



2019 – 2020 Programs

## Bendigo Region - Athletics Victoria

Session at a Glance @ 21st September 2019

Day	Date	Month	Bendigo	Comment	Comment	State - National Event
Fri	27	September	Grand Final Eve			
Tue	1	October	Parker Electrical Tuesday Runs		3000m	
Sat	5	October	Round 1	P2		Magpie Multis
Sun	6	October				Magpie Multis
Tue	8	October	Parker Electrical Tuesday Runs		3000m	
Sat	12	October	Round 2	P1		
Tue	15	October	Parker Electrical Tuesday Runs		5000m	
Sat	19	October	Round 3	P2		
Tue	22	October	Parker Electrical Tuesday Runs		3000m	
Sat	26	October	Non Shield	P1		Vic Allschools W1
Sun	27	October				Vic Allschools W1
Tue	29	October	Parker Electrical Tuesday Runs		5000m	
Thu	31	October	Flack Advisory Distance Series Race 1		800 metres	
Sat	2	November	Non Shield	P2		Vic Allschools W2
Sun	3	November				Vic Allschools W2
Tue	5	November	Parker Electrical Tuesday Runs		Melbourne Cup 3200m Handicap	
Sat	9	November	Round 4	Relay Round		
Tue	12	November	Parker Electrical Tuesday Runs		3000m	
Thu	14	November	Flack Advisory Distance Series Race 2		1000 metres	
Sat	16	November	Round 5	P2		
Tue	19	November	Parker Electrical Tuesday Runs		10000m Leigh Purtill Championships	
Sat	23	November				State Relays/LAVIC Region Relays
Sun	24	November				LAVIC Region Relays
Tue	26	November	Parker Electrical Tuesday Runs		3000m	
Thu	28	November	Flack Advisory Distance Series Race 3		800 metres	
Sat	30	November	Round 6	P1		
Tue	3	December	Parker Electrical Tuesday Runs		5000m Jack Davey Championships	
Fri	6	December				Aus Allschools Perth
Sat	7	December	Non Shield Pentathlons	4 x 800		Aus Allschools Perth
Sun	8	December				Aus Allschools Perth
Tue	10	December	Parker Electrical Tuesday Runs		3000m	
Thu	12	December	Flack Advisory Distance Series Race 4		1200 metres	
Fri	13	December				
Sat	14	December	Round 7 - Brunch 10:00am	Nitro Round	LAVIC Relays - Zatopek	
Tue	17	December	Parker Electrical Tuesday Runs		3000m	
Thu	19	December	Flack Advisory Distance Series Race 5		1000 metres	
Sat	21	December	Round 8	P1		



