



TIMETABLE of EVENTS BALLARAT REGION

SATURDAY 12TH JANUARY 2019

TRACK EVENTS Program 1 Round 9 as at 13.09.18

BALLARAT REGION		
Time	Event	Grades
10.00am	800 Metres	Men
10.15am	800 Metres	Women
10.30am	1500m Walk 3000m Walk	U14/U16 Men & Women Open/U20/U18/40+/50+/60+ Men & Women
10.45am	400 Metre Hurdles 300 Metre Hurdles 200 Metre Hurdles	Open/U20/U18/40+/50+ Men & Open/U20/U18/40+ Women 60+ Men & 50+ Women U14/U16 Men & U14/U16/60+ Women
10.55am	200 Metres	Men
11.15am	200 Metres	Women
11.35am	3000 Metres	All Men & Women
11.55am	4 x 200m Relay	Men
12.10am	4 x 200m Relay	Women

FIELD EVENTS Program 1 Round 9 as at 13.09.18

Time	Discus Throw (1 Cage) Max 15 per sheet	Hammer Throw (1 Cage) Max 15 per sheet	Triple Jump (1 Pit) Max 15 per sheet	High Jump (1 Bed)
9.00am		Sheet 1		
9.30am		Sheet 2		
9.45am				1.05m – 1.35m
10.00am	Sheet 1		Sheet 1	
10.15am				1.30m – 1.60m
10.30am	Sheet 2		Sheet 2	
10.45am				1.55m+
11.00am	Sheet 3		Sheet 3	