

PROGRAM 2 (This timetable is subject to change. See www.athsvic.org.au for up to date timetable)

Round 2	Sat, 17 October 2009	Box Hill (12:30pm start)	
Round 4	Thu, 29 October 2009	Box Hill (5:30pm start)	
Round 6	Sat, 21 November 2009	Doncaster (12:30pm start)	
Round 8	Sat, 5 December 2009	Box Hill (12:30pm start)	*3000m (Steeple not held)
Round 10	Thu, 14 January 2010	Box Hill (5:30pm start)	*5000m (Steeple not held)
Round 12	Thu, 28 January 2010	Doncaster (5:30pm start)	

Track

Day	Night		Men	Women
1:00pm	6:00pm	Sprint Hurdles	All	All
1:00pm	6:00pm	2000m Walk	All	All
1:20pm	6:20pm	3000m Steeple*	U20/Open/40+	
		2000m Steeple*	U18	
1:40pm	7:00pm	3000m Steeple*		U20/Open
		2000m Steeple*	U14/U16	U14/U16/U18
1:45pm	6:45pm	100m		All
2:15pm	7:15pm	100m	All	
2:20pm	7:20pm	1500m		All
2:35pm	7:35pm	1500m	All	
3:15pm	8:15pm	4x100m		All
3:30pm	8:30pm	4x100m	All	
3:50pm	8:50pm	400m		All
4:10pm	9:10pm	400m	All	

*NOTES: Round 8 3000m (all age groups) to replace Steeple. 3000m starts at 1:20pm.
 Round 10 3000m (U14/U16/U18) to replace Steeple. 3000m starts at 6:20pm.
 Round 10 5000m (Open & U20) to replace Steeple. 5000m starts at 6:35pm.

Field

Day	Night	Javelin	Discus	Triple Jump	Pole Vault	High Jump*
12:30pm	5:30pm		35m+ (men) 28m+ (women)	12m+ (men) 10m+ (women)		1.25m-1.50m
12:45pm	5:45pm	<14m				
1:00pm	6:00pm				3.80m+	
1:15pm	6:15pm	13m-20m	25m-35m			1.10m-1.35m
1:30pm	6:30pm			10.25m+		
1:45pm	6:45pm	18m-28m	20m-27m			
2:00pm	7:00pm			8.50m-10.50m		1.60m+
2:15pm	7:15pm	40m+ (men) 30m+ (women)	<15m		3.00m+	
2:30pm	7:30pm			<8m		
2:45pm	7:45pm					1.45m-1.70m
3:00pm	8:00pm	26m-40m	14m-20m	6.50m-8.50m		
3:15pm	8:15pm					
3:30pm	8:30pm	18m-28m	17m-23m	<7m	1.80m+	1.35m-1.60m
3:45pm	8:45pm					
4:00pm	9:00pm	13m-20m	20m-27m	<10m		

NOTES: High Jump will only be held on Round 2 & Round 8.