## Bendigo Region - Athletics Victoria

Session at a Glance @ 21st September 2019

Day	Date	Month	Bendigo	Comment	Comment	State - National Event
Sat	4	January				Vic Multis Bendigo
Sun	5	January				Vic Multis Bendigo
Tue	7	January	Parker Electrical Tuesday Runs		3000m	
Thu	9	January	Flack Advisory Distance Series Race 6		800 metres	
Sat	11	January	Round 9 - Night	P2		
Tue	14	January	Parker Electrical Tuesday Runs		5000m	
Thu	16	January	Flack Advisory Distance Series Race 7		1000 metres	
Sat	18	January	Round 10 - Night	P1		
Tue	21	January	Parker Electrical Tuesday Runs		3000m	
Sat	25	January				VCAC - Geelong
Sun	26	January				VCAC - Geelong
Mon	27	January				VCAC - Geelong
Tue	28	January	Parker Electrical Tuesday Runs		3000m	
Thu	30	January	Flack Advisory Distance Series Race 8		1200 metres	
Sat	1	February	Round 11	P2		LAVIC Multis
Sun	2	February				LAVIC Multis
Tue	4	February	Parker Electrical Tuesday Runs		5000m	
Thu	6	February	Flack Advisory Distance Series Race 9		800 metres	
Sat	8	February	Round 12	P1		
Tue	11	February	Parker Electrical Tuesday Runs		3000m	
Fri	14	February	Non Shield	P2 4 x 1500		
Sat	15	February				LAVIC Regionals Bendigo
Sun	16	February				LAVIC Regionals Bendigo
Tue	18	February	Parker Electrical Tuesday Runs		3000m	
Thu	20	February	Flack Advisory Distance Series Race 10		1000 metres	
Sat	22	February	Shield Final			
Tue	25	February	Parker Electrical Tuesday Runs		5000m	
Thu	27	February	Flack Advisory Distance Series Final		1000 metres	
Fri	28	February				Vic Champs WE 1
Sat	29	February	Non Shield	P1		Vic Champs WE 1
Sun	1	March				Vic Champs WE 1
Tue	3	March	Parker Electrical Tuesday Runs		3000m	
Fri	6	March				Vic Champs WE 2
Sat	7	March			Madison	Vic Champs WE 2
Sun	8	March			Madison	Vic Champs WE 2
Tue	10	March	Parker Electrical Tuesday Runs		3000m	
Sat	14	March			Victorian Masters Bendigo	LAVIC Champs
Sun	15	March			Victorian Masters Bendigo	LAVIC Champs
Tue	17	March	Parker Electrical Tuesday Runs		5000m	
Sat	21	March	Non Shield	P2		Nationals Sydney
Sun	22	March				Nationals Sydney
Mon	23	March				Nationals Sydney
Tue	24	March	Parker Electrical Tuesday Runs		3000m	Nationals Sydney
Wed	25	March				Nationals Sydney
Thu	26	March				Nationals Sydney
Fri	27	March				Nationals Sydney
Sat	28	March				Nationals Sydney
Sun	29	March				Nationals Sydney



# TIMETABLE of EVENTS

## BENDIGO REGION



### P2 - Round 1 - Saturday 5<sup>th</sup> October 2019

#### TRACK EVENTS

ZONE		
Time	Event	Grades
1.30pm	110Metre Hurdles 100Metre Hurdles 90Metre Hurdles 80Metre Hurdles	U18/U20/Open/40+ Men U18/U20/Open Women & U16/50+/60+ Men U16 Women & U14 Men U14/40+/50+/60+ Women
1.45pm	1500m Walk 3000m Walk	U14/U16 Men & Women Open/U20/U18/40+/50+/60+ Men & Women
2.05pm	100 Metres	Men
2.15pm	100 Metres	Women
2.35pm	1500 Metres	Men
2.35pm	1500 Metres	Women
3.00pm	4x100m Relay	Women
3.00pm	4x100m Relay	Men
3.15pm	*3000 Metres Steeple (91cm)	Open/U20/40+/50+ Men
3.25pm	*2000 Metres Steeple (84cm)	U18 Men
3.35pm	*3000 Metres Steeple (76.2cm) *2000 Metres Steeple (76.2cm)	Open/U20 Women 60+/U16/U14 Men 40+/50+/60+/U18/U16/U14 Women
3.45pm	400 Metres	Men
4.00pm	400 Metres	Women

#### FIELD EVENTS

Time	Shot Put	Javelin	Long Jump (1 Pit)	Pole Vault
1.30pm	Sheet 1	Sheet 2	Sheet 3	Sheet 1
2.00pm				Sheet 2
2.20pm	Sheet 3	Sheet 1	Sheet 2	
3.10pm	Sheet 2	Sheet 3	Sheet 1	

# TIMETABLE of EVENTS

## BENDIGO REGION



### P1 - Round 2 - Saturday 12<sup>th</sup> October 2019

#### TRACK EVENTS

ZONE		
Time	Event	Grades
1.30pm	400 Metre Hurdles 300 Metre Hurdles 200 Metre Hurdles	Open/U20/U18/40+/50+ Men & Open/U20/U18/40+ Women 60+ Men & 50+ Women/60+ Women U14/U16 Men & U14/U16
1.45pm	200 Metres	Women
1.55pm	200 Metres	Men
2.15pm	2000m Walk 5000m Walk	U14/U16/40+/50+/60+ Men & Women Open/U20/U18 Men & Women <b>(2000m Option – Non-Scoring)</b>
2.50pm	800 Metres	Men
2.50pm	800 Metres	Women
3.15pm	100 Metres <b>(Non Scoring)</b>	Women
3.20pm	100 Metres <b>(Non Scoring)</b>	Men
3.35pm	3000 Metres	All Men & Women
4.00pm	4x200m Relay	All Men & Women

