



## TIMETABLE of EVENTS BALLARAT REGION

### SATURDAY 19<sup>TH</sup> JANUARY 2019

#### TRACK EVENTS Program 2 Re-shuffled Round 10 as at 13.09.18

BALLARAT REGION		
Time	Event	Grades
6.00pm	100 Metres	Men
6.20pm	100 Metres	Women
6.40pm	3000 Metres 5000 Metres	U14/U16/U18 Men & Women Open/U20/40+/50+/60+ Men & Women
7.10pm	400 Metres	Men
7.25pm	400 Metres	Women
7.40pm	1500m Walk 3000m Walk	U14/U16 Men & Women Open/U20/U18/40+/50+/60+ Men & Women
7.50pm	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
8.05pm	1500 Metres	Men
8.20pm	1500 Metres	Women
8.35pm	4 x 100m Relay	Men
8.45pm	4 x 100m Relay	Women

#### FIELD EVENTS Program 2 Round 10 as at 13.09.18

Time	Shot Put Max 15 per sheet	Javelin (1 runway) Max 15 per sheet	Long Jump (1 Pit) Max 15 per sheet	Pole Vault
5.45pm	Sheet 1			
6.00pm			Sheet 1	
6.15pm	Sheet 2			1.60m – 2.50m
6.30pm			Sheet 2	
6.45pm	Sheet 3			
7.00pm		Sheet 1	Sheet 3	2.35m+
7.30pm		Sheet 2		
8.00pm		Sheet 3		