TIMETABLE OF EVENTS AS AT 04.10.23
GEELONG REGION

All timetables featured are subject to change.

Saturday 7th October 2023
ROUND 1
Program 1

TRACK EVENTS

Time	Event	Grades
1.45pm	80 Metre Hurdles 90 Metre Hurdles 100 Metre Hurdles 110 Metre Hurdles	U14/40+/50+/60+/70+ Female & 70+Male U16 Female & U14 Male Open/U20/U18 Female & U16/50+/60+ Male Open/U20/U18/40+ Male
2.25pm	1500 Metres	Female
2.35pm	1500 Metres	Male
2.55pm	100 Metres	Female
3.25pm	100 Metres	Male
3.55pm	400 Metres	Female
4.20pm	400 Metres	Male
4.50pm	3000 Metres Steeple (0.914m) ~~ 3000 Metres Steeple (0.838m) ~~ 2000 Metres Steeple (0.838m) ~~ 3000 Metres Steeple (0.762m) ~~ 2000 Metres Steeple (0.762m) ~~	Open/U20/40+/50+ Male 40+/50+ Male U18 Male Open/U20 Female U16/U14/60+/70+ Male U18/U16/U14/40+/50+/60+/70+/Female

~~ The 3000m & 2000m steeplechase for each hurdle height will be run concurrently but will start from different start lines.

FIELD EVENTS

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

*Please note changed start times in Red for Round 1

Time	Pole Vault (1 Bed)	Triple Jump (1 Pit)	Shot Put (1 Circle)	Javelin (1 Runway)	Non-Scoring Events (GEELONG ATHLETES ONLY)
1.15pm					Hammer (15)
1.30pm		Sheet 1 - **Controlled** (11.50m/9.50m) (11)	Seated Shot Put (1)		
2.00pm	Sheet 1 (3.15m +) (10)		Sheet 1 - **Controlled** (12m/8m) (12)	Sheet 1 - **Controlled** (35m/24m) (4)	
*2.30pm	*Sheet 1 & 2 (1.50m +) (6)	Sheet 2 (13)		*Sheet 2 - Throw & Go (9) (moved from 3pm)	
*2.45pm				*Sheet 3 (18) (moved from 3.15pm)	
3.00pm			Sheet 2 - Throw & Go (7)	Sheet 2 - Throw & Go	
3.15pm			Sheet 3 (16)	Sheet 3	
3.30pm	Sheet 2 (1.50m+) (15)	Sheet 3 (15)			
*3.45pm				*Sheet 4 (18) (Moved from 4.15pm)	
4.15pm			Sheet 4 (20)	Sheet 4	
4.30pm		Sheet 4 - Jump & Go (3)			
*4.45pm				*Sheet 5 - Throw & Go (1) (Moved from 5.15pm)	
5.15pm			Sheet 5 - Throw & Go (4)	Sheet 5 - Throw & Go	

TIMETABLE OF EVENTS AS AT 04.10.23
GEELONG REGION

All timetables featured are subject to change.

Saturday 14th October 2023
ROUND 2

Program 2

TRACK EVENTS

Time	Event	Grades
1.45pm	400 Metre Hurdles	Open/U20/U18/40+/50+ Male & Open/U20/U18/40+ Female
	300 Metre Hurdles	60+/70+ Male & 50+/60+/70+ Female
	200 Metre Hurdles	U14/U16 Male & U14/U16 Female
2.30pm	200 Metres	Female
2.55pm	200 Metres	Male
3.25pm	800 Metres	Female
3.40pm	800 Metres	Male
4.00pm	100 Metres (NON-SCORING)	Female
4.15pm	100 Metres (NON-SCORING)	Male
4.40pm	4x100m Relay	Female
4.55pm	4x100m Relay	Male
5.10pm	3000 Metres ^^	All Male & All Female
	5000 Metres ^^	Open/U20/40+/50+/60+/70+ Male & Female

^^ The 3000m/5000m are considered the same event and athletes can only enter one or the other. (Refer AVSL Rule 6.3)