#### FIELD EVENTS

Time	Discus Throw (1 Cage)	Hammer Throw (1 Cage)	Triple Jump (1 Pit)	High Jump (1 Bed)	Pole Vault <b>(Non Scoring)</b>
1:00pm		Sheet 1 Men & Women			
1.30pm			Sheet 3	Sheet 1	
1.45pm	Sheet 2				
2.15pm			Sheet 1	Sheet 2	
2.30pm	Sheet 3				
3.00pm					Sheet 1
3.15pm	Sheet 1		Sheet 2	Sheet 3	
3.30pm					Sheet 2

# TIMETABLE of EVENTS

## BENDIGO REGION



### P2 - Round 3 - Saturday 19<sup>th</sup> October 2019

#### TRACK EVENTS

ZONE		
Time	Event	Grades
1.30pm	110Metre Hurdles 100Metre Hurdles 90Metre Hurdles 80Metre Hurdles	U18/U20/Open/40+ Men U18/U20/Open Women & U16/50+/60+ Men U16 Women & U14 Men U14/40+/50+/60+ Women
1.45pm	1500m Walk 3000m Walk	U14/U16 Men & Women Open/U20/U18/40+/50+/60+ Men & Women
2.05pm	100 Metres	Men
2.15pm	100 Metres	Women
2.35pm	1500 Metres	Men
2.35pm	1500 Metres	Women
3.00pm	4x400m Relay	Women
3.00pm	4x400m Relay	Men
3.15pm	3000 metres 5000 metres	U18/U16/U14 Men & Women Open/U20/40+/50+/60+ Men & Women
3.45pm	400 Metres	Men
4.00pm	400 Metres	Women

#### FIELD EVENTS

Time	Shot Put	Javelin	Long Jump (1 Pit)	Pole Vault
1.30pm	Sheet 1	Sheet 2	Sheet 3	Sheet 1
2.00pm				Sheet 2
2.20pm	Sheet 3	Sheet 1	Sheet 2	
3.10pm	Sheet 2	Sheet 3	Sheet 1	

# TIMETABLE of EVENTS

## BENDIGO REGION



### RELAY ROUND

### Round 4 - Saturday 9<sup>th</sup> November 2019

#### RELAY ROUND

Draft Time	Event	Grades
1.00pm	2x1500m	Men
1.30pm	2x1500m	Women
2.00pm	4x100m	Men
2.15pm	4x100m	Women
2.30pm	4x400m	Mixed Relays
2.45pm	4x200m	Men
3.00pm	4x200m	Women
3.15pm	2x800m	Men
3.30pm	2x800m	Women
3.45pm	8x100m	Mixed
4.00pm	4x800m Walk	Mixed
4.15pm	3000 Metres (Non Scoring)	All Men & Women

#### FIELD EVENTS

Time	Discus Throw (1 Cage)	Hammer Throw (1 Cage)	Triple Jump (1 Pit)	High Jump (1 Bed)	Pole Vault (Non Scoring)
1:00pm		Sheet 1 Men & Women			
1.30pm			Sheet 3	Sheet 1	
1.45pm	Sheet 2				
2.15pm			Sheet 1	Sheet 2	
2.30pm	Sheet 3				
3.00pm					Sheet 1
3.15pm	Sheet 1		Sheet 2	Sheet 3	
3.30pm					Sheet 2

