

# EAST REGION

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

Round 1	Sat, 10 October 2009	Ringwood (1:00pm start)	Rotating Event: 5000m
Round 3	Sat, 24 October 2009	Doncaster (1:00pm start)	Rotating Event: 3000m
Round 5	Sat, 14 November 2009	Ringwood (1:00pm start)	Rotating Event: 5000m
Round 7	Sat, 28 November 2009	Nunawading (1:00pm start)	Rotating Event: 3000m
Round 9	Sat, 12 December 2009	Doncaster (1:00pm start)	Rotating Event: 5000m
Round 11	Thu, 21 January 2010	Nunawading (5:00pm start)	Rotating Event: 3000m

## Track

Day	Night	Men	Women
1:00pm	6:00pm	3000m Walk	All (except U14)
1:00pm	6:00pm	1500m Walk	U14
1:00pm	6:00pm	200m Hurdles	U14/U16
1:10pm	6:10pm	400m Hurdles	All
1:25pm	6:25pm	200m	All
2:00pm	7:00pm	200m	All
2:10pm	7:10pm	800m	All
2:50pm	7:50pm	800m	All
3:10pm	8:10pm	4x400m	All
3:45pm	8:45pm	4x400m	All
4:05pm	9:05pm	3000m*	U18/U16/U14 or All*
4:20pm	9:20pm	5000m*	Open/U20*

\*NOTES: 5000m/3000m rotation for Open, U20 & 40+.

When a 3000m is scheduled (for all age groups), the first graded heat starts at 4:05pm.

When a 5000m is scheduled, there is only 1 heat of the 3000m (for U18, U16 & U14) at 4:05pm.

## Field

Day	Night	Hammer	Shot Put	High Jump	Long Jump	Pole Vault*
12:00pm	5:00pm	30m+				
12:15pm	5:15pm					
12:30pm	5:30pm				6m+ (men) 5m+ (women)	
1:00pm	6:00pm	20m-30m		1.25m-1.50m		3.80m+
1:15pm	6:15pm		11m+ (men) 9.5m+ (women)			
1:30pm	6:30pm	<20m			5.20m+	
1:45pm	6:45pm		9.5m-11.5m	1.10m-1.35m		
2:00pm	7:00pm				4.25m-5.50m	
2:15pm	7:15pm		8.5m-10.5m			3.00m+
2:30pm	7:30pm			1.60m+	3.50m-4.75m	
2:45pm	7:45pm		7.5m-9.5m			
3:00pm	8:00pm				<3.70m	
3:15pm	8:15pm		6.5m-8.5m	1.45m-1.70m		
3:30pm	8:30pm				4.00m-5.25m	1.80m
3:45pm	8:45pm	<7m				
4:00pm	9:00pm			1.35m-1.60m	<4.50m	
4:15pm	9:15pm	<10m				

\*NOTES: Pole Vault will only be held on Round 3 & Round 9.