AVSL TIMETABLE – BALLARAT

AS AT 28.10.26

All timetables featured are subject to change

PROVISIONAL – ROUND 3 – PROGRAM 1

Scan for Venue Directions

VENUE: BALLARAT REGIONAL ATHLETICS TRACK, WENDOUREE

DATE: Saturday 31st October 2026

TRACK EVENTS

Prov Time	Event	Grades
2:00pm	1500 Metres	All Male
2:25pm	1500 Metres	All Female
2:45pm	100 Metres	All Male
3:00pm	100 Metres	All Female
3:15pm	3000 Metres Steeple (0.914m) (Lanes 1-3) ^^	Open/U20 Male
	3000 Metres Steeple (0.838m) (Lanes 1-3) ^^ ~~ 2000 Metres Steeple (0.838m) (Lanes 1-3) ^^ ~~	40+/50+ Male U18 Male
	3000 Metres Steeple (0.762m) (Lanes 1-3) ^^ ~~ 2000 Metres Steeple (0.762m) (Lanes 1-3) ^^ ~~ 2000 Metres Steeple (0.762m) (Lanes 1-3) ^^ ~~	Open/U20 Female U18/U16/U14 Female & 40+/50+/60+/70+ Female U16/U14 Male & 60+/70+ Male
3:45pm	110 Metre Hurdles Lanes (5-8) 100 Metre Hurdles Lanes (5-8) 90 Metre Hurdles Lanes (5-8) 80 Metre Hurdles Lanes (5-8)	Open/U20/U18/40+ Male Open/U20/U18 Female & U16/50+/60+ Male U14 Male & U16 Female U14/40+/50+/60+/70+ Female & 70+ Male
4:00pm	400 Metres	All Male
4:20pm	400 Metres	All Female
4:40pm	3000 Metres ** ## 5000 Metres ** ##	All Male & All Female Open/U20/40+/50+/60+/70+ Male & Female

^^ The 2000m Steeple & 3000m Steeple are considered the same event, and athletes can only enter one or the other. (Refer AVSL Rule 5.3

~~ The 2000m Steeple & 3000m Steeple for each hurdle height will be run concurrently, starting from different start lines

*** The 3000m & 5000m are considered the same event, and athletes can only enter one or the other. (Refer AVSL Rule 5.3)*

The 3000m & 5000m will be run concurrently.

FIELD EVENTS

The number of spots available for each Field event sheet are shown in brackets for each sheet. Italicised are waitlist totals.

Distances listed in brackets on controlled sheets are the minimum distances that athletes must achieve to be eligible to enter. First distance - Male athletes, Second distance - Female athletes. If only one distance is noted, this distance is required to be achieved by all athletes.

Prov Time	Pole Vault	Triple Jump	Shot Put Circle 1	Shot Put Circle 2	Hammer	Javelin
1:00pm					Sheet 1 (12) – WL(3) Controlled **[30m+/25m+]**	
1:45pm	Sheet 1 (3) **[3.20m+]**		Sheet 1 (14) Controlled **[9.5m+/8m+]**	Sheet 2 (15)	Sheet 2 (15) – WL(3)	
2:30pm		Sheet 1 (15)	Sheet 3 (15) – WL(3)			Sheet 1 (15) – WL(3)
3:15pm	Sheet 2 (5) **[1.55m+]**	Sheet 2 (15)	Sheet 4 (15)- WL(3)			Sheet 2 (12)- WL(2) Controlled **[30m+/25m+]**
4:00pm		Sheet3 (11) **Controlled** **[9.5m+/8.5m+]**				Sheet 3 (15) – WL(3)
4:45pm		Sheet 4 (8)				Sheet 4 (15) – WL(3)

