

TIMETABLE of EVENTS

GEELONG REGION as at 09.09.22

All timetables featured are subject to change



Round 1 – Saturday 8th October 2022

TRACK EVENTS

Time	Event	Grades
1.45pm	400 Metre Hurdles 300 Metre Hurdles 200 Metre Hurdles	Open/U20/U18/40+/50+ Men & Open/U20/U18/40+ Women 60+/70+ Men & 50+/60+/70+ Women U14/U16 Men & U14/U16 Women
2.30pm	200 Metres	Women
2.55pm	200 Metres	Men
3.25pm	800 Metres	Women
3.40pm	800 Metres	Men
4.00pm	100 Metres (NON-SCORING)	Women
4.15pm	100 Metres (NON-SCORING)	Men
4.35pm	3000 Metres 5000 Metres	All Men & Women (Athletes can choose) Restricted to Open/U20/40+/50+/60+/70+ Men & Women

FIELD EVENTS

Time	Hammer Throw (1 Cage)	Discus (1 Cage)	Long Jump (1 Pit)	High Jump (1 Bed)	Pole Vault (1 Bed)
1.15pm	Sheet 1 (20)				Invite – Geel Only (10)
1.45pm			Controlled Sheet 1 (15) (5.50m / 4.50m)		
2.00pm				Sheet 1 (10) - 1.13m+	
2.15pm		Controlled Sheet 1 (15) (31m / 25m)			
2.45pm			Sheet 2 (10) - Jump & Go	Sheet 2 (10) - 1.38m+	
3.00pm			Sheet 3 (20)		
3.15pm		Sheet 2 (10) - Throw & Go			
3.30pm		Sheet 3 (20)		Sheet 3 (10) – 1.03m+	
4.00pm			Sheet 4 (20)		
4.15pm				Sheet 4 (10) - 1.53m+	
4.30pm		Sheet 4 (20)			
5.00pm			Sheet 5 (10) - Jump & Go		
5.30pm		Sheet 5 (10) - Throw & Go			



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Round 2 – Saturday 15th October 2022

TRACK EVENTS

Time	Event	Grades
1.45pm	80Metre Hurdles 90Metre Hurdles 100Metre Hurdles 110Metre Hurdles	U14/40+/50+/60+/70+ Women U16 Women & U14 Men U18/U20/Open Women & U16/50+/60+/70+ Men U18/U20/Open/40+ Men
2.25pm	1500 Metres	Women
2.35pm	1500 Metres	Men
2.55pm	100 Metres	Women
3.25pm	100 Metres	Men
3.55pm	400 Metres	Women
4.20pm	400 Metres	Men
4.45pm	4x200m Relay	Women
5.00pm	4x200m Relay	Men
5.15pm	*3000 Metres Steeple (91cm) *2000 Metres Steeple (84cm) *3000 Metres Steeple (76.2cm) *2000 Metres Steeple (76.2cm)	Open/U20/40+/50+ Men U18 Men Open/U20 Women 60+/70+/U16/U14 Men 40+/50+/60+/70+/U18/U16/U14 Women

FIELD EVENTS

Time	Shot Put (1 Circle)	Javelin (1 Runway)	Triple Jump (1 Pit)	Pole Vault (1 Bed)	NON-SCORING Events
1.15pm					Hammer Invite (15) (Geel Only)
1.30pm	Seated Shot				
2.00pm	Controlled Sheet 1 (15) (12m / 8m)	Controlled Sheet 1 (15) (35m / 24m)	Controlled Sheet 1 (15) (11.50m / 9.50m)	Sheet 1 (10) - 3.15m +	
3.00pm	Sheet 2 (10) Throw & Go	Sheet 2 (10) Throw & Go	Sheet 2 (10) Jump & Go		
3.15pm	Sheet 3 (20)	Sheet 3 (20)	Sheet 3 (15)		
3.30pm				Sheet 2 (15) – 1.50m+	
4.15pm	Sheet 4 (20)	Sheet 4 (20)	Sheet 4 (15)		
5.15pm	Sheet 5 (10) Throw & Go	Sheet 5 (10) Throw & Go	Sheet 5 (10) Jump & Go		



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Round 3 – Saturday 22nd October 2022

TRACK EVENTS

Time	Event	Grades
1.45pm	400 Metre Hurdles 300 Metre Hurdles 200 Metre Hurdles	Open/U20/U18/40+/50+ Men & Open/U20/U18/40+ Women 60+/70+ Men & 50+/60+/70+ Women U14/U16 Men & U14/U16 Women
2.30pm	200 Metres	Women
2.55pm	200 Metres	Men
3.25pm	800 Metres	Women
3.40pm	800 Metres	Men
4.00pm	100 Metres (NON-SCORING)	Women
4.15pm	100 Metres (NON-SCORING)	Men
4.35pm	4x400m Relay	Women
4.50pm	4x400m Relay	Men
5.05pm	3000 Metres (NON-SCORING)	All Men & Women

