

44 NORTH WEST REGION

PROGRAM 2 (This timetable is subject to change. See www.athsvic.org.au for up to date timetable)

Round 2	Thu, 15 October 2009	Melbourne Uni (6:00pm start)	Pole Vault Only
Round 2	Sat, 17 October 2009	Williamstown (1:00pm start)	
Round 4	Thu, 29 October 2009	Aberfeldie (6:00pm start)	
Round 6	Sat, 21 November 2009	Meadowglen (1:00pm start)	
Round 8	Tue, 1 December 2009	Aberfeldie (6:00pm start)	*3000m (Steeple not held)
Round 10	Thu, 14 January 2010	Aberfeldie (6:00pm start)	*5000m (Steeple not held)
Round 12	Thu, 28 January 2010	Aberfeldie (6:00pm start)	

Track

Day	Night		
1:00pm	6:20pm	Sprint Hurdles	Men & Women
1:00pm	6:20pm	2000m Walk	Men & Women
1:30pm	6:55pm	100m	Women
1:30pm	7:00pm	1500m	Men
2:00pm	7:30pm	100m	Men
2:00pm	7:35pm	1500m	Women
2:45pm	8:00pm	4x100m	Women
3:00pm	8:15pm	4x100m	Men
3:15pm	*9:25pm	*Steeplechase (highest height)	Men & Women
3:35pm	*9:45pm	*Steeplechase (lowest height)	Men & Women
4:00pm	8:30pm	400m	Women
4:20pm	8:55pm	400m	Men
*NOTES:			
	Round 8	3000m (all age groups) to replace Steeple. 3000m starts at 9:25pm (11 mins+).	
	Round 10	3000m (U14/U16/U18) to replace Steeple. 3000m starts at 9:25pm.	
	Round 10	5000m (Open & U20) to replace Steeple. 5000m starts at 9:45pm.	

Field

		Discus	Javelin	Triple Jump	*Pole Vault	*High Jump
1:00pm	6:00pm	All	38m+ (men) 28m+ (women)	12.50m+ 10.30m+	3m+	1.60m+
1:40pm	6:40pm	31m+ (men) 27m+ (women)	All	All		
2:00pm	7:00pm					1.40m-1.60m
2:20pm	7:20pm	All	All	All		
2:40pm	7:40pm				<3m	1.30m-1.50m
3:00pm	8:00pm	All	All	All		
3:20pm	8:20pm					1.20m-1.40m
3:40pm	8:40pm	All	All	All		
4:10pm	9:10pm					1.00m-1.30m
4:20pm	9:20pm	All	All	All		

*NOTES: High Jump will only be held on Round 2 & Round 8.
Pole Vault (round 2) will be held at Melbourne University on Thursday 15 October.