time | Shot Put | Javelin | Triple Jump | Pole Vault 1.50 |
|---------------|----------|---------|-------------|----------------------|
| 1.30pm | Sheet 1 | Sheet 2 | Sheet 3 | Sheet 1 |
| 2.20pm | Sheet 3 | Sheet 1 | Sheet 2 | Sheet 2 |
| 3.10pm | Sheet 2 | Sheet 3 | Sheet 1 | Minimum Height 1.50m |



TIMETABLE of EVENTS

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Round 2 - P2 - Saturday 14th October 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+/70+ Women U14/U16 Men & Women |
| 1.45pm | 1500 Metre Walk (Non-Scoring) 3000 Metre Walk (Non-Scoring) | U14/U16 Men & 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+/70+ Men & Women |
| 4.10pm | 4 x 100 Metre Relay | Men & Women |

FIELD EVENTS

| Time | Discus Throw | Hammer Throw | Long Jump | High Jump |
|--------|--------------|-----------------------|-----------|----------------------|
| 1:00pm | | Sheet 2 | | Minimum Height 1.03m |
| 1.30pm | | | Sheet 2 | Sheet 1 |
| 1.45pm | Sheet 3 | | | |
| 2.30pm | Sheet 1 | | Sheet 3 | Sheet 2 |
| 3.15pm | Sheet 2 | | Sheet 1 | Sheet 3 |
| 4.00pm | | Sheet 1 (if required) | | |

Note: If 1 flight Hammer Sheet 1 @ 1.00pm



TIMETABLE of EVENTS

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Round 3 – P1 - Saturday 21st October 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 | 1500 Metre Walk 3000 Metre Walk | U14/U16 Men & 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 | 4 x 200 Metre Relay | Men & Women |
| 3.20pm | 3000 Metre Steeple (91cm) | Open/U20/40+/50+ Men |
| | 2000 Metre Steeple (84cm) | U18 Men |
| | 3000 Metre Steeple (84cm) | 40+/50+ Men |
| | 3000 Metre Steeple (76.2cm) 2000 Metre Steeple (76.2cm) | Open/U20 Women 70+/60+/U16/U14 Men 60+/70+U18/U16/U14 Women |
| 3.40pm | 400 Metre | Men |
| 4.00pm | 400 Metre | Women |

FIELD EVENTS

| Time | Shot Put | Javelin | Triple Jump | Pole Vault |
|---------------|----------|---------|-------------|----------------------|
| 1.30pm | Sheet 1 | Sheet 2 | Sheet 3 | Sheet 1 |
| 2.20pm | Sheet 3 | Sheet 1 | Sheet 2 | Sheet 2 |
| 3.10pm | Sheet 2 | Sheet 3 | Sheet 1 | Minimum Height 1.55m |



TIMETABLE of EVENTS

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Round 4 - P2 - Saturday 11th November 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+/70+ Women U14/U16 Men & Women |
| 1.45pm | 1500 Metre Walk (Non-Scoring) 3000 Metre Walk (Non-Scoring) | U14/U16 Men & 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+/70+ 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 2 | | Minimum Height 1.05m |
| 1.30pm | | | Sheet 2 | Sheet 1 |
| 1.45pm | Sheet 3 | | | |
| 2.30pm | Sheet 1 | | Sheet 3 | Sheet 2 |
| 3.15pm | Sheet 2 | | Sheet 1 | Sheet 3 |
| 4.00pm | | Sheet 1 (if required) | | |

Note: If 1 flight Hammer Sheet 1 @ 1.00pm



TIMETABLE of EVENTS

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Round 5 – P1 - Friday 17th November 2023 (Night)

TRACK EVENTS

| Time | Event | Grades |
|--------|-----------------------------|--|
| 6.00pm | 110 Metre Hurdles | U18/U20/Open/40+ Men |
| | 100 Metre Hurdles | U18/U20/Open Women & U16/50+/60+ Men |
| | 90 Metre Hurdles | U16 Women & U14 Men |
| | 80 Metre Hurdles | U14/40+/50+/60+/70+ Women 70+Men |
| 6.15pm | 1500 Metre Walk | U14/U16 Men & Women (athlete can choose) |
| | 3000 Metre Walk | Open/U20/U18/40+/50+/60+ Men & Women |
| 6.35pm | 100 Metre | Men |
| 6.45pm | 100 Metre | Women |
| 7.05pm | 1500 Metre | Men & Women |
| 7.55pm | 4 x 200 Relay (Non Scoring) | Men & Women |
| 8.15pm | 3000 Metre (Non Scoring) | All Men & Women (athlete can choose) |
| 8.35pm | 400 Metre | Men |
| 8.45pm | 400 Metre | Women |

FIELD EVENTS

| Time | Shot Put | Javelin | Triple Jump | Pole Vault |
|--------|----------|---------|-------------|----------------------|
| 6.00pm | Sheet 1 | Sheet 2 | Sheet 3 | Sheet 1 |
| 7.20pm | Sheet 3 | Sheet 1 | Sheet 2 | Sheet 2 |
| 8.10pm | Sheet 2 | Sheet 3 | Sheet 1 | Minimum Height 1.55m |



