

**TIMETABLE of EVENTS     DRAFT**  
**BENDIGO REGION NON AVSL as at 27.09.23**

All timetables featured are subject to change



**Round 1 – P1 - Saturday 28<sup>th</sup> October 2023**

**TRACK EVENTS**

Time	Event	Grades
<b>1.30pm</b>	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
<b>1.45pm</b>	1500 Metre Walk 3000 Metre Walk	U14/U16 Men & Women (athlete can choose) Open/U20/U18/40+/50+/60+ Men & Women
<b>2.05pm</b>	100 Metre	Men
<b>2.15pm</b>	100 Metre	Women
<b>2.35pm</b>	Mile	Men & Women
<b>2.45pm</b>	Medley Relay mixed clubs Training	Men & Women
<b>3.20pm</b>	3000 Metre	All Men & Women
<b>3.45pm</b>	400 Metre	Men
<b>4.00pm</b>	400 Metre	Women

**FIELD EVENTS**

Time	Shot Put	Javelin	Triple Jump	Pole Vault
<b>1.30pm</b>	Sheet 1	Sheet 2	Sheet 3	Sheet 1
<b>2.20pm</b>	Sheet 3	Sheet 1	Sheet 2	Sheet 2
<b>3.10pm</b>	Sheet 2	Sheet 3	Sheet 1	



**TIMETABLE of EVENTS     DRAFT**  
**BENDIGO REGION NON AVSL as at 27.09.23**  
 All timetables featured are subject to change



## Round 2 - P2 - Saturday 4th November 2023

### TRACK EVENTS

Time	Event	Grades
<b>1.30pm</b>	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
<b>1.45pm</b>	1500 Metre Walk 3000 Metre Walk	U14/U16 Men & Women (athlete can choose) Open/U20/U18/40+/50+/60+ Men & Women
<b>2.10pm</b>	200 Metre	Women
<b>2.20pm</b>	200 Metre	Men
<b>2.50pm</b>	800 Metre	Men & Women
<b>3.15pm</b>	60 Metre	Women
<b>3.20pm</b>	60 Metre	Men
<b>3.30pm</b>	3000 Metre	All Men & Women
<b>3.50pm</b>	4 x 100m Relay mixed clubs Training	

### FIELD EVENTS

Time	Discus Throw	Hammer Throw	Long Jump	High Jump
<b>1:00pm</b>		Sheet 1		
<b>1.30pm</b>			Sheet 1	Sheet 1
<b>1.45pm</b>	Sheet 3			
<b>2.30pm</b>	Sheet 1		Sheet 3	Sheet 2
<b>3.15pm</b>	Sheet 2		Sheet 1	Sheet 3



**TIMETABLE of EVENTS     DRAFT**  
**BENDIGO REGION NON AVSL as at 27.09.23**

All timetables featured are subject to change



**Round 3 – P1 - Saturday 9<sup>th</sup> December 2023**

**TRACK EVENTS**

Time	Event	Grades
<b>1.30pm</b>	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
<b>1.45pm</b>	1500 Metre Walk 3000 Metre Walk	U14/U16 Men & Women (athlete can choose) Open/U20/U18/40+/50+/60+ Men & Women
<b>2.05pm</b>	100 Metre	Men
<b>2.15pm</b>	100 Metre	Women
<b>2.35pm</b>	Mile	Men & Women
<b>3.00pm</b>	400 Metre	Men
<b>3.15pm</b>	400 Metre	Women
<b>3.30pm</b>	3000 Metre	Men & Women

**FIELD EVENTS**

Time	Shot Put	Javelin	Triple Jump	Pole Vault
<b>1.30pm</b>	Sheet 1	Sheet 2	Sheet 3	Sheet 1
<b>2.20pm</b>	Sheet 3	Sheet 1	Sheet 2	Sheet 2
<b>3.10pm</b>	Sheet 2	Sheet 3	Sheet 1	



**TIMETABLE of EVENTS     DRAFT**  
**BENDIGO REGION NON AVSL as at 27.09.23**  
 All timetables featured are subject to change



## Round 4 - P2 - Saturday 6<sup>th</sup> January 2024

### TRACK EVENTS

Time	Event	Grades
<b>1.30pm</b>	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
<b>1.45pm</b>	1500 Metre Walk 3000 Metre Walk	U14/U16 Men & Women (athlete can choose) Open/U20/U18/40+/50+/60+ Men & Women
<b>2.10pm</b>	200 Metre	Women
<b>2.20pm</b>	200 Metre	Men
<b>2.50pm</b>	800 Metre	Men & Women
<b>3.15pm</b>	100 Metre	Women
<b>3.20pm</b>	100 Metre	Men
<b>3.30pm</b>	3000 Metre	All Men & Women

