

# TIMETABLE of EVENTS

## GEE LONG REGION as at 10.11.21



### Round 1 – Saturday 13<sup>th</sup> November 2021

## PROVISIONAL TIMETABLE

#### TRACK EVENTS

Prov 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+ Men & 50+ Women/60+ Women U14/U16 Men & U14/U16 Women
2.15pm	200 Metres	Women
2.30pm	200 Metres	Men
2.50pm	800 Metres	Women
3.05pm	800 Metres	Men
3.20pm	100 Metres (NON-SCORING)	Women
3.40pm	100 Metres (NON-SCORING)	Men
3.55pm	4x100m Relay (NON-SCORING)	Women
4.05pm	4x100m Relay (NON-SCORING)	Men
4.20pm	3000 Metres 5000 Metres	All Men & Women (Athletes can choose) Restricted to Open/U20/40+/50+/60+ Men & Women

#### FIELD EVENTS

Prov Time	Discus (1 Cage) Max 15 per sheet	Hammer Throw (1 Cage) Max 20 per sheet	Long Jump (1 Pit) Max 15 per sheet	High Jump (1 Bed) Max 15 per sheet	Pole Vault (1 Bed) Max 15 per sheet
1.15pm		Sheet 1			
1.45pm			Sheet 1 (15)	1.05 Mtr+ (15)	3.20m+ (7)
2.00pm					
2.30pm	Sheet 1 (15)		Sheet 2 (15)	1.30 Mtr+ (10)	2.30m+ (4)
3.15pm				All heights (15)	
3.30pm	Sheet 2 (15)		Sheet 3 (16)		1.60m+ (1)
4.00pm					
4.30pm	Sheet 3 (16)		Sheet 4 (15)		
5.30pm	Sheet 4 (15)				



# TIMETABLE of EVENTS

## GEE LONG REGION as at 10.11.21



### Round 2 – Saturday 20<sup>th</sup> November 2021

#### TRACK EVENTS

Time	Event	Grades
<b>1.45pm</b>	80Metre Hurdles	U14/40+/50+/60+ Women
	90Metre Hurdles	U16 Women & U14 Men
	100Metre Hurdles	U18/U20/Open Women & U16/50+/60+ Men
	110Metre Hurdles	U18/U20/Open/40+ Men
<b>2.15pm</b>	1500 Metres	Women
<b>2.30pm</b>	1500 Metres	Men
<b>2.50pm</b>	100 Metres	Men
<b>3.10pm</b>	100 Metres	Women
<b>3.35pm</b>	400 Metres	Men
<b>3.55pm</b>	400 Metres	Women
<b>4.10pm</b>	4x200m Relay	Men
<b>4.20pm</b>	4x200m Relay	Women
<b>4.30pm</b>	*3000 Metres Steeple (91cm)	Open/U20/40+/50+ Men
	*2000 Metres Steeple (84cm)	U18 Men
	*3000 Metres Steeple (76.2cm)	Open/U20 Women
	*2000 Metres Steeple (76.2cm)	60+/U16/U14 Men 40+/50+/60+/U18/U16/U14 Women

#### FIELD EVENTS

Time	Shot Put (1 Circle) Max 20 per sheet	Javelin (1 Runway) Max 15 per sheet	Triple Jump (1 Pit) Max 15 per sheet	Pole Vault (1 Bed) Max 15 per sheet	NON-SCORING EVENTS
<b>1.15pm</b>					Hammer Invite (Geel Only – max 20)
<b>1.30pm</b>	Sheet 1		Sheet 1	3.20m+	
<b>2.00pm</b>		Sheet 1			
<b>2.30pm</b>	Sheet 2		Sheet 2	2.30m+	
<b>3.00pm</b>		Sheet 2			
<b>3.30pm</b>	Sheet 3		Sheet 3	1.60m+	
<b>4.00pm</b>		Sheet 3			High Jump Invite (Max 15)

# DRAFT



# TIMETABLE of EVENTS

## GEE LONG REGION as at 10.11.21



### Round 3 – Saturday 27<sup>th</sup> November 2021

#### 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+ Men & 50+ Women/60+ Women U14/U16 Men & U14/U16 Women
2.15pm	200 Metres	Women
2.30pm	200 Metres	Men
2.50pm	800 Metres	Women
3.05pm	800 Metres	Men
3.20pm	100 Metres (NON-SCORING)	Women
3.40pm	100 Metres (NON-SCORING)	Men
4.00pm	3000 Metres (NON-SCORING)	All Men & Women