TIMETABLE of EVENTS

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Round 6 – Friday 1st December 2023 - NITRO - (Night)

TRACK EVENTS

| Time | Event | Grades |
|--------|------------------------------------|--|
| 6.00pm | 600 Metre | Women |
| 6.15pm | 600 Metre | Men |
| 6.45pm | 2000 Metre Walk 5000 Metre Walk | All Men & Women (athlete can choose) Open/U20/U18/40+/50+ Men & Women |
| 7.15pm | 60 Metre | Women |
| 7.30pm | 60 Metre | Men |
| 7.45pm | Mile | Men & Women |
| 8.10pm | 2 x 100 Relay | Men & Women |

FIELD EVENTS

| Time | Discus Throw | Hammer Throw | Long Jump | High Jump |
|--------|--------------|-----------------------|-----------|----------------------|
| 5.30pm | | Sheet 1 | | Minimum Height 1.03m |
| 6.00pm | | | Sheet 2 | Sheet 1 |
| 6.15pm | Sheet 3 | | | |
| 7.00pm | Sheet 2 | | Sheet 3 | Sheet 2 |
| 7.45pm | Sheet 1 | | Sheet 1 | Sheet 3 |
| 8.30pm | | Sheet 2 (if required) | | |

Note: If 1 flight Hammer Sheet 1 @ 1.00pm



TIMETABLE of EVENTS

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Round 7 – Saturday 16th December 2023 - NITRO

TRACK EVENTS

| Time | Event | Grades |
|--------|-------------------|---------------------------------------|
| 2.00pm | 80 Metre Hurdles | U14/40+/50+/60+/70+ Women & 70+Men |
| | 90 Metre Hurdles | U16 Women & U14 Men |
| | 100 Metre Hurdles | U18/U20/Open Women & U16/50+/60+Men |
| | 110 Metre Hurdles | U18/U20/Open/40+ Men |
| 2.40pm | 1000 Metre | Women |
| 2.50pm | 1000 Metre | Men |
| 3.10pm | 150 Metre | Women |
| 3.35pm | 150 Metre | Men |
| 4.10pm | 3000 Metre | All Men & Women (athletes can choose) |
| | 5000 Metre | Open/U20/40+/50+/60+/70+ Men & Women |

FIELD EVENTS

| Time | Shot Put | Javelin | Triple Jump | Pole Vault |
|--------|----------|---------|-------------|----------------------|
| 1.30pm | Sheet 1 | Sheet 2 | Sheet 3 | Sheet 1 |
| 2.20pm | Sheet 3 | Sheet 1 | Sheet 2 | Sheet 2 |
| 3.10pm | Sheet 2 | Sheet 3 | Sheet 1 | Minimum Height 1.60m |



TIMETABLE of EVENTS

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Round 8 – P2 - Saturday 13th January 2024 (Night)

TRACK EVENTS

| Time | Event | Grades |
|--------|---|---|
| 6.00pm | 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 & Women |
| 6.30pm | 1500 Metre Walk (Non-Scoring) | Men & Women |
| 6.50pm | 200 Metre | Women |
| 7.10pm | 200 Metre | Men |
| 7.40pm | 800 Metre | Men & Women |
| 8.00pm | 100 Metre (Non Scoring) | Women |
| 8.20pm | 100 Metre (Non Scoring) | Men |
| 8.30pm | 3000 Metre Steeple (91cm) | Open/U20/40+/50+ Men |
| | 2000 Metre Steeple (84cm) | U18 Men |
| | 3000 Metre Steeple (84cm) | 40+/50+ Men |
| | 3000 Metre Steeple (76.2cm) 2000 Metre Steeple (76.2cm) | Open/U20 Women 70+/60+/U16/U14 Men 60+/70+U18/U16/U14 Women |
| 8.45pm | 4 x 400 Relay (Non Scoring) | Men & Women |

FIELD EVENTS

| Time | Discus Throw | Hammer Throw | Long Jump | High Jump |
|--------|--------------|-----------------------|-----------|----------------------|
| 5.30pm | | Sheet 2 | | Minimum Height 1.04m |
| 6.00pm | | | Sheet 2 | Sheet 1 |
| 6.15pm | Sheet 3 | | | |
| 7.00pm | Sheet 2 | | Sheet 3 | Sheet 2 |
| 7.45pm | Sheet 1 | | Sheet 1 | Sheet 3 |
| 8.30pm | | Sheet 1 (if required) | | |

Note: If 1 flight Hammer Sheet 1 @ 1.00pm



TIMETABLE of EVENTS

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Round 9 – P1 - Friday 20th January 2024 (Night)