# TIMETABLE of EVENTS

## BENDIGO REGION



### P2 - Round 5 - Saturday 16<sup>th</sup> November 2019

#### TRACK EVENTS

ZONE		
Time	Event	Grades
1.30pm	110Metre Hurdles 100Metre Hurdles 90Metre Hurdles 80Metre Hurdles	U18/U20/Open/40+ Men U18/U20/Open Women & U16/50+/60+ Men U16 Women & U14 Men U14/40+/50+/60+ Women
1.45pm	1500m Walk (non-scoring) 3000m Walk (non-scoring)	U14/U16 Men & Women Open/U20/U18/40+/50+/60+ Men & Women
2.05pm	100 Metres	Men
2.15pm	100 Metres	Women
2.35pm	1500 Metres	Men
2.35pm	1500 Metres	Women
3.00pm	4x100m Relay	Women
3.00pm	4x100m Relay	Men
3.15pm	*3000 Metres Steeple (91cm)	Open/U20/40+/50+ Men
3.25pm	*2000 Metres Steeple (84cm)	U18 Men
3.35pm	*3000 Metres Steeple (76.2cm) *2000 Metres Steeple (76.2cm)	Open/U20 Women 60+/U16/U14 Men 40+/50+/60+/U18/U16/U14 Women
3.45pm	400 Metres	Men
4.00pm	400 Metres	Women

#### FIELD EVENTS

Time	Shot Put	Javelin	Long Jump (1 Pit)	Pole Vault
1.30pm	Sheet 1	Sheet 2	Sheet 3	Sheet 1
2.00pm				Sheet 2
2.20pm	Sheet 3	Sheet 1	Sheet 2	
3.10pm	Sheet 2	Sheet 3	Sheet 1	



# TIMETABLE of EVENTS

## BENDIGO REGION



### P1 - Round 6 - Saturday 30<sup>th</sup> November 2019

#### TRACK EVENTS

ZONE		
Time	Event	Grades
1.30pm	400 Metre Hurdles 300 Metre Hurdles 200 Metre Hurdles	Open/U20/U18/40+/50+ Men & Open/U20/U18/40+ Women 60+ Men & 50+ Women/60+ Women U14/U16 Men & U14/U16
1.45pm	200 Metres	Women
1.55pm	200 Metres	Men
2.15pm	1500m Walk 3000m Walk	U14/U16 Men & Women Open/U20/U18/40+/50+/60+ Men & Women
2.50pm	800 Metres	Men
2.50pm	800 Metres	Women
3.15pm	100 Metres (Non-Scoring)	Women
3.20pm	100 Metres (Non-Scoring)	Men
3.35pm	3000 metres 5000 metres	U18/U16/U14 Men & Women Open/U20/40+/50+/60+ Men & Women
4.05pm	4x200m Relay	All Men & Women

#### FIELD EVENTS

Time	Discus Throw (1 Cage)	Hammer Throw (1 Cage)	Triple Jump (1 Pit)	High Jump (1 Bed)	Pole Vault (Non Scoring)
1:00pm		Sheet 1 Men & Women			
1.30pm			Sheet 3	Sheet 1	
1.45pm	Sheet 2				
2.15pm			Sheet 1	Sheet 2	
2.30pm	Sheet 3				
3.00pm					Sheet 1
3.15pm	Sheet 1		Sheet 2	Sheet 3	
3.30pm					Sheet 2

# TIMETABLE of EVENTS

## BENDIGO REGION



### NITRO ROUND

## Round 7 – Saturday 14<sup>th</sup> December 2019 (Morning)

### TRACK EVENTS

Draft Time	Event	Grades
10.00am	600 Metre	Women
10.15am	600 Metre	Men
10.30am	60 Metre	Men
10.45am	60 Metre	Women
11.00am	Mile	Men
11.15am	Mile	Women
11.30am	4x100m	Mixed (50% Females and 50% Males)
11.50am	2x2x400 Relay	Mixed (50% Females and 50% Males)
12:10pm	3000m(Extra Event Non-Scoring)	

### FIELD EVENTS

Time	Shot Put	Javelin	Long Jump (1 Pit)	High Jump
10:00am	Sheet 1	Sheet 2	Sheet 3	Sheet 1
10:45am	Sheet 3	Sheet 1	Sheet 2	Sheet 2
11:30am	Sheet 2	Sheet 3	Sheet 1	

