



# ROUND 4 TIMETABLES



## COUNTRY – SATURDAY 19TH DECEMBER

	BALLARAT	BENDIGO	GEELONG
<b>Session 1</b>	<b>AVSL</b> <b>1:30pm – 3:30pm</b> 100m 800m Triple Jump – All Session Shot Put – All Session	<b>AVSL</b> <b>1:30pm – 2:30pm</b> 800m – 1:30pm 100m Women – 1:50pm 100m Men – 2:10pm Triple Jump – All Session Shot Put – All Session	<b>AVSL</b> <b>2:00pm – 3:00pm</b> 800m – 2:00pm 100m – 2:30pm Triple Jump – All Session Shot Put – All Session
<b>Session 2</b>	<i>Added if required based on numbers</i>	<b>AVSL</b> <b>2:40pm – 3:40pm</b> 800m – 2:40pm 100m Men – 3:00pm 100m Women – 3:20pm Triple Jump – All Session Shot Put – All Session	<b>AVSL</b> <b>3:10pm – 4:10pm</b> 800m – 3:10pm 100m – 3:40pm Triple Jump – All Session Shot Put – All Session
<b>Session 3</b>	<b>Ballarat Competition (NON-AVSL COMPETITION)</b> <b>Visit BRAC website for more Info</b> 3000m Javelin High Jump	<b>Bendigo Competition (NON-AVSL COMPETITION)</b> <b>3:50pm</b> 3000m High Jump 400m	<b>AVSL</b> <b>4:20pm – 5:20pm</b> 800m – 4:20pm 100m – 4:50pm Triple Jump – All Session Shot Put – Session

## METRO – SUNDAY 20<sup>TH</sup> DECEMBER

	ABERFELDIE	KNOX	DONCASTER	NUNAWADING
<b>Session 1</b> 9:00am – 10:00am	<b>800m – 9:00am</b> <b>100m – 9:30am</b> <b>Triple Jump – All Session</b> <b>Shot Put – All Session</b>	<b>800m – 9:00am</b> <b>100m – 9:30am</b> <b>Triple Jump – All Session</b> <b>Shot Put – All Session</b>	<b>800m – 9:00am</b> <b>100m – 9:30am</b> <b>Triple Jump – All Session</b> <b>Shot Put – All Session</b>	<b>800m – 9:00am</b> <b>100m – 9:30am</b> <b>Triple Jump – All Session</b> <b>Shot Put – All Session</b>
<b>Session 2</b> 10:15am – 11:15am	<b>800m – 10:15am</b> <b>100m – 10:45am</b> <b>Triple Jump – All Session</b> <b>Shot Put – All Session</b>	<b>800m – 10:15am</b> <b>100m – 10:45am</b> <b>Triple Jump – All Session</b> <b>Shot Put – All Session</b>	<b>800m – 10:15am</b> <b>100m – 10:45am</b> <b>Triple Jump – All Session</b> <b>Shot Put – All Session</b>	<b>800m – 10:15am</b> <b>100m – 10:45am</b> <b>Triple Jump – All Session</b> <b>Shot Put – All Session</b>
<b>Session 3</b> 11:30am – 12:30pm	<b>800m – 11:30am</b> <b>100m – 12:00pm</b> <b>Triple Jump – All Session</b> <b>Shot Put – All Session</b>	<b>800m – 11:30am</b> <b>100m – 12:00pm</b> <b>Triple Jump – All Session</b> <b>Shot Put – All Session</b>	<b>800m – 11:30am</b> <b>100m – 12:00pm</b> <b>Triple Jump – All Session</b> <b>Shot Put – All Session</b>	<b>800m – 11:30am</b> <b>100m – 12:00pm</b> <b>Triple Jump – All Session</b> <b>Shot Put – All Session</b>
<b>Session 4</b> 12:45pm – 1:45pm	<b>800m – 12:45pm</b> <b>100m – 1:15pm</b> <b>Triple Jump – All Session</b> <b>Shot Put – All Session</b>	<b>800m – 12:45pm</b> <b>100m – 1:15pm</b> <b>Triple Jump – All Session</b> <b>Shot Put – All Session</b>	<b>800m – 12:45pm</b> <b>100m – 1:15pm</b> <b>Triple Jump – All Session</b> <b>Shot Put – All Session</b>	<b>800m – 12:45pm</b> <b>100m – 1:15pm</b> <b>Triple Jump – All Session</b> <b>Shot Put – All Session</b>
<b>HVC Hurdles (Non-Scoring)</b>		<b>Long Hurdles – 2:15pm</b>		<b>Sprint Hurdles – 2:15pm</b>