



TIMETABLE of EVENTS BALLARAT REGION

SATURDAY 15TH DECEMBER 2018

TRACK EVENTS Program 2 Round 8 as at 30.07.18

CHRISTMAS Theme

BALLARAT REGION		
Time	Event	Grades
4.00pm	1500 Metres	Men
4.15pm	1500 Metres	Women
4.30pm	100 Metres	Men
4.55pm	100 Metres	Women
5.15pm	3000m Walk 5000m Walk	U14/U16/40+/50+/60+ Men & Women Open/U20/U18 Men & Women
5.20pm	80 Metre Hurdles 90 Metre Hurdles 100 Metre Hurdles 110 Metre Hurdles	U14/40+/50+/60+ Women U16 Women & U14 Men U18/U20/Open Women & U16/50+/60+ Men U18/U20/Open/40+ Men
5.45pm	4 x 100m Relay	Men
5.55pm	4 x 100m Relay	Women
6.05pm	3000 Metres Steeple (91cm) 2000 Metres Steeple (91cm)	Open/U20/40+/50+ Men U18 Men
6.20pm	3000 Metres Steeple (76.2cm) 2000 Metres Steeple (76.2cm)	Open/U20 Women 60+/U16/U14 Men 40+/50+/60+/U18/U16/U14 Women
6.35pm	400 Metres	Men
6.50pm	400 Metres	Women
7:05pm	3000m & 5000m Inv. (Non points scoring) Mental Health awareness run – Gold coin don.	Men & Women & Non-registered athletes
7:30pm	BRAC BBQ Invitation to all members	

FIELD EVENTS Program 2 Round 8 as at 30.07.18

Time	Shot Put Max 15 per sheet	Javelin (1 runway) Max 15 per sheet	Long Jump (1 Pit) Max 15 per sheet	Pole Vault
3.45pm	Sheet 1			
4.00pm			Sheet 1	
4.15pm	Sheet 2			1.60m – 2.50m
4.30pm			Sheet 2	
4.45pm	Sheet 3			
5.00pm		Sheet 1	Sheet 3	2.35m+
5.30pm		Sheet 2		
6.00pm		Sheet 3		