#### FIELD EVENTS

Time	Discus (1 Cage)	Hammer Throw (1 Cage)	Long Jump (1 Pit)	High Jump (1 Bed)	NON-SCORING EVENTS
1.15pm		Sheet 1			Pole Vault Invite (Max 20)
1.30pm			Sheet 1 - <b>Jump &amp; Go</b> (15)		
2.00pm			Sheet 2 (20)	Sheet 1 - <b>Jump &amp; Go</b> (15)	
2.15pm	Sheet 1 - <b>Throw &amp; Go</b> (15)				
2.30pm	Sheet 2 (20)			Sheet 2 - 1.05 Mtr+ (15)	
3.00pm			Sheet 3 (20)		
3.30pm	Sheet 3 (20)			Sheet 3 - 1.30 Mtr+ (15)	
4.00pm			Sheet 4 (20)		
4.30pm	Sheet 4 (20)			Sheet 4- All heights (10)	

(##) Sheet Maximum Capacity

# DRAFT



# TIMETABLE of EVENTS

## GEE LONG REGION as at 10.11.21



### Round 4 – Saturday 4<sup>th</sup> December 2021

#### TRACK EVENTS

Time	Event	Grades
1.45pm	80Metre Hurdles	U14/40+/50+/60+ Women
	90Metre Hurdles	U16 Women & U14 Men
	100Metre Hurdles	U18/U20/Open Women & U16/50+/60+ Men
	110Metre Hurdles	U18/U20/Open/40+ Men
2.15pm	1500 Metres	Women
2.30pm	1500 Metres	Men
2.50pm	100 Metres	Men
3.10pm	100 Metres	Women
3.35pm	400 Metres	Men
3.55pm	400 Metres	Women
4.10pm	4x400m Relay	Men
4.20pm	4x400m Relay	Women
4.30pm	3000 Metres	All Men & Women(Athletes can choose)
	5000 Metres	Restricted to Open/U20/40+/50+/60+ Men & 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 – max 20)
1.30pm	Sheet 1 - <b>Throw &amp; Go</b> (20)		Sheet 1 - <b>Jump &amp; Go</b> (15)	3.20m+ (15)	
2.00pm	Sheet 2 (20)	Sheet 1 - <b>Throw &amp; Go</b> (20)	Sheet 2 (15)		
2.30pm		Sheet 2 (15)		2.30m+ (15)	
3.00pm	Sheet 3 (20)		Sheet 3 (15)		
3.30pm		Sheet 3 (15)		1.60m+ (15)	
4.00pm	Sheet 4 (20)		Sheet 4 (15)		High Jump Invite (Max 15)
4.30pm		Sheet 4 (15)			

(##) Sheet Maximum Capacity

# DRAFT



# TIMETABLE of EVENTS

## GEE LONG REGION as at 10.11.21



### Round 5 – Saturday 11<sup>th</sup> December 2021

#### 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+ Men & 50+ Women/60+ Women U14/U16 Men & U14/U16 Women
2.15pm	200 Metres	Women
2.30pm	200 Metres	Men
2.50pm	800 Metres	Women
3.05pm	800 Metres	Men
3.20pm	4x200 Metre Relay (NON-SCORING)	Women
3.30pm	4x200 Metre Relay (NON-SCORING)	Men
3.45pm	100 Metres (NON-SCORING)	Women
4.00pm	100 Metres (NON-SCORING)	Men
4.20pm	3000 Metres	All Men & Women

#### FIELD EVENTS

Time	Discus (1 Cage) Max 15 per sheet	Hammer Throw (1 Cage) Max 20 per sheet	Long Jump (1 Pit) Max 15 per sheet	High Jump (1 Bed) Max 15 per sheet	NON-SCORING EVENTS
1.15pm		Sheet 1			Pole Vault Invite (Max 20)
1.30pm			Sheet 1		
2.00pm				1.05 Mtr+	
2.15pm	Sheet 1		Sheet 2		
3.00pm				1.30 Mtr+	
3.15pm	Sheet 2		Sheet 3		
3.45pm				All heights	
4.15pm	Sheet 3				