AVSL TIMETABLE – BALLARAT

AS AT 28.10.26

All timetables featured are subject to change

DRAFT – ROUND 4 – PROGRAM 2

Scan for Venue Directions

VENUE: BALLARAT REGIONAL ATHLETICS TRACK, WENDOUREE

DATE: Saturday 7th November 2026

TRACK EVENTS

Draft Time	Event	Grades
2:00pm	800 Metres	All Male
2:25pm	800 Metres	All Female
2:45pm	200 Metres	All Male
3:00pm	200 Metres	All Female
3:15pm	2000m Walk ** ## 5000m Walk ** ##	All Male & All Female All Male & All Female
3:20pm	400 Metre Hurdles Lanes (5-8) 300 Metre Hurdles Lanes (5-8) 200 Metre Hurdles Lanes (5-8)	Open/U20/U18/40+/50+ Male & Open/U20/U18/40+ Female 60+/70+ Male & 50+/60+/70+ Female U16/U14 Male & U16/U14 Female
3:35pm	1500 Metres	All Male
4:00pm	1500 Metres	All Female
4:20pm	100 Metres	All Male
4:40pm	100 Metres	All Female
5:00pm	3000 Metres	All Male & All Female

*** The 2000m Walk & 5000m Walk are considered the same event, and athletes can only enter one or the other. (Refer AVSL Rule 5.3)*

The 2000m Walk & 5000m Walk will be run concurrently, starting from different start lines.

FIELD EVENTS

The number of spots available for each Field event sheet are shown in brackets for each sheet. Italicised are waitlist totals.

Distances listed in brackets on controlled sheets are the minimum distances that athletes must achieve to be eligible to enter. First distance - Male athletes, Second distance - Female athletes. If only one distance is noted, this distance is required to be achieved by all athletes.

Draft Time	High Jump	Long Jump	Discus	Hammer	Javelin
12:30pm				Sheet 1 (10) Controlled **[30m+/25m+]**	
1:00pm				Sheet 2 (10)	
1:30pm	Sheet 1 (15) **[1.02m+]**			Sheet 3 (10)	
2:00pm		Sheet 1 (10) **Controlled** **[5.50m+/4.50m+]**	Sheet 1 (10)		Sheet 1 (10) Controlled **[30m+/25m+]**
2:30pm	Sheet 2 (15) **[1.22m+]**	Sheet 2 (10)	Sheet 2 (10)		Sheet 2 (10)
3:00pm		Sheet 3 (10)	Sheet 3 (10) Controlled **[30m+/25m+]**		Sheet 3 (10)
3:30pm	Sheet 3 (12) **[1.42m+]**	Sheet 4 (10)	Sheet 4 (10)		Sheet 4 (10)
4:00pm		Sheet 5 (10)	Sheet 5 (10)		Sheet 5 (10)
4:30pm		Sheet 6 (10)	Sheet 6 (10)		Sheet 6 (10)
5:00pm		Sheet 7 (10)	Sheet 7(10)		Sheet 7 (10)

AVSL TIMETABLE – BALLARAT

AS AT 28.10.26

All timetables featured are subject to change

DRAFT – ROUND 5 – PROGRAM 1

Scan for Venue Directions

VENUE: BALLARAT REGIONAL ATHLETICS TRACK, WENDOUREE

DATE: Saturday 14th November 2026

TRACK EVENTS

Draft Time	Event	Grades
2:00pm	1500m Walk ** ## 3000m Walk ** ##	All Male & All Female All Male & All Female
2:05pm	110 Metre Hurdles Lanes (5-8) 100 Metre Hurdles Lanes (5-8) 90 Metre Hurdles Lanes (5-8) 80 Metre Hurdles Lanes (5-8)	Open/U20/U18/40+ Male Open/U20/U18 Female & U16/50+/60+ Male U14 Male & U16 Female U14/40+/50+/60+/70+ Female & 70+ Male
2:20pm	100 Metres	All Male
2:35pm	100 Metres	All Female
2:45pm	1500 Metres	All Male
3:05pm	1500 Metres	All Female
3:25pm	3000 Metres Steeple (0.914m) (Lanes 1-3) ^^	Open/U20 Male
	3000 Metres Steeple (0.838m) (Lanes 1-3) ^^ ~~ 2000 Metres Steeple (0.838m) (Lanes 1-3) ^^ ~~	40+/50+ Male U18 Male
	3000 Metres Steeple (0.762m) (Lanes 1-3) ^^ ~~ 2000 Metres Steeple (0.762m) (Lanes 1-3) ^^ ~~ 2000 Metres Steeple (0.762m) (Lanes 1-3) ^^ ~~	Open/U20 Female U18/U16/U14 Female & 40+/50+/60+/70+ Female U16/U14 Male & 60+/70+ Male
4:00pm	400 Metres	All Male
4:20pm	400 Metres	All Female
4:35pm	4x100 Metres Relay	All Male & All Female

*** The 1500m Walk & 3000m Walk are considered the same event, and athletes can only enter one or the other. (Refer AVSL Rule 5.3)*

The 1500m Walk & 3000m Walk will be run concurrently, starting from different start lines.

