

## PROGRAM 1

Round 1	Sat, 18 October 2008	Aberfeldie (1:00pm start)	Rotating Event/s: 800m
Round 4	Sat, 15 November 2008	Williamstown (1:00pm start)	Rotating Event/s: 1500m
Round 7	Tues, 9 December 2008	Aberfeldie (6:20pm start)	Rotating Event/s: 800m
Round 10	Sat, 17 January 2009	Aberfeldie (1:00pm start)	Rotating Event/s: 1500m

### Track

Day	Night		
1:00pm	6:20pm	Steeple (highest height)	Men & Women (all ages)
		400m Hurdles	Men (all ages)
1:10pm	6:20m	400m Hurdles	Women (all ages)
1:20pm	6:35pm	200m Hurdles	Men (U14/16) & Women (U14/16)
1:20pm	6:40pm	Steeple (lowest height)	Men & Women (all ages)
1:35pm	7:00pm	100m	Men (all ages)
2:10pm	7:30pm	100m	Women (all ages)
2:30pm	7:55pm	*800m or 1500m	Men (all ages)
3:00pm	8:25pm	*800m or 1500m	Women (all ages)
3:20pm	8:30pm	200m	Men (all ages)
3:50pm	9:00pm	200m	Women (all ages)
4:10pm	9:25pm	4x400m Relay	Men (all ages)
4:30pm	9:45pm	4x400m Relay	Women (all ages)

\* Rotating Events

### Field

		Shot Put	Discus	Javelin	High Jump	Long Jump
1:00pm	6:00pm	M14/F14	F/16/18	M/OP>30m	1.00 – 1.15m	M16/18/20
1:35pm	6:35pm	M16/18/20	F/OP-U20	M/OP<30m	1.15 – 1.30m	F16/18
2:10pm	7:10pm	F16/18	M/OP>30m	M14/F14	1.30 – 1.45m	F/OP-U20
2:45pm	7:45pm	F/OP-U20	M/OP<30m	M16/18/20	1.45 – 1.60m	M/OP
3:20pm	8:20pm	M/OP	M14/F14	F16/18	1.60 – 1.75m	M14/F14
3:55pm	8:55pm	M/OP	M16/18/20	F/OP-U20	1.75+	M/OP
4:30pm	9:30pm	ALL		ALL		ALL