FIELD EVENTS

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

Time	High Jump (1 Bed)	Long Jump (1 Pit)	Discus (1 Circle)	Hammer Throw (1 Circle)
1.15pm				Sheet 1 (20)
1.30pm	Sheet 1 (1.39m+) (15)	Sheet 1 - **Controlled** (5.50m/4.50m) (15)		
2.15pm			Sheet 1 - **Controlled** (31m/25m) (15)	
2.30pm	Sheet 2 (1.04m+) (20)	Sheet 2 (20)		
3.15pm			Sheet 2 - Throw & Go (10)	
3.30pm		Sheet 3 (20)	Sheet 3 (20)	
4.00pm	Sheet 3 (1.54m+) (15)			
4.30pm		Sheet 4 - Jump & Go (20)	Sheet 4 (20)	
5.30pm			Sheet 5 - Throw & Go (10)	

TIMETABLE OF EVENTS AS AT 04.10.23
GEELONG REGION

All timetables featured are subject to change.

Saturday 21st October 2023
ROUND 3

Program 1

TRACK EVENTS

Time	Event	Grades
1.45pm	80 Metre Hurdles	U14/40+/50+/60+/70+ Female & 70+Male
	90 Metre Hurdles	U16 Female & U14 Male
	100 Metre Hurdles	Open/U20/U18 Female & U16/50+/60+ Male
	110 Metre Hurdles	Open/U20/U18/40+ Male
2.15pm	1500 Metres	Female
2.25pm	1500 Metres	Male
2.45pm	100 Metres	Female
3.15pm	100 Metres	Male
3.45pm	400 Metres	Female
4.10pm	400 Metres	Male
4.40pm	4x200m Relay	Female
4.50pm	4x200m Relay	Male
5.15pm	3000 Metres ^^	All Male & All Female
	5000 Metres ^^	Open/U20/40+/50+/60+/70+ Male & Female

^^ The 3000m/5000m are considered the same event and athletes can only enter one or the other. (Refer AVSL Rule 6.3)

FIELD EVENTS

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

Time	Pole Vault (1 Bed)	Triple Jump (1 Pit)	Shot Put (1 Circle)	Javelin (1 Runway)	Non-Scoring Events (GEELONG ATHLETES ONLY)
1.15pm					Discus (15)
1.30pm		Sheet 1 - **Controlled (11.50m/9.50m)** (15)	Seated Shot Put		
2.00pm	Sheet 1 (3.20m +) (10)		Sheet 1 – **Controlled (12m/8m)** (15)	Sheet 1- **Controlled (35m/24m)** (15)	
2.30pm		Sheet 2 (15)			
3.00pm			Sheet 2 - Throw & Go (10)	Sheet 2 - Throw & Go (10)	
3.15pm			Sheet 3 (20)	Sheet 3 (20)	
3.30pm	Sheet 2 (1.55m+) (15)	Sheet 3 (15)			
4.15pm			Sheet 4 (20)	Sheet 4 (20)	
4.30pm		Sheet 4 - Jump & Go (20)			
5.15pm			Sheet 5 -Throw & Go (10)	Sheet 5 - Throw & Go (10)	

TIMETABLE OF EVENTS AS AT 04.10.23
GEELONG REGION

All timetables featured are subject to change.

Saturday 11th November 2023
ROUND 4

Program 2

TRACK EVENTS

Time	Event	Grades
1.45pm	400 Metre Hurdles	Open/U20/U18/40+/50+ Male & Open/U20/U18/40+ Female
	300 Metre Hurdles	60+/70+ Male & 50+/60+/70+ Female
	200 Metre Hurdles	U14/U16 Male & U14/U16 Female
2.30pm	200 Metres	Female
2.55pm	200 Metres	Male
3.25pm	800 Metres	Female
3.40pm	800 Metres	Male
4.00pm	100 Metres (NON-SCORING)	Female
4.20pm	100 Metres (NON-SCORING)	Male
4.45pm	4x400m Relay	Female
4.55pm	4x400m Relay	Male
5.05pm	3000 Metres (NON-SCORING)	All Male & All Female

