

Ballarat Regional Athletic Centre Shield Dates

Thursday, 1 October 2009		
Saturday, 3 October 2009		
Saturday, 10 October 2009	Shield Rnd 1	Program 1
Saturday, 17 October 2009	Shield Rnd 2	Program 2
Saturday, 24 October 2009	Shield Rnd 3	Program 1
Saturday, 31 October 2009	Shield Rnd 4	Program 2
Saturday, 7 November 2009		
Saturday, 14 November 2009	Shield Rnd 5	Program 1
Saturday, 21 November 2009	Shield Rnd 6	Program 2
Saturday, 28 November 2009	Shield Rnd 7	Program 1
Saturday, 5 December 2009	Shield Rnd 8, 3km	Program 2
Saturday, 12 December 2009	Shield Rnd 9	Program 1
Saturday, 19 December 2009		
Saturday, 26 December 2009		
Saturday, 2 January 2010		
Saturday, 9 January 2010	Shield Rnd 10	Program 2
Thursday, 14 January 2010	Shield Rnd 10, 5km Only (3km Jnrs)	
Saturday, 16 January 2010	Shield Rnd 11	Program 1
Saturday, 23 January 2010		
Saturday, 30 January 2010	Shield Rnd 12	Program 2
Saturday, 6 February 2010	Region Final	Program 1
Saturday, 13 February 2010	Shield Final	Program 1

Program 1

2.00pm	800m
2.30pm	1500m/3000m Walk
3.00pm	Long Hurdles
3.25pm	200m
4.10pm	3000m/5000m
4.40pm	4 x 400m Relays
1.00pm	Hammer
1.45pm	High Jump (set-up at 1.30pm)
2.00pm	Long Jump
2.00pm	Shot Put

Program 2

2.00pm	1500m
2.30pm	100m
3.15pm	2000m Walk
3.35pm	Short Hurdles
4.00pm	4 x 100m Relays
4.30pm	Steeple/Distance
5.00pm	400m
2.00pm	Triple Jump
2.00pm	Javelin
3.00pm	Pole Vault (set up at 2.30pm)
3.30pm	Discus