

2012-2013

SOUTH EAST REGION



PROGRAM 1 (This timetable is subject to change. See www.athsvic.org.au for up to date timetable)

Round 2	Sat, 20 October 2012	Frankston (from 1:30pm)
Round 4	Sat, 3 November 2012	Casey Fields (from 1:30pm)
Round 6	Sat, 24 November 2012	Albert Park (from 1:30pm)
Round 8	Thur, 6 December 2012	Knox (from 6:30pm)
Round 10	Sat, 12 January 2013	Frankston (from 4:30pm)
Round 12	Sat, 2 February 2013	Casey Fields (from 4:30pm)

Track			Men	Women
1:30pm	4:30pm	6:30pm	3000m Walk	All (except U14/U16)
1:30pm	4:30pm	6:30pm	1500m Walk	U14/U16
1:30pm	4:30pm	6:30pm	400m Hurdles	U18/U20/Open/40+/50+ U18/U20/Open/40+
1:50pm	4:50pm	6:50pm	300m Hurdles	U16/60+
1:55pm	4:55pm	6:55pm	200m Hurdles	U14
2:00pm	5:00pm	7:00pm	800m	All
2:10pm	5:10pm	7:10pm	200m	All
2:30pm	5:30pm	7:30pm	800m	All
2:50pm	5:50pm	7:50pm	200m	All
3:30pm	6:30pm	8:30pm	*Relay	All
4:00pm	7:00pm	9:00pm	*Relay	All
4:20pm	7:20pm	9:20pm	3000m	U14/U16/U18 or All* U14/U16/U18 or All*
4:40pm	7:40pm	9:40pm	*5000m (<18:30)	U20/Open/40+ U20/Open/40+
5:00pm	8:00pm	10:00pm	*5000m (>18:30)	U20/Open/40+ U20/Open/40+
5:25pm			*2000m/3000m Steeple	All All

*NOTES:

Rounds 2, 6, 10 - 4 x 400m Relay

Rounds 4, 8, 12 - Medley Relay

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+)

Rounds 4, 6 - 2000m/3000m Steeple. These events to replace Steeple events in rounds 3 and 9.

When 3000m for "All" age groups, heat 1 is for men and women U14/U16/U18, heat two for <10:30 and heat three >10:30

Round 8 - 6:30pm start

Round 10, 12 - 4:30pm start

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Field	High Jump	Triple Jump	Shot Put	Hammer	*Pole Vault
1:30pm 4:30pm 6:30pm	1.25m-1.50m	12m/10m+	All (heat 1)	*30m+	2.40m+
1:45pm 4:45pm 6:45pm					
2:00pm 5:00pm 7:00pm			All (heat 2)		
2:15pm 5:15pm 7:15pm	1.10m-1.30m	All (heat 2)		All (heat 2)	
2:30pm 5:30pm 7:30pm					
2:45pm 5:45pm 7:45pm		All (heat 3)			
3:00pm 6:00pm 8:00pm	1.55m+			All (heat 3)	1.80m+
3:15pm 6:15pm 8:15pm		All (heat 4)	All (heat 4)		
3:30pm 6:30pm 8:30pm					
3:45pm 6:45pm 8:45pm	1.40m-1.70m	All (heat 5)	All (heat 5)		
4:00pm 7:00pm 9:00pm					
4:15pm 7:15pm 9:15pm		All (heat 6)	All (heat 6)		
4:30pm 7:30pm 9:30pm	1.25m-1.55m				
4:45pm 7:45pm 9:45pm		All (heat 7)	All (heat 7)		

*NOTES: Athletes must achieve the qualifying standard to be eligible for additional attempts

Pole Vault will only be held on rounds 6 & 8

Round 8 - 6:30pm start

Round 10, 12 - 4:30pm start