FIELD EVENTS

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

Time	High Jump (1 Bed)	Long Jump (1 Pit)	Discus (1 Circle)	Hammer Throw (1 Circle)	Non-Scoring Events (GEELONG ATHLETES ONLY)
1.15pm				Sheet 1 (20)	
1.30pm	Sheet 1 (1.40m+) (15)	Sheet 1 - **Controlled** (5.50m/4.50m) (15)			Pole Vault (10)
2.15pm			Sheet 1 – **Controlled** (31m/25m) (15)		
2.30pm	Sheet 2 (1.05m+) (20)	Sheet 2 (20)			
3.15pm			Sheet 2 - Throw & Go (10)		
3.30pm		Sheet 3 (20)	Sheet 3 (20)		
4.00pm	Sheet 3 (1.55m+) (15)				
4.30pm		Sheet 4 - Jump & Go (20)	Sheet 4 (20)		
5.30pm			Sheet 5 - Throw & Go (10)		

TIMETABLE OF EVENTS AS AT 04.10.23
GEELONG REGION

All timetables featured are subject to change.

Saturday 18th November 2023
ROUND 5

Program 1

TRACK EVENTS

Time	Event	Grades
1.45pm	80 Metre Hurdles	U14/40+/50+/60+/70+ Female & 70+Male
	90 Metre Hurdles	U16 Female & U14 Male
	100 Metre Hurdles	Open/U20/U18 Female & U16/50+/60+ Male
	110 Metre Hurdles	Open/U20/U18/40+ Male
2.15pm	1500 Metres	Female
2.25pm	1500 Metres	Male
2.45pm	100 Metres	Female
3.15pm	100 Metres	Male
3.45pm	400 Metres	Female
4.10pm	400 Metres	Male
4.35pm	3000 Metres Steeple (0.914m) ~~	Open/U20/40+/50+ Male
	3000 Metres Steeple (0.838m) ~~	40+/50+ Male
	2000 Metres Steeple (0.838m) ~~	U18 Male
	3000 Metres Steeple (0.762m) ~~	Open/U20 Female
	2000 Metres Steeple (0.762m) ~~	U16/U14/60+/70+ Male
		U18/U16/U14/40+/50+/60+/70+/Female

~~ The 3000m & 2000m steeplechase for each hurdle height will be run concurrently but will start from different start lines.

FIELD EVENTS

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

Time	Pole Vault (1 Bed)	Triple Jump (1 Pit)	Shot Put (1 Circle)	Javelin (1 Runway)	Non-Scoring Events (GEELONG ATHLETES ONLY)
1.15pm					Hammer Throw (15)
1.30pm		Sheet 1 - **Controlled** (11.50m/9.50m) (15)	Seated Shot Put		
2.00pm	Sheet 1 (3.25m +) (10)		Sheet 1 - **Controlled** (12m/8m) (15)	Sheet 1 – **Controlled** (35m/24m) (15)	
2.30pm		Sheet 2 (15)			
3.00pm			Sheet 2 - Throw & Go (10)	Sheet 2 - Throw & Go (10)	
3.15pm			Sheet 3 (20)	Sheet 3 20	
3.30pm	Sheet 2 (1.60m+) (15)	Sheet 3 (15)			
4.15pm			Sheet 4 (20)	Sheet 4 (20)	
4.30pm		Sheet 4 - Jump & Go (20)			
5.15pm			Sheet 5 -Throw & Go (10)	Sheet 5 -Throw & Go (10)	

Saturday 2nd December 2023
ROUND 6

Nitro Program 2

TRACK EVENTS

Time	Event	Grades
2.00pm	600 Metres	Female
2.15pm	600 Metres	Male
2.35pm	60 Metres	Female
3.05pm	60 Metres	Male
3.35pm	Mile	Female
3.45pm	Mile	Male
4.15pm	2x100m Relay	Female
4.40pm	2x100m Relay	Male

FIELD EVENTS
The number of spots available for each Field event sheet are shown in brackets for each sheet.

Time	Pole Vault (1 Bed)	Long Jump (1 Pit)	Shot Put (1 Circle)	Javelin (1 Runway)
1.15pm			Seated Shot Put	
1.30pm		Sheet 1 - **Controlled** (5.50m/4.50m) (15)	Sheet 1 - **Controlled** (12m/8m) (15)	Sheet 1 - **Controlled** (35m/24m) (15)
2.00pm	Sheet 1 (3.15m +) (10)		Sheet 2 - Throw & Go (10)	Sheet 2 - Throw & Go (10)
2.30pm		Sheet 2 (20)		
2.45pm			Sheet 3 (20)	Sheet 3 (20)
3.30pm	Sheet 2 (1.50m+) (15)	Sheet 3 (20)		
3.45pm			Sheet 4 (20)	Sheet 4 (20)
4.30pm		Sheet 4 - Jump & Go (20)		
4.45pm			Sheet 5 - Throw & Go (10)	Sheet 5 - Throw & Go (10)

TIMETABLE OF EVENTS AS AT 04.10.23
GEELONG REGION

All timetables featured are subject to change.

