



TIMETABLE of EVENTS BALLARAT REGION

SATURDAY 10TH NOVEMBER 2018

TRACK EVENTS Program 1 Re-shuffled Round 5 as at 13.09.18

BALLARAT REGION		
Time	Event	Grades
2.00pm	200 Metres	Men
2.15pm	200 Metres	Women
2.30pm	3000 Metres	All Men & Women
2.45pm	2000m Walk 5000m Walk	U14/U16/40+/50+/60+ Men & Women Open/U20/U18 Men & Women
2.55pm	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
3.10pm	800 Metres	Men
3.30pm	800 Metres	Women
3.45pm	4 x 200m Relay	Men
4.00pm	4 x 200m Relay	Women

FIELD EVENTS Program 1 Round 5 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)
1.00pm		Sheet 1		
1.30pm		Sheet 2		
1.45pm				1.05m – 1.35m
2.00pm	Sheet 1		Sheet 1	
2.15pm				1.30m – 1.60m
2.30pm	Sheet 2		Sheet 2	
2.45pm				1.55m+
3.00pm	Sheet 3		Sheet 3	