FIELD EVENTS

Time	Hammer Throw (1 Cage)	Discus (1 Cage)	Long Jump (1 Pit)	High Jump (1 Bed)	Pole Vault (1 Bed)
1.15pm	Sheet 1 (20)				Invite – Geel Only (10)
1.45pm			Controlled Sheet 1 (15) (5.50m / 4.50m)		
2.00pm				Sheet 1 (10) - 1.14m+	
2.15pm		Controlled Sheet 1 (15) (31m / 25m)			
2.45pm			Sheet 1 (10) - Jump & Go	Sheet 2 (10) - 1.39m+	
3.00pm			Sheet 3 (20)		
3.15pm		Sheet 2 (10) - Throw & Go			
3.30pm		Sheet 3 (20)		Sheet 3 (10) – 1.04m+	
4.00pm			Sheet 4 (20)		
4.15pm				Sheet 4 (10) - 1.54m+	
4.30pm		Sheet 4 (20)			
5.00pm			Sheet 5 (10) - Jump & Go		
5.15pm		Sheet 5 (10) - Throw & Go			



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Round 4 – Saturday 12th November 2022

TRACK EVENTS

Time	Event	Grades
1.45pm	80Metre Hurdles 90Metre Hurdles 100Metre Hurdles 110Metre Hurdles	U14/40+/50+/60+/70+ Women U16 Women & U14 Men U18/U20/Open Women & U16/50+/60+/70+ Men U18/U20/Open/40+ Men
2.25pm	1500 Metres	Women
2.35pm	1500 Metres	Men
2.55pm	100 Metres	Women
3.25pm	100 Metres	Men
3.55pm	400 Metres	Women
4.20pm	400 Metres	Men
4.45pm	4 x 100m Relay	Women
5.00pm	4 x 100m Relay	Men

FIELD EVENTS

Time	Shot Put (1 Circle)	Javelin (1 Runway)	Triple Jump (1 Pit)	Pole Vault (1 Bed)	NON-SCORING Events
1.15pm					Discus Invite (15) (Geel Only)
1.30pm	Seated Shot				
2.00pm	Controlled Sheet 1 (15) (12m / 8m)	Controlled Sheet 1 (15) (35m / 24m)	Controlled Sheet 1 (15) (11.50m / 9.50m)	Sheet 1 (10) - 3.20m +	
3.00pm	Sheet 2 (10) Throw & Go	Sheet 2 (10) Throw & Go	Sheet 2 (10) Jump & Go		
3.15pm	Sheet 3 (20)	Sheet 3 (20)	Sheet 3 (15)		
3.30pm				Sheet 2 (15) – 1.55m+	
4.15pm	Sheet 4 (20)	Sheet 4 (20)	Sheet 4 (15)		
5.15pm	Sheet 5 (10) Throw & Go	Sheet 5 (10) Throw & Go	Sheet 5 (10) Jump & Go		



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Round 5 – Saturday 19th November 2022

TRACK EVENTS

Time	Event	Grades
1.45pm	400 Metre Hurdles 300 Metre Hurdles 200 Metre Hurdles	Open/U20/U18/40+/50+ Men & Open/U20/U18/40+ Women 60+/70+ Men & 50+/60+/70+ Women U14/U16 Men & U14/U16 Women
2.30pm	200 Metres	Women
2.55pm	200 Metres	Men
3.25pm	800 Metres	Women
3.40pm	800 Metres	Men
4.00pm	100 Metres (NON-SCORING)	Women
4.15pm	100 Metres (NON-SCORING)	Men
5.05pm	3000 Metres (NON-SCORING)	All Men & Women

FIELD EVENTS

Time	Hammer Throw (1 Cage)	Discus (1 Cage)	Long Jump (1 Pit)	High Jump (1 Bed)	Pole Vault (1 Bed)
1.15pm	Sheet 1 (20)				Invite – Geel Only (10)
1.45pm			Controlled Sheet 1 (15) (5.50m / 4.50m)		
2.00pm				Sheet 1 (10) - 1.15m+	
2.15pm		Controlled Sheet 1 (15) (31m / 25m)			
2.45pm			Sheet 2 (10) - Jump & Go	Sheet 2 (10) - 1.40m+	
3.00pm			Sheet 3 (20)		
3.15pm		Sheet 2 (10) - Throw & Go			
3.30pm		Sheet 3 (20)		Sheet 3 (10) – 1.05m+	
4.00pm			Sheet 4 (20)		
4.15pm				Sheet 4 (10) – 1.55m+	
4.30pm		Sheet 4 (20)			
5.00pm			Sheet 5 (10) - Jump & Go		
5.30pm		Sheet 5 (10) - Throw & Go			