Saturday 16th December 2023
ROUND 7

Nitro Program 1

TRACK EVENTS

Time	Event	Grades
2.00pm	80 Metre Hurdles	U14/40+/50+/60+/70+ Female & 70+Male
	90 Metre Hurdles	U16 Female & U14 Male
	100 Metre Hurdles	Open/U20/U18 Female & U16/50+/60+ Male
	110 Metre Hurdles	Open/U20/U18/40+ Male
2.40pm	1000 Metres	Female
2.50pm	1000 Metres	Male
3.10pm	150 Metres	Female
3.35pm	150 Metres	Male
4.10pm	3000 Metres ^^	All Male & All Female
	5000 Metres ^^	Open/U20/40+/50+/60+/70+ Male & Female

^^ The 3000m/5000m are considered the same event and athletes can only enter one or the other. (Refer AVSL Rule 6.3)

FIELD EVENTS

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

Time	High Jump (1 Bed)	Triple Jump (1 Pit)	Discus (1 Circle)	Hammer Throw (1 Circle)
1.15pm				Sheet 1 (20)
1.30pm	Sheet 1 (1.39m+) (15)	Sheet 1 - **Controlled** **(11.50m/9.50m)** (15)		
2.15pm			Sheet 1 - **Controlled** **(31m/25m)** (15)	
2.30pm	Sheet 2 (1.04m+) (20)	Sheet 2 (15)		
3.15pm			Sheet 2 - Throw & Go (10)	
3.30pm	Sheet 3 (1.54m+) (15)	Sheet 3 (15)	Sheet 3 (20)	
4.30pm		Sheet 4 - Jump & Go (20)	Sheet 4 (20)	
5.30pm			Sheet 5 - Throw & Go (10)	

TIMETABLE OF EVENTS AS AT 04.10.23
GEELONG REGION

All timetables featured are subject to change.

Saturday 13th January 2024 - TWILIGHT
ROUND 8

Program 2

TRACK EVENTS

Time	Event	Grades
4.15pm	400 Metre Hurdles	Open/U20/U18/40+/50+ Male & Open/U20/U18/40+ Female
	300 Metre Hurdles	60+/70+ Male & 50+/60+/70+ Female
	200 Metre Hurdles	U14/U16 Male & U14/U16 Female
5.00pm	200 Metres	Female
5.25pm	200 Metres	Male
5.55pm	800 Metres	Female
6.10pm	800 Metres	Male
6.30pm	100 Metres (NON-SCORING)	Female
6.45pm	100 Metres (NON-SCORING)	Male
7.10pm	3000 Metres (NON-SCORING)	All Male & All Female

FIELD EVENTS

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

Time	High Jump (1 Bed)	Long Jump (1 Pit)	Discus (1 Circle)	Hammer Throw (1 Circle)
3.45pm				Sheet 1 (20)
4.00pm	Sheet 1 (1.38m+) (15)	Sheet 1 - **Controlled** (5.50m/4.50m) (15)		
4.45pm			Sheet 1 - **Controlled** (31m/25m) (15)	
5.00pm	Sheet 2 (1.03m+) (20)	Sheet 2 (20)		
5.45pm			Sheet 2 - Throw & Go (10)	
6.00pm		Sheet 3 (20)	Sheet 3 (20)	
6.30pm	Sheet 3 (1.53m+) (15)			
7.00pm		Sheet 4 - Jump & Go (20)	Sheet 4 (20)	
8.00pm			Sheet 5 - Throw & Go (10)	

TIMETABLE OF EVENTS AS AT 04.10.23
GEELONG REGION

All timetables featured are subject to change.

