

# Athletics Ballarat AVSL Timetable

## Round 3 - Sat 8th November (Program 1) -

### TRACK EVENTS

Draft Time	Event	Grades	Estimated Heats (&Size)
2:00 pm	1500m	Male	2 (16)
2:15 pm	1500m	Female	2 (16)
2:30 pm	100m	Male	5 (8)
2:45 pm	100m	Female	5 (8)
3:00 pm	3000m Steeple (0.914)	OPEN/U20 Male	1 (24)
3:10 pm	2000/3000m Steeple (0.838)	U18 Male, 40+/50+ Male	1 (24)
3:20pm	2000/3000m Steeple (0.762)	U16/U14 Male, U18/U16/U14/40+/50+ Female OPEN/U20 Female	1 (24)
3:25 pm	110m Hurdles	Open / u20 / u18 / 40+ Male	1 (6)
3:30 pm	100m Hurdles	Open/u20/u18 Female & u16/50+/60+ Male	1 (6)
3:40pm (Lanes 4-9)	80m Hurdles 90m Hurdles	U14/40+/50+/60+ Female & 70+ Male U16 Female & u14 Male	1 (6)
3:50 pm	400m	Male	4 (8)
4:10 pm	400m	Female	3 (8)
4:20 pm	4 x 200m Relays	ALL	3 (8)
4:40 pm	3000m/5000m	All <b>(Non-scoring)</b>	2 (24)

### FIELD EVENTS (Max Numbers per sheet)

Draft Time	Pole Vault	Triple Jump	Shot Put 1A	Shot Put 1B	Javelin
1:30 pm	Sheet 1 1.50m + (18)		<b>Sheet 1 (15)</b> <b>(Controlled 9.5m+/8m+)</b>	Sheet 2 (15)	
2:15 pm		Sheet 1 (15)	Sheet 3 (15)		Sheet 1 (15)
3:00 pm		Sheet 2 (15)	<b>Sheet 4* (15)</b> <b>*Only if SOLD out</b>		<b>Sheet 2 (15)</b> <b>(Controlled 30m+/25m+)</b>
3.45pm		<b>Sheet 3 (15)</b> <b>(Controlled 9.5m/8.5m)</b>			Sheet 3 (15)
4:30pm					<b>Sheet 4* (15)</b> <b>*Only if SOLD out</b>