

# ATHLETICS VICTORIA

## 2007/08 NORTH-WEST REGION PROGRAMS



### PROGRAM 2

TRACK		
TIME	EVENT	SEX / AGE GROUP
1.00	Steeple (Invitation)	Men
1.00	Sprint Hurdles	Men & Women
1.20	Steeple (Invitation)	Women
1.35	200 Metres	Men
1.35	2000 Metre Walk	Men & Women
2.05	1500 Metres	Men
2.10	200 Metres	Women
2.35	1500 Metres	Women
2.55	4 x 100 Metre Relay	Men
3.10	4 x 100 Metre Relay	Women
3.25	5000 Metres	Men & Women (Open & U/20)
3.45	3000 Metres	Men & Women (U/14 - U/18)
4.00	400 Metres	Men
4.20	400 Metres	Women

P2) EVENTS TO BE CONDUCTED	
200M	ALL AGES
400M	ALL AGES
1500M	ALL AGES
5000M	OPEN & U20
3000M	U14 - U18
SPRINT HURDLES	ALL AGES
2000M WALK	U14 - U18
POLE VAULT	ALL AGES
TRIPLE JUMP	ALL AGES
SHOT PUT	ALL AGES
DISCUS	ALL AGES
HAMMER	ALL AGES
4 x 100M RELAY	ALL AGES

FIELD		
TIME	EVENT	
1.00 - 2.30	Pole Vault	(3 metres & above)
1.00 - 2.15	Hammer	
1.00 - 2.00	Javelin (Invitation)	
1.00 - 3.30	Triple Jump	
2.20 - 4.30	Discus	
2.00 - 4.30	Shot Put	
2.30 - 4.00	Pole Vault	(Under 3 metres)