

# NORTH WEST REGION

43

PROGRAM 1 (This timetable is subject to change. See [www.athsvic.org.au](http://www.athsvic.org.au) for up to date timetable)

Round 1	Sat, 10 October 2009	Aberfeldie (1:00pm start)	Rotating Event: 5000m
Round 3	Sat, 24 October 2009	Meadowglen (1:00pm start)	Rotating Event: 3000m
Round 5	Sat, 14 November 2009	Coburg (1:00pm start)	Rotating Event: 5000m
Round 7	Sat, 28 November 2009	Williamstown (1:00pm start)	Rotating Event: 3000m
Round 9	Sat, 12 December 2009	Coburg (1:00pm start)	Rotating Event: 5000m
Round 11	Thu, 21 January 2010	Aberfeldie (6:00pm start)	Rotating Event: 3000m
Region Final	Sat, 6 February 2010	Aberfeldie (1:00pm start)	Rotating Event: 5000m

## Track

Day	Night		
1:00pm	6:20pm	400m Hurdles	Men & Women (U18/U20 & Open)
1:00pm	6:20pm	3000m Walk	Men & Women (U16 - Open)
1:20pm	6:40pm	200m Hurdles	Men & Women (U14/U16)
1:30pm	6:45pm	1500m Walk	Men & Women (U14)
1:45pm	7:00pm	800m	Men
2:15pm	7:30pm	800m	Women
2:40pm	7:55pm	200m	Men
3:15pm	8:30pm	200m	Women
3:40pm	8:55pm	4x400m	Men
3:55pm	9:05pm	4x400m	Women
4:10pm	9:15pm	*5000m	Men & Women (U20/Open)
4:35pm	9:45pm	*3000m	Men & Women (U14/U16/U18) or All

\*NOTES: 5000m/3000m rotation for Open & U20.  
 When a 3000m is scheduled (for all age groups), the first graded heat starts at 4:10pm.  
 When a 5000m is scheduled, there is only 1 heat of the 3000m (for U18, U16 & U14) at 4:25pm.

## Field

		Shot Put	Hammer	Long Jump	High Jump	Pole Vault
1:00pm	6:00pm	10.50m+ (men) 9.50m+ (women)	All	6m+ (men) 5m+ (women)	1.00m-1.20m	3m+
1:40pm	6:40pm	All	23m+ (men) 21m+ (women)	All	1.15m-1.40m	
2:10pm	7:10pm				1.30m-1.50m	
2:20pm	7:20pm	All		All		
2:30pm	7:30pm		All			
2:40pm	7:40pm	All				<3m
2:50pm	7:50pm				1.40m-1.60m	
3:00pm	8:00pm	All		All		
3:10pm	8:10pm		All			
3:40pm	8:40pm	All		All	1.50m-1.70m	
4:20pm	9:20pm	All		All	1.60m+	

\*NOTES: Pole Vault will only be held on Round 3 & Round 9.

Victorian Championships

Shield Competition

Specialist Groups

General Information

Club Contacts