

## FIXTURE

Round	Date	Competition	Venue
Round 1	Sat, 10 October 2009	Program 1	Ringwood
Round 2	Sat, 17 October 2009	Program 2	Box Hill
Round 3	Sat, 24 October 2009	Program 1	Doncaster
Round 4	Thur, 29 October 2009	Program 2	Box Hill
Round 5	Sat, 14 November 2009	Program 1	Ringwood
Round 6	Sat, 21 November 2009	Program 2	Doncaster
Round 7	Sat, 28 November 2009	Program 1	Nunawading
Round 8	Sat, 5 December 2009	Program 2	Box Hill
Round 9	Sat, 12 December 2009	Program 1	Doncaster
Round 10	Thur, 14 January 2010	Program 2	Box Hill
Round 11	Thur, 21 January 2010	Program 1	Nunawading
Round 12	Thur, 28 January 2010	Program 2	Doncaster
Region Final	Sat, 6 February 2010	Program 1	Box Hill
Shield Final	Sat, 13 February 2010	Shield Final (see page **)	Doncaster

## VENUES

**Box Hill** Hagenauer's Reserve, Barwon St, Box Hill (Melway Ref: 47 C7)

**Doncaster** Rieschick's Reserve, Cnr Victoria & George Sts, Doncaster (Melway Ref: 33 J11)

**Nunawading** Bill Sewart Aths Track, Cnr Burwood Highway & Newhaven Rd, Burwood (Melway Ref: 62 C9)

**Ringwood** Proclamation Park, Sylvia Grove, Ringwood (Melway Ref: 49 F12)

## CLUBS

ANW: Athletics Nunawading

BOH: Box Hill Athletic Club

CDN: Croydon Athletic Club

COL: Collingwood Harriers

DIV: Diamond Valley Athletic Club

DAC: Doncaster Athletic Club

IVA: Ivanhoe Harriers

OLM: Old Melburnians Athletic Club

OSC: Old Scotch Collegians Athletic Club

OLX: Old Xaverians Athletic Club

RIC: Richmond Harriers

RUY: Ruyton Athletic Club

RWD: Ringwood Athletic Club

STK: St Kevins AAC

SSH: St Stephens Harriers Athletic Club

For club contact details see the Athletics Victoria website: [www.athsvic.org.au](http://www.athsvic.org.au)

## CONTACT DETAILS

**Secretary** Joan Hines Phone: 03 9859 5081 Email: [jhines@netspace.net.au](mailto:jhines@netspace.net.au)

## OFFICE BEARERS

**Chairperson** Scott Bowden

**Vice Chairperson** Steve Griffiths

**Secretary** Joan Hines & Rob Falkenburg

**Officials/Club Duties** Raelene Warren

**Computer Manager** David Armstrong

**Treasurer** Joan Hines

## PROGRAM 1

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

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.

## PROGRAM 2

Round 2	Sat, 17 October 2009	Box Hill (12:30pm start)	
Round 4	Thur, 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	Thur, 14 January 2010	Box Hill (5:30pm start)	*5000m (Steeple not held)
Round 12	Thur, 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.