

PROGRAM 3

Round 3	Sat, 1 November 2008	Coburg (1:00pm start)	Rotating Event/s: Long Hurdles, Long Jump & Medley Relay
Round 6	Tues, 25 November 2008	Aberfeldie (6:00pm start)	Rotating Event/s: Sprint Hurdles, Triple Jump & 4x200m Relay
Round 9	Sat, 10 January 2009	Coburg (1:00pm start)	Rotating Event/s: Long Hurdles, Long Jump & Medley Relay
Round 12	Sat, 31 January 2009	Aberfeldie (1:00pm start)	Rotating Event/s: Sprint Hurdles, Triple Jump & 4x200m Relay

Track

Day	Night		
1:00pm	6:10pm	*Sprint Hurdles	
		*400m Hurdles	Men & Women (U18/20/Open/40+)
		3000m Walk	Men & Women (U18/20/Open/40+)
1:25pm	6:10pm	*200m Hurdles	Men & Women (U14/16)
1:30pm	6:10pm	1500m Walk	Men & Women (U14/16)
1:45pm	6:40pm	100m	Women (all ages)
2:15pm	7:00pm	100m	Men (all ages)
2:20pm	7:15pm	800m	Women (all ages)
2:35pm	7:30pm	800m	Men (all ages)
3:05pm	8:00pm	*4x200m or Medley Relay	Women (all ages)
3:20pm	8:15pm	*4x200m or Medley Relay	Men (all ages)
3:40pm	8:35pm	3000m	Men & Women < 12.00
3:55pm	8:50pm	3000m	Men & Women > 12.00
4:15pm	9:10pm	400m	Women (all ages)
4:30pm	9:30pm	400m	Men (all ages)

Field

		Javelin	Hammer	High Jump	*Long Jump or Triple Jump	Pole Vault
1:00pm	6:00pm	M14/F14	M&F>30m	1.00 – 1.15m	M16/18/20	3.00m+
1:35pm	6:35pm	F16/18	M&F 20 – 30m	1.15 – 1.30m	F16/18	
2:10pm	7:10pm	M/OP>30m	M&F<20m	1.30 – 1.45m	F/OP-U20	
2:45pm	7:45pm	M/OP<30m		1.45 – 1.60m	M/OP	<3.00m
3:20pm	8:20pm	M16/18/20		1.60 – 1.75m	M14/F14	
3:55pm	8:55pm	F/OP-U20		1.75m+	M/OP	
4:30pm	9:30pm	All			All	

* Rotating Events