^^ The 2000m Steeple & 3000m Steeple are considered the same event, and athletes can only enter one or the other. (Refer AVSL Rule 5.3

~~ The 2000m Steeple & 3000m Steeple for each hurdle height will be run concurrently, starting from different start lines

FIELD EVENTS

The number of spots available for each Field event sheet are shown in brackets for each sheet. Italicised are waitlist totals.

Draft Time	Pole Vault	Triple Jump	Shot Put Circle 1	Hammer	Javelin
12:30pm				Sheet 1 (10) Controlled **[30m+/25m+]**	
1:00pm				Sheet 2 (10)	
1:30pm	Sheet 1 (12) **[1.60m+]**	Sheet 1 (10)		Sheet 3 (10)	
2:00pm		Sheet 2 (10)	Sheet 1 (10)		Sheet 1 (10)
2:30pm		Sheet 3 (10)	Sheet 2 (10) Controlled **[9.5m+/8m+]**		Sheet 2 (10)
3:00pm		Sheet 4 (10)	Sheet 3 (10)		Sheet 3 (10)
3:30pm	Sheet 2 (12) **[3.20m+]**	Sheet 5 (10) **Controlled** **[9.5m+/8.5m+]**	Sheet 4 (10)		Sheet 4 (10) Controlled **[30m+/25m+]**
4:00pm		Sheet 6 (10)	Sheet 5 (10)		Sheet 5 (10)
4:30pm			Sheet 6 (10)		Sheet 6 (10)
5:00pm			Sheet 7 (10)		Sheet 7 (10)

AVSL TIMETABLE – BALLARAT

AS AT 28.10.26

All timetables featured are subject to change

DRAFT – ROUND 6 – PROGRAM 2

Scan for Venue Directions

VENUE: BALLARAT REGIONAL ATHLETICS TRACK, WENDOUREE

DATE: Saturday 21st November 2026

TRACK EVENTS

Draft Time	Event	Grades
2:00pm	1500 Metres	All Male
2:25pm	1500 Metres	All Female
2:45pm	60 Metres	All Male
3:00pm	60 Metres	All Female
3:15pm	400 Metre Hurdles Lanes (5-8) 300 Metre Hurdles Lanes (5-8) 200 Metre Hurdles Lanes (5-8)	Open/U20/U18/40+/50+ Male & Open/U20/U18/40+ Female 60+/70+ Male & 50+/60+/70+ Female U16/U14 Male & U16/U14 Female
3:30pm	800 Metres	All Male
3:55pm	800 Metres	All Female
4:15pm	200 Metres	All Male
4:30pm	200 Metres	All Female
4:45pm	3000 Metres	All Female & All Male

FIELD EVENTS

The number of spots available for each Field event sheet are shown in brackets for each sheet. Italicised are waitlist totals.

Distances listed in brackets on controlled sheets are the minimum distances that athletes must achieve to be eligible to enter. First distance - Male athletes, Second distance - Female athletes. If only one distance is noted, this distance is required to be achieved by all athletes.

Draft Time	High Jump	Long Jump	Shot Put Circle 1	Discus	Hammer
12:30pm					Sheet 1 (10) Controlled **[30m+/25m+]**
1:00pm		Sheet 1 (10) Controlled **[5.50m+/4.50m+]**	Sheet 1 (10)		Sheet 2 (10)
1:30pm	Sheet 1 (15) **[1.04m+]**		Sheet 2 (10)		Sheet 3 (10)
2:00pm		Sheet 2 (10)	Sheet 3 (10)	Sheet 1(10) Controlled **[30m+/25m+]**	
2:30pm		Sheet 3 (10)	Sheet 4 (10)	BREAK	
3:00pm	Sheet 2 (15) **[1.24m+]**	Sheet 4 (10)	Sheet 5 (10) Controlled **[9.5m+/8m+]**	Sheet 2(10)	
3:30pm		BREAK	BREAK	Sheet 3 (10)	
4:00pm	Sheet 3 (12) **[1.44m+]**	Sheet 5 (10)	Sheet 6 (10)	Sheet 4 (10)	
4:30pm		Sheet 6 (10)	Sheet 7 (10)	Sheet 5 (10)	
5:00pm		Sheet 7 (10)		Sheet 6 (10)	
5:30pm				Sheet 7 (10)	