# TIMETABLE of EVENTS

## BENDIGO REGION



### P1 - Round 8 - Saturday 21<sup>st</sup> December 2019

#### TRACK EVENTS

ZONE		
Time	Event	Grades
1.30pm	400 Metre Hurdles 300 Metre Hurdles 200 Metre Hurdles	Open/U20/U18/40+/50+ Men & Open/U20/U18/40+ Women 60+ Men & 50+ Women/60+ Women U14/U16 Men & U14/U16
1.45pm	200 Metres	Women
1.55pm	200 Metres	Men
2.15pm	2000m Walk 5000m Walk	All Men & Women Open/U20/U18 Men & Women (2000m Option – Non-Scoring)
2.50pm	800 Metres	Men
2.50pm	800 Metres	Women
3.15pm	100 Metres (Non-Scoring)	Women
3.20pm	100 Metres (Non-Scoring)	Men
3.35pm	3000 Metres	All Men & Women – Ern Hammer Memorial Handicap
4.00pm	4x100m (Non-Scoring)	All Men & Women

#### FIELD EVENTS

Time	Discus Throw (1 Cage)	Hammer Throw (1 Cage)	Triple Jump (1 Pit)	High Jump (1 Bed)	Pole Vault
1:00pm		Sheet 1 Men & Women			
1.30pm			Sheet 3	Sheet 1	
1.45pm	Sheet 2				
2.15pm			Sheet 1	Sheet 2	
2.30pm	Sheet 3				
3.00pm					Sheet 1
3.15pm	Sheet 1		Sheet 2	Sheet 3	
3.30pm					Sheet 2

# TIMETABLE of EVENTS

## BENDIGO REGION



### P2 - Round 9 – Saturday 11<sup>th</sup> January 2020 (Night)

#### TRACK EVENTS

ZONE		
Time	Event	Grades
6.00pm	110Metre Hurdles 100Metre Hurdles 90Metre Hurdles 80Metre Hurdles	U18/U20/Open/40+ Men U18/U20/Open Women & U16/50+/60+ Men U16 Women & U14 Men U14/40+/50+/60+ Women
6.15pm	1500m Walk 3000m Walk	U14/U16 Men & Women Open/U20/U18/40+/50+/60+ Men & Women
6.35pm	100 Metres	Men
6.45pm	100 Metres	Women
7.05pm	1500 Metres	Men
7.05pm	1500 Metres	Women
7.30pm	2x2x400m (Non-Scoring)	Mixed
7.45pm	3000 metres 5000 metres	U18/U16/U14 Men & Women Open/U20/40+/50+/60+ Men & Women
8.15pm	400 Metres	Men
8.30pm	400 Metres	Women

#### FIELD EVENTS

Time	Shot Put	Javelin	Long Jump (1 Pit)	Pole Vault
6.00pm	Sheet 1	Sheet 2	Sheet 3	Sheet 1
6.40pm				Sheet 2
6.50pm	Sheet 3	Sheet 1	Sheet 2	
7.40pm	Sheet 2	Sheet 3	Sheet 1	

# TIMETABLE of EVENTS

## BENDIGO REGION



### P1 - Round 10 – Saturday 18<sup>th</sup> January 2020 (Night)

#### TRACK EVENTS

ZONE		
Time	Event	Grades
6.00pm	400 Metre Hurdles 300 Metre Hurdles 200 Metre Hurdles	Open/U20/U18/40+/50+ Men & Open/U20/U18/40+ Women 60+ Men & 50+ Women/60+ Women U14/U16 Men & U14/U16
6.15pm	200 Metres	Women
6.25pm	200 Metres	Men
6.45pm	1500m Walk (Non Scoring) 3000m Walk (Non Scoring)	U14/U16 Men & Women Open/U20/U18/40+/50+/60+ Men & Women
7.20pm	800 Metres	Men
7.20pm	800 Metres	Women
7.45pm	100 Metres (Non Scoring)	Women
8.00pm	100 Metres (Non Scoring)	Men
8.20pm	3000 Metres	All Men & Women
8.40pm	4x100m Relay	All Men & Women

#### FIELD EVENTS

Time	Discus Throw (1 Cage)	Hammer Throw (1 Cage)	Triple Jump (1 Pit)	High Jump (1 Bed)	Pole Vault (Non Scoring)
5.30pm		Sheet 1 Men & Women			
6.00pm			Sheet 3	Sheet 1	
6.15pm	Sheet 2				
6.45pm			Sheet 1	Sheet 2	
7.00pm	Sheet 3				
7.30pm					Sheet 1
7.45pm	Sheet 1		Sheet 2	Sheet 3	
8.00pm					Sheet 2