SATURDAY 20th JANUARY 2024
ROUND 9 - TWILIGHT

Program 1

TRACK EVENTS

Time	Event	Grades
4.15pm	80 Metre Hurdles	U14/40+/50+/60+/70+ Female & 70+Male
	90 Metre Hurdles	U16 Female & U14 Male
	100 Metre Hurdles	Open/U20/U18 Female & U16/50+/60+ Male
	110 Metre Hurdles	Open/U20/U18/40+ Male
4.45pm	1500 Metres	Female
4.55pm	1500 Metres	Male
5.15pm	100 Metres	Female
5.45pm	100 Metres	Male
6.15pm	400 Metres	Female
6.40pm	400 Metres	Male
7.05pm	4x100m Relay	Female
7.20pm	4x100m Relay	Male
7.35pm	3000 Metres ^^	All Male & All Female
	5000 Metres ^^s	Open/U20/40+/50+/60+/70+ Male & Female

^^ The 3000m/5000m are considered the same event and athletes can only enter one or the other. (Refer AVSL Rule 6.3)

FIELD EVENTS

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

Time	Pole Vault (1 Bed)	Triple Jump (1 Pit)	Shot Put (1 Circle)	Javelin (1 Runway)	Non-Scoring Events (GEELONG ATHLETES ONLY)
3.45pm					Discus (15)
4.00pm		Sheet 1 - **Controlled** (11.50m/9.50m) (15)	Seated Shot Put		
4.30pm	Sheet 1 (3.20m +) (10)		Sheet 1 - **Controlled** (12m/8m) (15)	Sheet 1 - **Controlled** (35m/24m) (15)	
5.00pm		Sheet 2 (15)			
5.30pm			Sheet 2 - Throw & Go (10)	Sheet 2 - Throw & Go (10)	
5.45pm			Sheet 3 (20)	Sheet 3 (20)	
6.00pm	Sheet 2 (1.55m+) (15)	Sheet 3 (15)			
6.45pm			Sheet 4 (20)	Sheet 4 (20)	
7.00pm		Sheet 4 - Jump & Go (20)			
7.45pm			Sheet 5 - Throw & Go (10)	Sheet 5 - Throw & Go (10)	

TIMETABLE OF EVENTS AS AT 04.10.23
GEELONG REGION

All timetables featured are subject to change.

Saturday 3rd February 2024
ROUND 10

Program 2

TRACK EVENTS

Time	Event	Grades
1.45pm	400 Metre Hurdles	Open/U20/U18/40+/50+ Male & Open/U20/U18/40+ Female
	300 Metre Hurdles	60+/70+ Male & 50+/60+/70+ Female
	200 Metre Hurdles	U14/U16 Male & U14/U16 Female
2.30pm	200 Metres	Female
2.55pm	200 Metres	Male
3.25pm	800 Metres	Female
3.40pm	800 Metres	Male
4.00pm	100 Metres (NON-SCORING)	Female
4.15pm	100 Metres (NON-SCORING)	Male
4.40pm	4x400m Relay	Female
4.55pm	4x400m Relay	Male
5.10pm	3000 Metres ^^	All Male & All Female
	5000 Metres ^^	Open/U20/40+/50+/60+/70+ Male & Female

^^ The 3000m/5000m are considered the same event and athletes can only enter one or the other. (Refer AVSL Rule 6.3)

FIELD EVENTS

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

Time	High Jump (1 Bed)	Long Jump (1 Pit)	Discus (1 Circle)	Hammer Throw (1 Circle)	Non-Scoring Events (GEELONG ATHLETES ONLY)
1.15pm				Sheet 1 (20)	
1.30pm	Sheet 1 (1.40m+) (15)	Sheet 1 - **Controlled** (5.50m/4.50m) (15)			
2.15pm			Sheet 1 – **Controlled** (31m/25m) (15)		
2.30pm	Sheet 2 (1.05m+) (20)	Sheet 2 (20)			Pole Vault (10)
3.15pm			Sheet 2 - Throw & Go (10)		
3.30pm		Sheet 3 (20)	Sheet 3 (20)		
4.00pm	Sheet 3 (1.55m+) (15)				
4.30pm		Sheet 4 - Jump & Go (20)	Sheet 4 (20)		
5.30pm			Sheet 5 - Throw & Go (10)		

TIMETABLE OF EVENTS AS AT 04.10.23
GEELONG REGION

All timetables featured are subject to change.

