

Athletics Ballarat AVSL Timetable

Round 5 - Sat 22th November (Program 1) - MORNING

TRACK EVENTS

Draft Time	Event	Grades	Estimated Heats (&Size)
10:00 am (Lanes 1-3)	1500m/3000m Walks	ALL	1 (24)
10:00 am (Lanes 4-9)	110m Hurdles 100m Hurdles	Open / u20 / u18 / 40+ Male Open/u20/u18 Female & u16/50+/60+ Male	1 (6) 1 (6)
10:10 am	90m Hurdles	U16 Female & u14 Male	1 (6)
10:20 am	80m Hurdles	U14/40+/50+/60+ Female & 70+ Male	1 (6)
10:30 am	100m	Male	6 (8)
10:45 am	100m	Female	4 (8)
11:00 am	1500m	Male	3 (16)
11:20 am	1500m	Female	3 (16)
11:40 am	400m	Male	4 (8)
11:55 am	400m	Female	3 (8)
12:10 pm	3000m/5000m	ALL (Non-scoring)	2

FIELD EVENTS (Max Numbers per sheet)

Draft Time	Pole Vault	Triple Jump	Shot Put 1A	Shot Put 1B	Javelin
10:00 am	Sheet 1 1.50m + (18)		Sheet 1 (15) (Controlled 9.5m+/8m+)	Sheet 2 (15)	
10:45 am		Sheet 1 (15)	Sheet 3 (15)		Sheet 1 (15)
11:30 am		Sheet 2 (15)	Sheet 4* (15) *Only if SOLD out		Sheet 2 (15) (Controlled 30m+/25m+)
12.15pm		Sheet 3 (15) (Controlled 9.5m/8.5m)			Sheet 3 (15)
1:00pm					Sheet 4 (15)
Max #	18	45	45/60		45/60