

2010-2011 EAST REGION



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

Round 1	Sat, 9 October 2010	Box Hill (from 12:30pm)
Round 5	Sat, 13 November 2010	Doncaster (from 12:30pm)

Track		Men	Women
1:00pm	*Sprint Hurdles	All	All
1:00pm	2000m Walk	All	All
1:20pm	3000m	U14/U16/U18	U14/U16/U18
1:40pm	5000m	U20/Open/40+	U20/Open
1:45pm	100m		All
2:15pm	100m	All	
2:20pm	1500m		All
2:40pm	1500m	All	
3:25pm	4 x 100m Relay		All
3:40pm	4 x 100m Relay	All	
4:00pm	400m		All
4:20pm	400m	All	

*NOTES: Sprint Hurdles conducted longest (110m) and highest (106cm) to shortest (80m) and lowest (76cm)

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Field	Javelin	Discus	Triple Jump	Pole Vault
12:00pm				
12:15pm				
12:30pm		35m+ (men) 28m+ (women)	12.00m+ (men) 10.00m+ (women)	
12:45pm	<14m			3.80m+
1:00pm				
1:15pm	13m-20m	27m-35m		
1:30pm			10.25m+	
1:45pm	18m-28m	14m-21m		
2:00pm			8.50m-10.50m	
2:15pm	40m+ (men) 30m+ (women)	<15m		3.00m+
2:30pm			<8.00m	
2:45pm				
3:00pm	26m-40m	21m-27m	6.50m-8.50m	
3:15pm				
3:30pm	18m-28m	14m-21m	<7.00m	
3:45pm				1.80m+
4:00pm	13m-20m	21m-27m	All	