AVSL TIMETABLE – BALLARAT

AS AT 28.10.26

All timetables featured are subject to change

DRAFT – ROUND 7 – PROGRAM 1

Scan for Venue Directions

VENUE: BALLARAT REGIONAL ATHLETICS TRACK, WENDOUREE

DATE: Saturday 28th November 2026

TRACK EVENTS

Draft Time	Event	Grades
2:00pm	1500 Metres	All Male
2:20pm	1500 Metres	All Female
2:40pm	100 Metres	All Male
2:55pm	100 Metres	All Female
3:10pm	3000 Metres Steeple (0.914m) (Lanes 1-3) ^^	Open/U20 Male
	3000 Metres Steeple (0.838m) (Lanes 1-3) ^^ ~~ 2000 Metres Steeple (0.838m) (Lanes 1-3) ^^ ~~	40+/50+ Male U18 Male
	3000 Metres Steeple (0.762m) (Lanes 1-3) ^^ ~~ 2000 Metres Steeple (0.762m) (Lanes 1-3) ^^ ~~ 2000 Metres Steeple (0.762m) (Lanes 1-3) ^^ ~~	Open/U20 Female U18/U16/U14 Female & 40+/50+/60+/70+ Female U16/U14 Male & 60+/70+ Male
3:40pm	110 Metre Hurdles Lanes (5-8) 100 Metre Hurdles Lanes (5-8) 90 Metre Hurdles Lanes (5-8) 80 Metre Hurdles Lanes (5-8)	Open/U20/U18/40+ Male Open/U20/U18 Female & U16/50+/60+ Male U14 Male & U16 Female U14/40+/50+/60+/70+ Female & 70+ Male
3:50pm	400 Metres	All Male
4:05pm	400 Metres	All Female
4:25pm	4x200 Metres Relay	All Male & All Female
4:40pm	3000 Metres ** ## 5000 Metres ** ##	All Male & All Female Open/U20/40+/50+/60+/70+ Male & Female

^^ The 2000m Steeple & 3000m Steeple are considered the same event, and athletes can only enter one or the other. (Refer AVSL Rule 5.3

~~ The 2000m Steeple & 3000m Steeple for each hurdle height will be run concurrently, starting from different start lines

*** The 3000m & 5000m are considered the same event, and athletes can only enter one or the other. (Refer AVSL Rule 5.3)*

The 3000m & 5000m will be run concurrently.

FIELD EVENTS

The number of spots available for each Field event sheet are shown in brackets for each sheet. Italicised are waitlist totals.

Draft Time	Pole Vault	Long Jump	Triple Jump	Shot Put Circle 1	Javelin
1:00pm		Sheet 1 (10)			
1:30pm	Sheet 1 (12) **[1.50m+]**	Sheet 2 (10) Controlled **[5.50m+/4.50m+]**		Sheet 1 (10) Controlled **[9.5m+/8m+]**	Sheet 1 (10)
2:00pm			Sheet 1 (10)		Sheet 2 (10
2:30pm		Sheet 3 (10)	Sheet 2 (10)	Sheet 2 (10)	Sheet 3 (10)
3:00pm		Sheet 4 (10)	Sheet 3 (10)	Sheet 3 (10)	Sheet 4 (10)
3:30pm		Sheet 5 (10)	Sheet 4 (10)	Sheet 4 (10)	
4:00pm		Sheet 6 (10)	Sheet 5 (10) **Controlled** **[9.5m+/8.5m+]**	Sheet 5 (10)	Sheet 5 (10) **Controlled** **[30m+/25m+]**
4:45pm		Sheet 7 (10)	Sheet 6 (10)	Sheet 6 (10)	Sheet 6 (10)
5:15pm				Sheet 7 (10)	Sheet 7 (10)