TRACK EVENTS

| Time | Event | Grades |
|--------|--|--|
| 6.00pm | 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+ Women |
| 6.30pm | 1500 Metre Walk 3000 Metre Walk | U14/U16 Men & Women (athlete can choose) Open/U20/U18/40+/50+/60+ Men & Women |
| 7.00pm | 100 Metre | Men |
| 7.15pm | 100 Metre | Women |
| 7.35pm | 1500 Metre | Men & Women |
| 7.55pm | 4 x 100 Relay | All Men & Women |
| 8.15pm | 3000 Metre (Non Scoring) | All Men & Women |
| 8.35pm | 400 Metre | Men |
| 8.45pm | 400 Metre | Women |

FIELD EVENTS

| Time | Shot Put | Javelin | Triple Jump | Pole Vault |
|--------|----------|---------|-------------|----------------------|
| 6.30pm | Sheet 1 | Sheet 2 | Sheet 3 | Sheet 1 |
| 7.20pm | Sheet 3 | Sheet 1 | Sheet 2 | Sheet 2 |
| 8.10pm | Sheet 2 | Sheet 3 | Sheet 1 | Minimum Height 1.60m |



TIMETABLE of EVENTS

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Round 10 - P2 - Saturday 3rd February 2024

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+/70+ Women U14/U16 Men & Women |
| 1.45pm | 1500 Metre Walk (Non-Scoring) 3000 Metre Walk (Non-Scoring) | U14/U16 Men & 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 |
| 3.35pm | 3000 Metre 5000 Metre | All Men & Women (athlete can choose) Open/U20/40+/50+/60+/70+ Men & Women |
| 4.10pm | 4 x 400 Relay | All Men & Women |

FIELD EVENTS

| Time | Discus Throw | Hammer Throw | Long Jump | High Jump |
|--------|--------------|-----------------------|-----------|----------------------|
| 1:00pm | | Sheet 2 | | Minimum Height 1.04m |
| 1.30pm | | | Sheet 2 | Sheet 1 |
| 1.45pm | Sheet 3 | | | |
| 2.30pm | Sheet 1 | | Sheet 3 | Sheet 2 |
| 3.15pm | Sheet 2 | | Sheet 1 | Sheet 3 |
| 4.00pm | | Sheet 1 (if required) | | |

Note: If 1 flight Hammer Sheet 1 @ 1.00pm



TIMETABLE of EVENTS

BENDIGO REGION as at 26.09.23

All timetables featured are subject to change



Round 11 - P1 - Saturday 10th February 2024 (Night)

TRACK EVENTS

| Time | Event | Grades |
|--------|--|--|
| 6.00pm | 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+ Women |
| 6.30pm | 1500 Metre Walk 3000 Metre Walk | U14/U16 Men & Women (athlete can choose) Open/U20/U18/40+/50+/60+ Men & Women |
| 7.00pm | 100 Metre | Men |
| 7.15pm | 100 Metre | Women |
| 7.35pm | 1500 Metre | Men & Women |
| 7.55pm | 4 x 200 Relay (Mixed Non Scoring) | Men & Women |
| 8.10pm | 3000 Metre Steeple (91cm) | Open/U20/40+/50+ Men |
| | 2000 Metre Steeple (84cm) | U18 Men |
| | 3000 Metre Steeple (84cm) | 40+/50+ Men |
| | 3000 Metre Steeple (76.2cm) | Open/U20 Women |
| | 2000 Metre Steeple (76.2cm) | 70+/60+/U16/U14 Men 60+/70+U18/U16/U14 Women |
| 8.30pm | 400 Metre | Men |
| 8.45pm | 400 Metre | Women |

FIELD EVENTS

| Time | Shot Put | Javelin | Triple Jump | Pole Vault |
|--------|----------|---------|-------------|----------------------|
| 6.30pm | Sheet 1 | Sheet 2 | Sheet 3 | Sheet 1 |
| 7.20pm | Sheet 3 | Sheet 1 | Sheet 2 | Sheet 2 |
| 8.10pm | Sheet 2 | Sheet 3 | Sheet 1 | Minimum Height 1.55m |



TIMETABLE of EVENTS

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Round 12 - P2 - Saturday 17th February 2024

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+/70+ Women U14/U16 Men & Women |
| 1.45pm | 1500 Metre Walk (Non-Scoring) 3000 Metre Walk (Non-Scoring) | U14/U16 Men & 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 |
| 3.35pm | 3000 Metre 5000 Metre | All Men & Women (athlete can choose) Open/U20/40+/50+/60+/70+ Men & Women |
| 4.10pm | 4 x 200 Relay | All Men & Women |

FIELD EVENTS

| Time | Discus Throw | Hammer Throw | Long Jump | High Jump |
|--------|--------------|-----------------------|-----------|----------------------|
| 1:00pm | | Sheet 2 | | Minimum Height 1.05m |
| 1:30pm | | | Sheet 2 | Sheet 1 |
| 1:45pm | Sheet 3 | | | |
| 2:30pm | Sheet 1 | | Sheet 3 | Sheet 2 |
| 3:15pm | Sheet 2 | | Sheet 1 | Sheet 3 |
| 4:00pm | | Sheet 1 (if required) | | |

Note: If 1 flight Hammer Sheet 1 @ 1.00pm