Saturday 10th February 2024
ROUND 11

Program 1

TRACK EVENTS

Time	Event	Grades
1.45pm	80 Metre Hurdles	U14/40+/50+/60+/70+ Female & 70+Male
	90 Metre Hurdles	U16 Female & U14 Male
	100 Metre Hurdles	Open/U20/U18 Female & U16/50+/60+ Male
	110 Metre Hurdles	Open/U20/U18/40+ Male
2.25pm	1500 Metres	Female
2.35pm	1500 Metres	Male
2.55pm	100 Metres	Female
3.25pm	100 Metres	Male
3.55pm	400 Metres	Female
4.20pm	400 Metres	Male
4.50pm	3000 Metres Steeple (0.914m) ~~	Open/U20/40+/50+ Male
	3000 Metres Steeple (0.838m)~~	40+/50+ Male
	2000 Metres Steeple (0.838m) ~~	U18 Male
	3000 Metres Steeple (0.762m) ~~	Open/U20 Female
	2000 Metres Steeple (0.762m) ~~	U16/U14/60+/70+ Male
		U18/U16/U14/40+/50+/60+/70+/Female

~~ The 3000m & 2000m steeplechase for each hurdle height will be run concurrently but will start from different start lines.

FIELD EVENTS

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

Time	Pole Vault (1 Bed)	Triple Jump (1 Pit)	Shot Put (1 Circle)	Javelin (1 Runway)	Non-Scoring Events (GEELONG ATHLETES ONLY)
1.15pm					Hammer Throw (15)
1.30pm		Sheet 1 - **Controlled** (11.50m/9.50m) (15)	Seated Shot Put		
2.00pm	Sheet 1 (3.25m +) (10)		Sheet 1 - **Controlled** (12m/8m) (15)	Sheet 1 - **Controlled** (35m/24m) (15)	
2.30pm		Sheet 2 (15)			
3.00pm			Sheet 2 - Throw & Go (10)	Sheet 2 - Throw & Go (10)	
3.15pm			Sheet 3 (20)	Sheet 3 (20)	
3.30pm	Sheet 2 (1.60m+) (15)	Sheet 3 (15)			
4.15pm			Sheet 4 (20)	Sheet 4 (20)	
4.30pm		Sheet 4 - Jump & Go (20)			
5.15pm			Sheet 5 - Throw & Go (10)	Sheet 5 - Throw & Go (10)	

All timetables featured are subject to change.

Saturday 17th February 2024
ROUND 12

Program 2

TRACK EVENTS

Time	Event	Grades
1.45pm	400 Metre Hurdles	Open/U20/U18/40+/50+ Male & Open/U20/U18/40+ Female
	300 Metre Hurdles	60+/70+ Male & 50+/60+/70+ Female
	200 Metre Hurdles	U14/U16 Male & U14/U16 Female
2.30pm	200 Metres	Female
2.55pm	200 Metres	Male
3.25pm	800 Metres	Female
3.40pm	800 Metres	Male
4.00pm	100 Metres (NON-SCORING)	Female
4.15pm	100 Metres (NON-SCORING)	Male
4.40pm	4x200m Relay	Female
4.45pm	4x200m Relay	Male
5.10pm	3000 Metres ^^	All Male & All Female
	5000 Metres ^^	Open/U20/40+/50+/60+/70+ Male & Female

^^ The 3000m/5000m are considered the same event and athletes can only enter one or the other. (Refer AVSL Rule 6.3)

FIELD EVENTS

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

Time	High Jump (1 Bed)	Long Jump (1 Pit)	Discus (1 Circle)	Hammer Throw (1 Circle)
1.15pm				Sheet 1 (20)
1.30pm	Sheet 1 (1.38m+) (15)	Sheet 1 - **Controlled** (5.50m/4.50m) (15)		
2.15pm			Sheet 1 - **Controlled** (31m/25m) (15)	
2.30pm	Sheet 2 (1.03m+) (20)	Sheet 2 (20)		
3.15pm			Sheet 2 - Throw & Go (10)	
3.30pm		Sheet 3 (20)	Sheet 3 (20)	
4.00pm	Sheet 3 (1.53m+) (15)			
4.30pm		Sheet 4 - Jump & Go (20)	Sheet 4 (20)	
5.30pm			Sheet 5 - Throw & Go (10)	