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Round 6 – Saturday 3rd December 2022

TRACK EVENTS

Time	Event	Grades
1.45pm	80Metre Hurdles 90Metre Hurdles 100Metre Hurdles 110Metre Hurdles	U14/40+/50+/60+/70+ Women U16 Women & U14 Men U18/U20/Open Women & U16/50+/60+/70+ Men U18/U20/Open/40+ Men
2.25pm	1500 Metres	Women
2.35pm	1500 Metres	Men
2.55pm	100 Metres	Women
3.25pm	100 Metres	Men
3.55pm	400 Metres	Women
4.20pm	400 Metres	Men
4.45pm	*3000 Metres Steeple (91cm) *2000 Metres Steeple (84cm) *3000 Metres Steeple (76.2cm) *2000 Metres Steeple (76.2cm)	Open/U20/40+/50+ Men U18 Men Open/U20 Women 60+/70+/U16/U14 Men 40+/50+/60+/70+/U18/U16/U14 Women

FIELD EVENTS

Time	Shot Put (1 Circle)	Javelin (1 Runway)	Triple Jump (1 Pit)	Pole Vault (1 Bed)	NON-SCORING Events
1.15pm					Hammer Invite (Geel Only) (15)
1.30pm	Seated Shot				
2.00pm	Controlled Sheet 1 (15) (12m / 8m)	Controlled Sheet 1 (15) (35m / 24m)	Controlled Sheet 1 (15) (11.50m / 9.50m)	Sheet 1 (10) - 3.25m +	
3.00pm	Sheet 2 (10) Throw & Go	Sheet 2 (10) Throw & Go	Sheet 2 (10) Jump & Go		
3.15pm	Sheet 3 (20)	Sheet 3 (20)	Sheet 3 (15)		
3.30pm				Sheet 2 (15) – 1.60m+	
4.15pm	Sheet 4 (20)	Sheet 4 (20)	Sheet 4 (15)		
5.15pm	Sheet 5 (10) Throw & Go	Sheet 5 (10) Throw & Go	Sheet 5 (10) Jump & Go		



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Round 7 – Saturday 17th December 2022

TRACK EVENTS

Time	Event	Grades
1.45pm	400 Metre Hurdles 300 Metre Hurdles 200 Metre Hurdles	Open/U20/U18/40+/50+ Men & Open/U20/U18/40+ Women 60+/70+ Men & 50+/60+/70+ Women U14/U16 Men & U14/U16 Women
2.30pm	200 Metres	Women
2.55pm	200 Metres	Men
3.25pm	800 Metres	Women
3.40pm	800 Metres	Men
4.00pm	100 Metres (NON-SCORING)	Women
4.15pm	100 Metres (NON-SCORING)	Men
4.35pm	3000 Metres 5000 Metres	All Men & Women (Athletes can choose) Restricted to Open/U20/40+/50+/60+/70+ Men & Women

FIELD EVENTS

Time	Hammer Throw (1 Cage)	Discus (1 Cage)	Long Jump (1 Pit)	High Jump (1 Bed)	Pole Vault (1 Bed)
1.15pm	Sheet 1 (20)				Invite – Geel Only (10)
1.45pm			Controlled Sheet 1 (15) (5.50m / 4.50m)		
2.00pm				Sheet 1 (10) - 1.13m+	
2.15pm		Controlled Sheet 1 (15) (31m / 25m)			
2.45pm			Sheet 2 (10) - Jump & Go	Sheet 2 (10) - 1.38m+	
3.00pm			Sheet 3 (20)		
3.15pm		Sheet 2 (10) - Throw & Go			
3.30pm		Sheet 3 (20)		Sheet 3 (10) – 1.03m+	
4.00pm			Sheet 4 (20)		
4.15pm				Sheet 4 (10) - 1.53m+	
4.30pm		Sheet 4 (20)			
5.00pm			Sheet 5 (10) - Jump & Go		
5.30pm		Sheet 5 (10) - Throw & Go			



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Round 8 – Saturday 21st January 2023 – TWILIGHT