AVSL TIMETABLE – BALLARAT

AS AT 28.10.26

All timetables featured are subject to change

DRAFT – ROUND 8 – PROGRAM 2

Scan for Venue Directions

VENUE: BALLARAT REGIONAL ATHLETICS TRACK, WENDOUREE

DATE: Saturday 9th January 2027

TRACK EVENTS

Draft Time	Event	Grades
2:10pm	400 Metres	All Male
2:15pm	400 Metres	All Female
2:30pm	400 Metre Hurdles Lanes (5-8) 300 Metre Hurdles Lanes (5-8) 200 Metre Hurdles Lanes (5-8)	Open/U20/U18/40+/50+ Male & Open/U20/U18/40+ Female 60+/70+ Male & 50+/60+/70+ Female U16/U14 Male & U16/U14 Female
3:00pm	800 Metres	All Male
3:35pm	800 Metres	All Female
	3000 Metres Steeple (0.914m) (Lanes 1-3) ^^	Open/U20 Male
	3000 Metres Steeple (0.838m) (Lanes 1-3) ^^ ~~ 2000 Metres Steeple (0.838m) (Lanes 1-3) ^^ ~~	40+/50+ Male U18 Male
	3000 Metres Steeple (0.762m) (Lanes 1-3) ^^ ~~ 2000 Metres Steeple (0.762m) (Lanes 1-3) ^^ ~~ 2000 Metres Steeple (0.762m) (Lanes 1-3) ^^ ~~	Open/U20 Female U18/U16/U14 Female & 40+/50+/60+/70+ Female U16/U14 Male & 60+/70+ Male
4:25pm	200 Metres	All Male
4:40pm	200 Metres	All Female
3:40pm	3000 Metres	All Male & All Female

^^ The 2000m Steeple & 3000m Steeple are considered the same event, and athletes can only enter one or the other. (Refer AVSL Rule 5.3
~~ The 2000m Steeple & 3000m Steeple for each hurdle height will be run concurrently, starting from different start lines

FIELD EVENTS

The number of spots available for each Field event sheet are shown in brackets for each sheet. Italicised are waitlist totals.

Distances listed in brackets on controlled sheets are the minimum distances that athletes must achieve to be eligible to enter. First distance - Male athletes, Second distance - Female athletes. If only one distance is noted, this distance is required to be achieved by all athletes.

Draft Time	High Jump	Long Jump	Discus	Hammer	Javelin
1:00pm				Sheet 1 (15) Controlled **[30m+/25m+]**	
1:45pm	Sheet 1 (15) **[1.33m+]**			Sheet 2 (15)	Sheet 1 (15) Controlled **[30m+/25m+]**
2:30pm	Sheet 2 (15) **[1.03m+]**	Sheet 1 (15)	Sheet 1 (15)		Sheet 2 (15)
3:15pm		Sheet 2 (15)	Sheet 2 (15) Controlled **[30m+/25m+]**		
4:00pm	Sheet 3 (12) **[1.53m+]**	Sheet 3 (15) **Controlled** **[5.50m+/4.50m+]**	Sheet 3 (15)		
4:45pm		Sheet 4 (15)	Sheet 4 (15)		

AVSL TIMETABLE – BALLARAT

AS AT 28.10.26

All timetables featured are subject to change

DRAFT – ROUND 9 – PROGRAM 1

Scan for Venue Directions

VENUE: BALLARAT REGIONAL ATHLETICS TRACK, WENDOUREE

DATE: Saturday 16th January 2027

TRACK EVENTS

Draft Time	Event	Grades
5:00pm	1500 Metres	All Male
5:25pm	1500 Metres	All Female
5:45pm	100 Metres	All Male
6:00pm	100 Metres	All Female
6:15pm	1500m Walk (Lanes 1-3) ** ## 3000m Walk (Lanes 1-3) ** ##	All Male & All Female All Male & All Female
6:35pm	110 Metre Hurdles (Lanes 5-8) 100 Metre Hurdles (Lanes 5-8) 90 Metre Hurdles (Lanes 5-8) 80 Metre Hurdles (Lanes 5-8)	Open/U20/U18/40+ Male Open/U20/U18 Female & U16/50+/60+ Male U14 Male & U16 Female U14/40+/50+/60+/70+ Female & 70+ Male
6:45pm	400 Metres	All Male
7:05pm	400 Metres	All Female
7:20pm	100 Yards	All Male & All Female
7:30pm	3000 Metres	All Male & All Female

*** The 1500m Walk & 3000m Walk are considered the same event, and athletes can only enter one or the other. (Refer AVSL Rule 5.3)*

The 1500m Walk & 3000m Walk will be run concurrently, starting from different start lines.