# TIMETABLE of EVENTS

## BENDIGO REGION



### P2 - Round 11 – Saturday 1<sup>st</sup> February 2020

#### TRACK EVENTS

ZONE		
Time	Event	Grades
1.30pm	110Metre Hurdles 100Metre Hurdles 90Metre Hurdles 80Metre Hurdles	U18/U20/Open/40+ Men U18/U20/Open Women & U16/50+/60+ Men U16 Women & U14 Men U14/40+/50+/60+ Women
1.45pm	1500m Walk 3000m Walk	U14/U16 Men & Women Open/U20/U18/40+/50+/60+ Men & Women
2.05pm	100 Metres	Men
2.15pm	100 Metres	Women
2.35pm	1500 Metres	Men
2.35pm	1500 Metres	Women
3.00pm	2x2x400m (Non Scoring)	Mixed
3.15pm	*3000 Metres Steeple (91cm)	Open/U20/40+/50+ Men
3.25pm	*2000 Metres Steeple (84cm)	U18 Men
3.35pm	*3000 Metres Steeple (76.2cm) *2000 Metres Steeple (76.2cm)	Open/U20 Women 60+/U16/U14 Men 40+/50+/60+/U18/U16/U14 Women
3.45pm	400 Metres	Men
4.00pm	400 Metres	Women

#### FIELD EVENTS

Time	Shot Put	Javelin	Long Jump (1 Pit)	Pole Vault
1.30pm	Sheet 1	Sheet 2	Sheet 3	Sheet 1
2.00pm				Sheet 2
2.20pm	Sheet 3	Sheet 1	Sheet 2	
3.10pm	Sheet 2	Sheet 3	Sheet 1	

# TIMETABLE of EVENTS

## BENDIGO REGION



### P1 - Round 12 – Saturday 8<sup>th</sup> February 2020

#### TRACK EVENTS

ZONE		
Time	Event	Grades
1.30pm	400 Metre Hurdles 300 Metre Hurdles 200 Metre Hurdles	Open/U20/U18/40+/50+ Men & Open/U20/U18/40+ Women 60+ Men & 50+ Women/60+ Women U14/U16 Men & U14/U16
1.45pm	200 Metres	Women
1.55pm	200 Metres	Men
2.15pm	1500m Walk (Non Scoring) 3000m Walk (Non Scoring)	U14/U16 Men & Women Open/U20/U18/40+/50+/60+ Men & Women
2.50pm	800 Metres	Men
2.50pm	800 Metres	Women
3.15pm	100 Metres (Non Scoring)	Women
3.20pm	100 Metres (Non Scoring)	Men
3.35pm	3000 Metres	All Men & Women
4.00pm	4x200m	All Men & Women

#### FIELD EVENTS

Time	Discus Throw (1 Cage)	Hammer Throw (1 Cage)	Triple Jump (1 Pit)	High Jump (1 Bed)	Pole Vault (Non Scoring)
1:00pm		Sheet 1 Men & Women			
1.30pm			Sheet 3	Sheet 1	
1.45pm	Sheet 2				
2.15pm			Sheet 1	Sheet 2	
2.30pm	Sheet 3				
3.00pm					Sheet 1
3.15pm	Sheet 1		Sheet 2	Sheet 3	
3.30pm					Sheet 2

# TIMETABLE of EVENTS

## BENDIGO REGION – NON-SHIELD



### P1 - Non Shield Round 1

**Saturday 26<sup>th</sup> October 2019**

#### TRACK EVENTS

ZONE		
Time	Event	Grades
1.30pm	400 Metre Hurdles 300 Metre Hurdles 200 Metre Hurdles	Open/U20/U18/40+/50+ Men & Open/U20/U18/40+ Women 60+ Men & 50+ Women/60+ Women U14/U16 Men & U14/U16
1.45pm	200 Metres	Women
1.55pm	200 Metres	Men
2.15pm	1500m Walk 3000m Walk	U14/U16/40+/50+/60+ Men & Women Open/U20/U18 Men & Women
2.50pm	800 Metres	Men
2.50pm	800 Metres	Women
3.15pm	100 Metres (Non Scoring)	Women
3.20pm	100 Metres (Non Scoring)	Men
3.35pm	3000 Metres	All Men & Women
4.00pm	4x200m Relay	All Men & Women

