

Athletics Ballarat AVSL Timetable

Round 4 - Sat 15th November (Program 2)

TRACK EVENTS

Draft Time	Event	Grades	Estimate Heats (&Size)
2:00 pm	800m	Male	4 (12)
2:20 pm	800m	Female	4 (12)
2:40 pm (Lanes 1-3)	2000m / 5000m Walk		1 (24)
2:40 pm	400m Hurdles	u18/u20/OPEN/40+ Male & Female & 50+ Male	1 (6)
2:45 pm	300m Hurdles	60+/70+ Male & Female & 50+ Female	1 (6)
2:50 pm	200m Hurdles	U14 / u16 Male & Female	1 (6)
3:00 pm	200m	Male	5 (8)
3:15 pm	200m	Female	5 (8)
3:30 pm	3000m	Male/Female	1
3:45 pm	3000m/5000m	Male/Female	1
4:15 pm	4 x 400m Relays	ALL	3 (8)

FIELD EVENTS (Max Numbers per sheet)

Draft Time	High Jump	Long Jump	Hammer	Discus
12:45pm			Sheet 1 (15) (Controlled 30m+/25m+)	
1:30pm	Sheet 1 1.01m + (15)	Sheet 1 (15) (Controlled 5m/4.5m)	Sheet 2 (15)	
2:15 pm	Sheet 2 1.16m + (15)	Sheet 2 (15)		Sheet 1 (15) (Controlled 27.5m+/25m+)
3:00 pm	Sheet 3 1.61m + (12)	Sheet 3 (15)		Sheet 2 (15)
3:45 pm		Sheet 4 (15)		Sheet 3 (15)
4:30 pm				Sheet 4 (15)
Max # of Competitors	42	45/60	35	45/60