TRACK EVENTS

Time	Event	Grades
4.30pm	80Metre Hurdles 90Metre Hurdles 100Metre Hurdles 110Metre Hurdles	U14/40+/50+/60+/70+ Women U16 Women & U14 Men U18/U20/Open Women & U16/50+/60+/70+ Men U18/U20/Open/40+ Men
5.10pm	1500 Metres	Women
5.20pm	1500 Metres	Men
5.40pm	100 Metres	Women
6.10pm	100 Metres	Men
6.40pm	400 Metres	Women
7.05pm	400 Metres	Men
7.30pm	4x200m Relay	Women
7.45pm	4x200m Relay	Men
8.00pm	3000 Metres (NON-SCORING)	All Men & Women

FIELD EVENTS

Time	Shot Put (1 Circle)	Javelin (1 Runway)	Triple Jump (1 Pit)	Pole Vault (1 Bed)	NON-SCORING Events
4.15pm					Discus Invite (15) (Geel Only)
4.30pm	Seated Shot				
5.00pm	Controlled Sheet 1 (15) (12m / 8m)	Controlled Sheet 1 (15) (35m / 24m)	Controlled Sheet 1 (15) (11.50m / 9.50m)	Sheet 1 (10) - 3.15m +	
6.00pm	Sheet 2 (10) Throw & Go	Sheet 2 (10) Throw & Go	Sheet 2 (10) Jump & Go		
6.15pm	Sheet 3 (20)	Sheet 3 (20)	Sheet 3 (15)		
6.30pm				Sheet 2 (15) – 1.60m+	
7.15pm	Sheet 4 (20)	Sheet 4 (20)	Sheet 4 (15)		
8.15pm	Sheet 5 (10) Throw & Go	Sheet 5 (10) Throw & Go	Sheet 5 (10) Jump & Go		



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Round 9 – Saturday 4th February 2023

TRACK EVENTS

Time	Event	Grades
1.45pm	400 Metre Hurdles 300 Metre Hurdles 200 Metre Hurdles	Open/U20/U18/40+/50+ Men & Open/U20/U18/40+ Women 60+/70+ Men & 50+/60+/70+ Women U14/U16 Men & U14/U16 Women
2.30pm	200 Metres	Women
2.55pm	200 Metres	Men
3.25pm	800 Metres	Women
3.40pm	800 Metres	Men
4.00pm	100 Metres (NON-SCORING)	Women
4.15pm	100 Metres (NON-SCORING)	Men
4.35pm	4x400m Relay	Women
4.50pm	4x400m Relay	Men
5.05pm	3000 Metres 5000 Metres	All Men & Women (Athletes can choose) Restricted to Open/U20/40+/50+/60+/70+ Men & Women

FIELD EVENTS

Time	Hammer Throw (1 Cage)	Discus (1 Cage)	Long Jump (1 Pit)	High Jump (1 Bed)	Pole Vault (1 Bed)
1.15pm	Sheet 1 (20)				Invite – Geel Only (10)
1.45pm			Controlled Sheet 1 (15) (5.50m / 4.50m)		
2.00pm				Sheet 1 (10) - 1.14m+	
2.15pm		Controlled Sheet 1 (15) (31m / 25m)			
2.45pm			Sheet 2 (10) - Jump & Go	Sheet 2 (10) - 1.39m+	
3.00pm			Sheet 3 (20)		
3.15pm		Sheet 2 (10) - Throw & Go			
3.30pm		Sheet 3 (20)		Sheet 3 (10) – 1.04m+	
4.00pm			Sheet 4 (20)		
4.15pm				Sheet 4 (10) - 1.54m+	
4.30pm		Sheet 4 (20)			
5.00pm			Sheet 5 (10) - Jump & Go		
5.30pm		Sheet 5 (10) - Throw & Go			



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Round 10 – Saturday 18th February 2023

TRACK EVENTS

Time	Event	Grades
1.45pm	80Metre Hurdles 90Metre Hurdles 100Metre Hurdles 110Metre Hurdles	U14/40+/50+/60+/70+ Women U16 Women & U14 Men U18/U20/Open Women & U16/50+/60+/70+ Men U18/U20/Open/40+ Men
2.25pm	1500 Metres	Women
2.35pm	1500 Metres	Men
2.55pm	100 Metres	Women
3.25pm	100 Metres	Men
3.55pm	400 Metres	Women
4.20pm	400 Metres	Men
4.45pm	4 x 100m Relay	Women
5.00pm	4 x 100m Relay	Men