### FIELD EVENTS

Time	Discus Throw	Hammer Throw	Long Jump	High Jump
<b>1:00pm</b>		Sheet 1		
<b>1.30pm</b>			Sheet 1	Sheet 1
<b>1.45pm</b>	Sheet 3			
<b>2.30pm</b>	Sheet 1		Sheet 3	Sheet 2
<b>3.15pm</b>	Sheet 2		Sheet 1	Sheet 3



**TIMETABLE of EVENTS     DRAFT**  
**BENDIGO REGION NON AVSL as at 27.09.23**  
 All timetables featured are subject to change



## Round 5 – P1 - Saturday 24<sup>th</sup> February 2024

### TRACK EVENTS

Time	Event	Grades
<b>1.30pm</b>	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
<b>1.45pm</b>	1500 Metre Walk 3000 Metre Walk	U14/U16 Men & Women (athlete can choose) Open/U20/U18/40+/50+/60+ Men & Women
<b>2.05pm</b>	100 Metre	Men
<b>2.15pm</b>	100 Metre	Women
<b>2.35pm</b>	Mile	Men & Women
<b>3.00pm</b>	400 Metre	Men
<b>3.15pm</b>	400 Metre	Women
<b>3.30pm</b>	3000 Metre	Men & Women

### FIELD EVENTS

Time	Shot Put	Javelin	Triple Jump	Pole Vault
<b>1.30pm</b>	Sheet 1	Sheet 2	Sheet 3	Sheet 1
<b>2.20pm</b>	Sheet 3	Sheet 1	Sheet 2	Sheet 2
<b>3.10pm</b>	Sheet 2	Sheet 3	Sheet 1	



**TIMETABLE of EVENTS     DRAFT**  
**BENDIGO REGION NON AVSL as at 27.09.23**  
 All timetables featured are subject to change



## Round 6 - P2 - Saturday 2<sup>nd</sup> March 2024

### TRACK EVENTS

Time	Event	Grades
<b>1.30pm</b>	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
<b>1.45pm</b>	1500 Metre Walk 3000 Metre Walk	U14/U16 Men & Women (athlete can choose) Open/U20/U18/40+/50+/60+ Men & Women
<b>2.10pm</b>	200 Metre	Women
<b>2.20pm</b>	200 Metre	Men
<b>2.50pm</b>	800 Metre	Men & Women
<b>3.15pm</b>	100 Metre	Women
<b>3.20pm</b>	100 Metre	Men
<b>4.35pm</b>	3000 Metre	All Men & Women

### FIELD EVENTS

Time	Discus Throw	Hammer Throw	Long Jump	High Jump
<b>1:00pm</b>		Sheet 1		
<b>1.30pm</b>			Sheet 1	Sheet 1
<b>1.45pm</b>	Sheet 3			
<b>2.30pm</b>	Sheet 1		Sheet 3	Sheet 2
<b>3.15pm</b>	Sheet 2		Sheet 1	Sheet 3



**TIMETABLE of EVENTS     DRAFT**  
**BENDIGO REGION NON AVSL as at 27.09.23**  
 All timetables featured are subject to change



**Round 6 – P1 - Saturday 16<sup>th</sup> March 2024**

**TRACK EVENTS**

Time	Event	Grades
<b>1.30pm</b>	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
<b>1.45pm</b>	1500 Metre Walk 3000 Metre Walk	U14/U16 Men & Women (athlete can choose) Open/U20/U18/40+/50+/60+ Men & Women
<b>2.05pm</b>	100 Metre	Men
<b>2.15pm</b>	100 Metre	Women
<b>2.35pm</b>	Mile	Men & Women
<b>3.00pm</b>	400 Metre	Men
<b>3.15pm</b>	400 Metre	Women
<b>3.30pm</b>	3000 Metre	Men & Women

**FIELD EVENTS**

Time	Shot Put	Javelin	Triple Jump	Pole Vault
<b>1.30pm</b>	Sheet 1	Sheet 2	Sheet 3	Sheet 1
<b>2.20pm</b>	Sheet 3	Sheet 1	Sheet 2	Sheet 2
<b>3.10pm</b>	Sheet 2	Sheet 3	Sheet 1	