# DRAFT



# TIMETABLE of EVENTS

## GEE LONG REGION as at 10.11.21



### Round 6 – Saturday 18<sup>th</sup> December 2021

#### TRACK EVENTS

Time	Event	Grades
1.45pm	80Metre Hurdles	U14/40+/50+/60+ Women
	90Metre Hurdles	U16 Women & U14 Men
	100Metre Hurdles	U18/U20/Open Women & U16/50+/60+ Men
	110Metre Hurdles	U18/U20/Open/40+ Men
2.15pm	1500 Metres	Men
2.30pm	1500 Metres	Women
2.50pm	400 Metres	Men
3.10pm	400 Metres	Women
3.35pm	100 Metres	Men
3.55pm	100 Metres	Women
4.15pm	4x100m Relay (Seeding)	Men
4.25pm	4x100m Relay (Seeding)	Women
4.35pm	*3000 Metres Steeple (91cm)	Open/U20/40+/50+ Men
	*2000 Metres Steeple (84cm)	U18 Men
	*3000 Metres Steeple (76.2cm)	Open/U20 Women
	*2000 Metres Steeple (76.2cm)	60+/U16/U14 Men 40+/50+/60+/U18/U16/U14 Women

#### FIELD EVENTS

Time	Shot Put (1 Circle) Max 20 per sheet	Javelin (1 Runway) Max 15 per sheet	Triple Jump (1 Pit) Max 15 per sheet	Pole Vault (1 Bed) Max 15 per sheet	NON-SCORING EVENTS
1.15pm					Hammer Invite (Geel Only – max 20)
1.30pm	Sheet 1		Sheet 1	3.20m+	
2.00pm		Sheet 1			
2.30pm	Sheet 2		Sheet 2	2.30m+	
3.00pm		Sheet 2			
3.30pm	Sheet 3		Sheet 3	1.60m+	
4.00pm		Sheet 3			High Jump Invite (Max 15)

# DRAFT

### Round 7 – Saturday 15<sup>th</sup> January 2022 (Twilight)



# TIMETABLE of EVENTS

## GEE LONG REGION as at 10.11.21



### TRACK EVENTS

Time	Event	Grades
<b>4.30pm</b>	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 Women
<b>5.00pm</b>	200 Metres	Women
<b>5.15pm</b>	200 Metres	Men
<b>5.35pm</b>	800 Metres	Women
<b>5.50pm</b>	800 Metres	Men
<b>6.10pm</b>	100 Metres (NON-SCORING)	Women
<b>6.25pm</b>	100 Metres (NON-SCORING)	Men
<b>6.35pm</b>	4x200m Relay (NON-SCORING)	Men
<b>6.45pm</b>	4x200m Relay (NON-SCORING)	Women
<b>6.55pm</b>	3000 Metres 5000 Metres	All Men & Women (Athletes can choose) Restricted to Open/U20/40+/50+/60+ Men & Women

### FIELD EVENTS

Time	Discus (1 Cage) Max 15 per sheet	Hammer Throw (1 Cage) Max 20 per sheet	Long Jump (1 Pit) Max 15 per sheet	High Jump (1 Bed) Max 15 per sheet	NON-SCORING EVENTS
<b>4.15pm</b>		Sheet 1			Pole Vault Invite (Max 20)
<b>4.30pm</b>			Sheet 1		
<b>5.00pm</b>				1.05 Mtr+	
<b>5.15pm</b>	Sheet 1		Sheet 2		
<b>6.00pm</b>				1.30 Mtr+	
<b>6.15pm</b>	Sheet 2		Sheet 3		
<b>6.45pm</b>				All heights	
<b>7.15pm</b>	Sheet 3				

# DRAFT

Round 8 – Saturday 22<sup>nd</sup> January 2022 (Twilight)



# TIMETABLE of EVENTS

## GEELONG REGION as at 10.11.21



### TRACK EVENTS

Time	Event	Grades
<b>4.45pm</b>	80Metre Hurdles	U14/40+/50+/60+ Women
	90Metre Hurdles	U16 Women & U14 Men
	100Metre Hurdles	U18/U20/Open Women & U16/50+/60+ Men
	110Metre Hurdles	U18/U20/Open/40+ Men
<b>5.15pm</b>	1500 Metres	Women
<b>5.30pm</b>	1500 Metres	Men
<b>5.50pm</b>	100 Metres	Men
<b>6.10pm</b>	100 Metres	Women
<b>6.30pm</b>	400 Metres (NON-SCORING)	Men
<b>6.50pm</b>	400 Metres (NON-SCORING)	Women
<b>7.10pm</b>	4x400m Relay (Qualifier)	Men
<b>7.20pm</b>	4x400m Relay (Qualifier)	Women
<b>7.30pm</b>	*3000 Metres Steeple (91cm)	Open/U20/40+/50+ Men
	*2000 Metres Steeple (84cm)	U18 Men
	*3000 Metres Steeple (76.2cm)	Open/U20 Women
	*2000 Metres Steeple (76.2cm)	60+/U16/U14 Men 40+/50+/60+/U18/U16/U14 Women