FIELD EVENTS

The number of spots available for each Field event sheet are shown in brackets for each sheet. Italicised are waitlist totals.

Distances listed in brackets on controlled sheets are the minimum distances that athletes must achieve to be eligible to enter. First distance - Male athletes, Second distance - Female athletes. If only one distance is noted, this distance is required to be achieved by all athletes.

Draft Time	Pole Vault	Triple Jump	Shot Put Circle 1	Shot Put Circle 2	Javelin	Discus
4:00pm						Sheet 1 (15) Controlled **[30m+/25m+]**
4:45pm	Sheet 1 (12) **[3.15m+]**		Sheet 1 (15) Controlled **[9.5m+/8m+]**	Sheet 2 (15)		Sheet 2 (15)
5:30pm		Sheet 1 (15)	Sheet 3 (15)		Sheet 1 (15)	
6:15pm	Sheet 2 (12) **[1.50m+]**	Sheet 2 (15)	Sheet 4 (15)		Sheet 2 (15) Controlled **[30m+/25m+]**	
7:00pm		Sheet3 (15) **Controlled** **[9.5m+/8.5m+]**			Sheet 3 (15)	
7:45pm		Sheet 4 (15)			Sheet 4 (15)	

AVSL TIMETABLE – BALLARAT

AS AT 28.10.26

All timetables featured are subject to change

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DRAFT – ROUND 10 – PROGRAM 2

Scan for Venue Directions

VENUE: BALLARAT REGIONAL ATHLETICS TRACK, WENDOUREE

DATE: Saturday 6th February 2027

TRACK EVENTS

Draft Time	Event	Grades
5:00pm	100 Metres	All Male
5:15pm	100 Metres	All Female
5:30pm	1500 Metres	All Male
5:50pm	1500 Metres	All Female
6:10pm	400 Metre Hurdles (Lanes 5-8) 300 Metre Hurdles (Lanes 5-8) 200 Metre Hurdles (Lanes 5-8)	Open/U20/U18/40+/50+ Male & Open/U20/U18/40+ Female 60+/70+ Male & 50+/60+/70+ Female U16/U14 Male & U16/U14 Female
6:25pm	800 Metres	All Male
6:45pm	800 Metres	All Female
7:05pm	200 Metres	All Male
7:20pm	200 Metres	All Female
7:35pm	3000 Metres	All Male & All Female
8:10pm	4x400 Metres Relay	All Male & All Female

FIELD EVENTS

The number of spots available for each Field event sheet are shown in brackets for each sheet. Italicised are waitlist totals.

Distances listed in brackets on controlled sheets are the minimum distances that athletes must achieve to be eligible to enter. First distance - Male athletes, Second distance - Female athletes. If only one distance is noted, this distance is required to be achieved by all athletes.

Draft Time	High Jump	Long Jump	Shot Put Circle 1	Shot Put Circle 2	Discus	Hammer
5::00pm	Sheet 1 (15) **[1.34m+]**	Sheet 1 (10)	Sheet 1 (15) Controlled **[9.5m+/8m+]**			Sheet 1 (10) Controlled **[30m+/25m+]**
5:30pm		Sheet 2 (10)	Sheet 2 (10)			Sheet 2 (10)
6:00pm		Sheet 3 (10)	Sheet 3 (10)			Sheet 3 (10)
6:30pm	Sheet 2 (15) **[1.04m+]**	Sheet 4 (10)	Sheet 4 (10)		Sheet 1 (10)	
7:00pm		Sheet 5 (10)	Sheet 5 (10)		Sheet 2 (10) Controlled **[30m+/25m+]**	
7:30pm	Sheet 3 (12) **[1.54m+]**	Sheet 6 (10) **Controlled** **[5.50m+/4.50m+]**	Sheet 6 (10)		Sheet 3 (10)	
8:00pm		Sheet 7 (10)	Sheet 7 (10)		Sheet 4 (10)	
8:30pm					Sheet 5 (10)	