#### FIELD EVENTS

Time	Discus Throw (1 Cage)	Hammer Throw (1 Cage)	Triple Jump (1 Pit)	High Jump (1 Bed)
1:00pm		Sheet 1 Men & Women		
1.30pm			Sheet 3	Sheet 1
1.45pm	Sheet 2			
2.15pm			Sheet 1	Sheet 2
2.30pm	Sheet 3			
3.00pm				
3.15pm	Sheet 1		Sheet 2	Sheet 3
3.30pm				



# TIMETABLE of EVENTS

## BENDIGO REGION – NON-SHIELD



### P2 - Non Shield Round 2

### Saturday 2<sup>nd</sup> November 2019

#### TRACK EVENTS

ZONE		
Time	Event	Grades
1.30pm	110Metre Hurdles 100Metre Hurdles 90Metre Hurdles 80Metre Hurdles	U18/U20/Open/40+ Men U18/U20/Open Women & U16/50+/60+ Men U16 Women & U14 Men U14/40+/50+/60+ Women
1.45pm	1500m Walk 3000m Walk	U14/U16/60+ Men & Women Open/U20/U18/40+/50+/60+ Men & Women
2.05pm	100 Metres	Men
2.15pm	100 Metres	Women
2.35pm	<b>Mile</b>	Men
2.35pm	<b>Mile</b>	Women
3.00pm	4x100m Relay	Women
3.00pm	4x100m Relay	Men
3.15pm	*3000 Metres	Men and Women
3.40pm	400 Metres	Men
4.00pm	400 Metres	Women

#### FIELD EVENTS

Time	Shot Put	Javelin	Long Jump (1 Pit)	Pole Vault
1.30pm	Sheet 1	Sheet 2	Sheet 3	Sheet 1
2.00pm				Sheet 2
2.20pm	Sheet 3	Sheet 1	Sheet 2	
3.10pm	Sheet 2	Sheet 3	Sheet 1	

# TIMETABLE of EVENTS

## BENDIGO REGION – NON-SHIELD



### Non Shield – Round 3 - Pentathlon Round 4 x 800m

### Saturday 7<sup>th</sup> December 2019

#### TRACK EVENTS

ZONE		
Time	Event	Grades
1.30pm	110Metre Hurdles	U18/U20/Open/40+ Men
	100Metre Hurdles	U18/U20/Open Women & U16/50+/60+ Men
	90Metre Hurdles	U16 Women & U14 Men
	80Metre Hurdles	U14/40+/50+/60+ Women
2.00pm	100 Metres	Women
2.10pm	100 Metres	Men
2.30pm	4x800m Relay Championship	All Men & Women
3.00pm	200 Metres	U14 Pentathlon
3.15pm	200 Metres	Vet/Open Pentathlon
3.45pm	3000 Metres	All Men & Women
4.15pm	800 Metres	U14 Pentathlon
4.45pm	1500 Metres	Vet/Open Pentathlon Men
4.55pm	800 Metres	Vet/Open Pentathlon Women

#### FIELD EVENTS

Time	Hammer Throw	Shot Put	Long Jump	High Jump	Pentathlon
1:00pm	Sheet 1 Men & Women				Vet/Open Long Jump
1.30pm				Sheet 1	
1.45pm		Sheet 2	Sheet 3		
2.15pm				Sheet 2 + U14 Pentathlon	Vet/Open Javelin
2.30pm		Sheet 3	Sheet 1		
3.15pm			Sheet 2	Sheet 3	
3.30pm		Sheet 1 + U14 Pentathlon			
3.45pm					Vet/Open Discus