FIELD EVENTS

Time	Shot Put (1 Circle)	Javelin (1 Runway)	Triple Jump (1 Pit)	Pole Vault (1 Bed)	NON-SCORING Events
1.15pm					Hammer Invite (Geel Only) (15)
1.30pm	Seated Shot				
2.00pm	Controlled Sheet 1 (15) (12m / 8m)	Controlled Sheet 1 (15) (35m / 24m)	Controlled Sheet 1 (15) (11.50m / 9.50m)	Sheet 1 (10) - 3.20m +	
3.00pm	Sheet 2 (10) Throw & Go	Sheet 2 (10) Throw & Go	Sheet 2 (10) Jump & Go		
3.15pm	Sheet 3 (20)	Sheet 3 (20)	Sheet 3 (15)		
3.30pm				Sheet 2 (15) – 1.60m+	
4.15pm	Sheet 4 (20)	Sheet 4 (20)	Sheet 4 (15)		
5.15pm	Sheet 5 (10) Throw & Go	Sheet 5 (10) Throw & Go	Sheet 5 (10) Jump & Go		



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Playoff Weekend 1 – Saturday 18th March 2023

TRACK EVENTS

Time	Event	Grades
1.45pm	80Metre Hurdles 90Metre Hurdles 100Metre Hurdles 110Metre Hurdles	U14/40+/50+/60+/70+ Women U16 Women & U14 Men U18/U20/Open Women & U16/50+/60+/70+ Men U18/U20/Open/40+ Men
2.25pm	1500 Metres	Women
2.35pm	1500 Metres	Men
2.55pm	100 Metres	Women
3.25pm	100 Metres	Men
3.55pm	400 Metres	Women
4.20pm	400 Metres	Men
4.45pm	4 x 100m Relay	Women
5.00pm	4 x 100m Relay	Men
5.15pm	*3000 Metres Steeple (91cm) *2000 Metres Steeple (84cm) *3000 Metres Steeple (76.2cm) *2000 Metres Steeple (76.2cm)	Open/U20/40+/50+ Men U18 Men Open/U20 Women 60+/70+/U16/U14 Men 40+/50+/60+/70+/U18/U16/U14 Women

FIELD EVENTS

Time	Shot Put (1 Circle)	Javelin (1 Runway)	Long Jump (1 Pit)	Pole Vault (1 Bed)
1.30pm	Seated Shot			
2.00pm	Controlled Sheet 1 (15) (12m / 8m)	Controlled Sheet 1 (15) (35m / 24m)	Controlled Sheet 1 (15) (5.50m / 4.50m)	Sheet 1 (10) – 3.25m+
2.45pm				
3.00pm	Sheet 1 (10) - Throw & Go	Sheet 1 (10) - Throw & Go	Sheet 1 (10) - Jump & Go	
3.15pm	Sheet 3 (20)	Sheet 3 (20)	Sheet 3 (20)	
3.30pm				Sheet 2 (15) – 1.60m+
4.15pm	Sheet 4 (20)	Sheet 4 (20)	Sheet 4 (20)	
5.15pm	Sheet 5 (10) - Throw & Go	Sheet 5 (10) - Throw & Go	Sheet 5 (10) - Jump & Go	



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Playoff Weekend 2 – Saturday 25th March 2023

TRACK EVENTS

Time	Event	Grades
1.45pm	400 Metre Hurdles 300 Metre Hurdles 200 Metre Hurdles	Open/U20/U18/40+/50+ Men & Open/U20/U18/40+ Women 60+/70+ Men & 50+/60+/70+ Women U14/U16 Men & U14/U16 Women
2.30pm	200 Metres	Women
2.55pm	200 Metres	Men
3.25pm	800 Metres	Women
3.40pm	800 Metres	Men
4.00pm	4x400m Relay	Women
4.15pm	4x400m Relay	Men
4.30pm	3000 Metres	All Men & Women

FIELD EVENTS

Time	Hammer Throw (1 Cage)	Discus (1 Cage)	Triple Jump (1 Pit)	High Jump (1 Bed)
1.15pm	Sheet 1 (20) Geel Only			
1.45pm			Controlled Sheet 1 (15) (11.50m / 9.50m)	Sheet 1 (10) – 1.15m+
2.00pm				Sheet 1 (10) – 1.15m+
2.15pm		Controlled Sheet 1 (15) (31m / 25m)		
2.45pm			Sheet 2 (10) Jump & Go	Sheet 2 (10) – 1.40m+
3.00pm			Sheet 3 (15)	
3.15pm		Sheet 2 (10) Throw & Go		
3.30pm		Sheet 3 (20)		Sheet 3 (10) – 1.05m+
4.00pm			Sheet 4 (15)	
4.15pm				Sheet 4 (10) – 1.55m+
4.30pm		Sheet 4 (20)		
5.00pm			Sheet 5 (10) Jump & Go	
5.30pm		Sheet 5 (10) Throw & Go		

