

PROGRAM 2

Round 2	Sat, 25 October 2008	Aberfeldie (1:00pm start)	
Round 5	Sat, 22 November 2008	Aberfeldie (1:00pm start)	
Round 8	Sat, 13 December 2008	Williamstown (1:00pm start)	*see note below re Pole Vault
Round 11	Tues, 20 January 2009	Aberfeldie (6:00pm start)	

Track

Day	Night		
1:00pm	6:30pm	Sprint Hurdles	Men & Women (all ages)
1:35pm	6:40pm	200m	Men (all ages)
1:35pm	7:00pm	2000m Walk	Men & Women (all ages)
2:05pm	7:30pm	1500m	Men (all ages)
2:20pm	7:30pm	200m	Women (all ages)
2:35pm	7:55pm	1500m	Women (all ages)
2:55pm	8:10pm	4x100m Relay	Men (all ages)
3:10pm	8:25pm	4x100m Relay	Women (all ages)
3:25pm	8:35pm	5000m	Men & Women (U20/Open/40+)
3:55pm	8:50pm	3000m	Men & Women (U14/16/18)
4:10pm	9:10pm	400m	Men (all ages)
4:30pm	9:40pm	400m	Women (all ages)

Field

		Shot Put	Discus	Hammer	Triple Jump	Pole Vault
1:00pm	6:00pm	M14/F14		All>30m	M16/18/20	3.00m+
1:35pm	6:30pm	M16/18/20		All<30m	F16/18	
2:10pm	7:05pm	F16/18	M/OP<30m		F/OP-U20	
2:45pm	7:40pm	F/OP-U20	M/OP>30m		M/OP	<3.00m
3:20pm	8:15pm	M/OP	F/OP-U20		M14/F14	
3:55pm	8:50pm	M/OP	M14/16/18/20		M/OP	
4:30pm	9:25pm	ALL	F14/16/18		ALL	

* Round 8. Pole Vault will be held at Melbourne University on Saturday 13 December. Starting at 9:30am for 1.60–2.90m & 10.30am for 3:00m & above.