

# 2010-2011 BALLARAT REGION



**PROGRAM 1** (This timetable is subject to change. See [www.athsvic.org.au](http://www.athsvic.org.au) for up to date timetable)

Round 2	Sat, 16 October 2010	Ballarat (from 1:00pm)
Round 4	Sat, 30 October 2010	Ballarat (from 1:00pm)
Round 6	Sat, 20 November 2010	Ballarat (from 1:00pm)
Round 8	Sat, 11 December 2010	Ballarat (from 1:00pm)
Round 10	Sat, 8 January 2011	Ballarat (from 1:00pm)
Round 12	Sat, 29 January 2011	Ballarat (from 1:00pm)

## Track

2:00pm	800m	Men & Women (all ages)
2:30pm	1500m Walk	Men & Women (U14/U16)
2:30pm	3000m Walk	Men & Women (all ages except U14/U16)
3:00pm	Long Hurdles	Men & Women (all ages)
3:25pm	200m	Men & Women (all ages)
4:10pm	*3000m/5000m	Men & Women (all ages)
4:40pm	4 x 400m Relay	Men & Women (all ages)

\*NOTES: Rounds 2, 4, 6, 8, 10, 12 - 3000m (U14/U16/U18)  
Rounds 2, 6, 10 - 3000m (U20/Open/40+)  
Rounds 4, 8, 12 - 5000m (U20/Open/40+)

## Field

1:00pm	Hammer	Men & Women (all ages)
1:45pm	High Jump	Men & Women (all ages)
2:00pm	Long Jump	Men & Women (all ages)
2:00pm	Shot Put	Men & Women (all ages)
2:30pm	*Pole Vault	Men & Women (all ages)

\*NOTES: Pole Vault will only be held on rounds 4 & 8

# 2010-2011 BALLARAT REGION



**PROGRAM 2** (This timetable is subject to change. See [www.athsvic.org.au](http://www.athsvic.org.au) for up to date timetable)

Round 1	Sat, 9 October 2010	Ballarat (from 2:00pm)
Round 3	Sat, 23 October 2010	Ballarat (from 2:00pm)
Round 5	Sat, 13 November 2010	Ballarat (from 2:00pm)
Round 7	Sat, 27 November 2010	Ballarat (from 2:00pm)
Round 9	Sat, 18 December 2011	Ballarat (from 2:00pm)
Round 11	Sat, 15 January 2011	Ballarat (from 2:00pm)
Round 13	Sat, 5 February 2011	Ballarat (from 2:00pm)

## Track

2:00pm	1500m	Men & Women (all ages)
2:30pm	100m	Men & Women (all ages)
3:15pm	2000m Walk	Men & Women (all ages)
3:35pm	Sprint Hurdles	Men & Women (all ages)
4:00pm	4 x 100m Relay	Men & Women (all ages)
4:30pm	*Steeplechase	Men & Women (all ages)
5:00pm	400m	Men & Women (all ages)

\*NOTES: Round 1 - 3000m (U14/U16/U18) & 5000m (U20/Open/40+) to replace Steeple.  
Round 5 - 3000m (U14/U16/U18) & 5000m (U20/Open/40+) to replace Steeple.

## Field

1:45pm	*High Jump	Men & Women (all ages)
2:00pm	Triple Jump	Men & Women (all ages)
2:00pm	Javelin	Men & Women (all ages)
2:30pm	Pole Vault	Men & Women (all ages)
3:30pm	Discus	Men & Women (all ages)

\*NOTES: High Jump will only be held on rounds 3 & 9