### FIELD EVENTS

Time	Shot Put (1 Circle) Max 20 per sheet	Javelin (1 Runway) Max 15 per sheet	Triple Jump (1 Pit) Max 15 per sheet	Pole Vault (1 Bed) Max 15 per sheet	NON-SCORING EVENTS
<b>4.15pm</b>					Hammer Invite (Geel Only – max 20)
<b>5.00pm</b>	Sheet 1		Sheet 1	3.20m+	
<b>5.30pm</b>		Sheet 1			
<b>6.00pm</b>	Sheet 2		Sheet 2	2.30m+	
<b>6.30pm</b>		Sheet 2			
<b>7.00pm</b>	Sheet 3		Sheet 3	1.60m+	
<b>7.30pm</b>		Sheet 3			High Jump Invite (Max 15)

# DRAFT





# TIMETABLE of EVENTS

## GEE LONG REGION as at 10.11.21



### Round 9 – Saturday 5<sup>th</sup> February 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+ Men & 50+ Women/60+ Women U14/U16 Men & U14/U16 Women
2.15pm	200 Metres	Women
2.30pm	200 Metres	Men
2.50pm	800 Metres	Women
3.05pm	800 Metres	Men
3.25pm	100 Metres (NON-SCORING)	Women
3.45pm	100 Metres (NON-SCORING)	Men
4.05pm	3000 Metres 5000 Metres	All Men & Women (Athletes can choose) Restricted to Open/U20/40+/50+/60+ Men & Women

#### FIELD EVENTS

Time	Discus (1 Cage) Max 15 per sheet	Hammer Throw (1 Cage) Max 20 per sheet	Long Jump (1 Pit) Max 15 per sheet	High Jump (1 Bed) Max 15 per sheet	NON-SCORING EVENTS
1.15pm		Sheet 1			Pole Vault Invite (Max 15)
1.45pm			Sheet 1		
2.15pm	Sheet 1			1.05 Mtr+	
2.30pm			Sheet 2		
3.15pm	Sheet 2			1.30 Mtr+	
3.30pm			Sheet 3		
4.00pm	Sheet 3			All heights	

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### Round 10 – Friday 11<sup>th</sup> February 2022 (Night)



# TIMETABLE of EVENTS

## GEELONG REGION as at 10.11.21



### TRACK EVENTS

Time	Event	Grades
<b>5.45pm</b>	80Metre Hurdles 90Metre Hurdles 100Metre Hurdles 110Metre Hurdles	U14/40+/50+/60+ Women U16 Women & U14 Men U18/U20/Open Women & U16/50+/60+ Men U18/U20/Open/40+ Men
<b>6.15pm</b>	1500 Metres	Women
<b>6.30pm</b>	1500 Metres	Men
<b>6.50pm</b>	100 Metres	Men
<b>7.10pm</b>	100 Metres	Women
<b>7.35pm</b>	400 Metres	Men
<b>7.55pm</b>	400 Metres	Women
<b>8.10pm</b>	4x100m Relay	Men
<b>8.20pm</b>	4x100m Relay	Women
<b>8.30pm</b>	3000 Metres	All Men & Women

### FIELD EVENTS

Time	Shot Put (1 Circle) Max 20 per sheet	Javelin (1 Runway) Max 15 per sheet	Triple Jump (1 Pit) Max 15 per sheet	Pole Vault (1 Bed) Max 15 per sheet	<b>NON-SCORING EVENTS</b>
<b>6.00pm</b>				3.20m+	Hammer Invite (Geel Only – max 20)
<b>6.30pm</b>		Sheet 1	Sheet 1		
<b>7.00pm</b>	Sheet 1			2.30m+	
<b>7.30pm</b>		Sheet 2	Sheet 2		
<b>8.00pm</b>	Sheet 2			1.60m+	
<b>8.30pm</b>		Sheet 3	Sheet 3		
<b>9.00pm</b>	Sheet 3				

# DRAFT