# TIMETABLE of EVENTS

## BENDIGO REGION – NON-SHIELD



### P2 - Non Shield Round 4 – 4 x 1500m Night

Friday 14<sup>th</sup> February 2020

#### TRACK EVENTS

ZONE		
Time	Event	Grades
6.00pm	110Metre Hurdles	U18/U20/Open/40+ Men
	100Metre Hurdles	U18/U20/Open Women & U16/50+/60+ Men
	90Metre Hurdles	U16 Women & U14 Men
	80Metre Hurdles	U14/40+/50+/60+ Women
6.15pm	1500m Walk	U14/U16 Men & Women
	3000m Walk	Open/U20/U18/40+/50+/60+ Men & Women
6.35pm	100 Metres	Men
6.45pm	100 Metres	Women
7.05pm	<b>4 x 1500m Relays</b>	Men
7.05pm	<b>4 x 1500m Relays</b>	Women
7.30pm	4x100m Relay	Women
7.45pm	4x100m Relay	Men
7.45pm	3000 metres	U18/U16/U14 Men & Women
	5000 metres	Open/U20/40+/50+/60+ Men & Women
8.15pm	400 Metres	Men
8.30pm	400 Metres	Women

#### FIELD EVENTS

Time	Shot Put	Javelin	Long Jump (1 Pit)	Pole Vault
6.00pm	Sheet 1	Sheet 2	Sheet 3	Sheet 1
6.40pm				Sheet 2
6.50pm	Sheet 3	Sheet 1	Sheet 2	
7.40pm	Sheet 2	Sheet 3	Sheet 1	

# TIMETABLE of EVENTS

## BENDIGO REGION – NON-SHIELD



### P1 - Non Shield Round 5

**Saturday 29<sup>th</sup> February 2020**

#### TRACK EVENTS

ZONE		
Time	Event	Grades
1.30pm	400 Metre Hurdles 300 Metre Hurdles 200 Metre Hurdles	Open/U20/U18/40+/50+ Men & Open/U20/U18/40+ Women 60+ Men & 50+ Women/60+ Women U14/U16 Men & U14/U16
1.45pm	200 Metres	Women
1.55pm	200 Metres	Men
2.15pm	1500m Walk 3000m Walk	U14/U16 Men & Women Open/U20/U18/40+/50+/60+ Men & Women
2.50pm	800 Metres	Men
2.50pm	800 Metres	Women
3.15pm	100 Metres	Women
3.20pm	100 Metres	Men
3.35pm	3000 metres 5000 metres	U18/U16/U14 Men & Women Open/U20/40+/50+/60+ Men & Women
4.05pm	4x100m Relay	All Men & Women

#### FIELD EVENTS

Time	Discus Throw (1 Cage)	Hammer Throw (1 Cage)	Triple Jump (1 Pit)	High Jump (1 Bed)
1:00pm		Sheet 1 Men & Women		
1.30pm			Sheet 3	Sheet 1
1.45pm	Sheet 2			
2.15pm			Sheet 1	Sheet 2
2.30pm	Sheet 3			
3.00pm				
3.15pm	Sheet 1		Sheet 2	Sheet 3
3.30pm				

# TIMETABLE of EVENTS

## BENDIGO REGION – NON-SHIELD



### P2 - Non Shield Round 6

### Saturday 22<sup>nd</sup> March 2020

#### TRACK EVENTS

ZONE		
Time	Event	Grades
1.30pm	110Metre Hurdles 100Metre Hurdles 90Metre Hurdles 80Metre Hurdles	U18/U20/Open/40+ Men U18/U20/Open Women & U16/50+/60+ Men U16 Women & U14 Men U14/40+/50+/60+ Women
1.45pm	1500m Walk 3000m Walk	U14/U16 Men & Women Open/U20/U18/40+/50+/60+ Men & Women
2.05pm	100 Metres	Men
2.15pm	100 Metres	Women
2.35pm	<b>Mile</b>	Men
2.35pm	<b>Mile</b>	Women
3.00pm	4x100m Relay	Women
3.00pm	4x100m Relay	Men
3.15pm	3000 Metres	Men and Women
3.40pm	400 Metres	Men
4.00pm	400 Metres	Women

#### FIELD EVENTS

Time	Shot Put	Javelin	Long Jump (1 Pit)	Pole Vault
1.30pm	Sheet 1	Sheet 2	Sheet 3	Sheet 1
2.00pm				Sheet 2
2.20pm	Sheet 3	Sheet 1	Sheet 2	
3.10pm	Sheet 2	Sheet 3	Sheet 1	