

TIMETABLE of EVENTS

BALLARAT REGION as at 30.10.2021



Round 1 - Saturday 13th November 2021

Program One

TRACK EVENTS

Time	Event	Grades
2.00pm	800 Metre	Men
2.15pm	800 Metre	Women
2.30pm	1500m Walk 3000m Walk	All Men & Women (Athletes can choose)
2.45pm	400 Metre Hurdles 300 Metre Hurdles 200 Metre Hurdles	Open/U20/U18/40+/50+ Men & Open/U20/U18/40+ Women 60+ Men & 50+ Women/60+ Women U14/U16 Men & U14/U16
2.55pm	200 Metre	Men
3.20pm	200 Metre	Women
3.45pm	3000 Metre 5000 Metre	All Men & Women (Athletes can choose) Restricted to Open/U20/40+/50+/60+ Men & Women

Note: The Track event start times are just a guide. Events can run up to 30 minutes ahead of the scheduled time.

FIELD EVENTS

Time	Hammer Throw (1 Cage) Max 15 per sheet	Discus Throw (1 Cage) Max 15 per sheet	Long Jump (1 Pit) Max 15 per sheet	High Jump (1 Bed)
1.00pm	Sheet 1			
1.30pm	Sheet 2			
1.45pm				1.05m – 1.35m
2.00pm		Sheet 1	Sheet 1	
2.15pm				1.30m – 1.60m
2.30pm		Sheet 2	Sheet 2	
2.45pm				1.55m+
3.00pm		Sheet 3	Sheet 3	



TIMETABLE of EVENTS

BALLARAT REGION as at 30.10.2021



Round 2 - Saturday 20th November 2021

Program Two

TRACK EVENTS

Time	Event	Grades
2.00pm	1500 Metre	Men
2.15pm	1500 Metre	Women
2.30pm	100 Metre	Men
2.55pm	100 Metre	Women
3.15pm	2000m Walk 5000m Walk	All Men & Women (Athletes can choose) Restricted to Open/U20/U18 Men & Women
3.25pm	80 Metre Hurdles 90 Metre Hurdles 100 Metre Hurdles 110 Metre Hurdles	U14/40+/50+/60+ Women U16 Women & U14 Men U18/U20/Open Women & U16/50+/60+ Men U18/U20/Open/40+ Men
3.45pm	4 x 200m Relays	Men
4.00pm	4 x 200m Relays	Women
4.15pm	3000 Metre Steeple (91cm)	Open/U20/40+/50+ Men
4.35pm	2000 Metre Steeple (84cm)	U18 Men
4.50pm	3000 Metre Steeple (76.2cm) 2000 Metre Steeple (76.2cm)	Open/U20 Women 60+/U16/U14 Men 40+/50+/60+/U18/U16/U14 Women
5.10pm	400 Metre	Men
5.25pm	400 Metre	Women

Note: The Track event start times are just a guide. Events can run up to 30 minutes ahead of the scheduled time.

FIELD EVENTS

Time	Shot Put Max 15 per sheet	Javelin (1 runway) Max 15 per sheet	Triple Jump (1 Pit) Max 15 per sheet	Pole Vault
1.45pm	Sheet 1 & 2			
2.00pm			Sheet 1	
2.15pm	Sheet 3			1.60m – 2.50m
2.30pm			Sheet 2	
2.45pm				
3.00pm		Sheet 1	Sheet 3	2.35m+
3.30pm		Sheet 2		
4.00pm		Sheet 3		



TIMETABLE of EVENTS

BALLARAT REGION as at 30.10.2021



Round 3 - Saturday 27th November 2021

Program One

TRACK EVENTS

Time	Event	Grades
2.00pm	800 Metre	Women
2.15pm	800 Metre	Men
2.30pm	2000m Walk	All Women & Men
2.40pm	400 Metre Hurdles 300 Metre Hurdles 200 Metre Hurdles	Open/U20/U18/40+/50+ Men & Open/U20/U18/40+ Women 60+ Men & 50+ Women/60+ Women U14/U16 Men & U14/U16
2.50pm	200 Metre	Women
3.10pm	200 Metre	Men
3.30pm	3000 Metre (NON-SCORING) 5000 Metre (NON-SCORING)	All Women & Men (Athletes can choose) Restricted to Open/U20/40+/50+/60+ Women & Men
4.00pm	4 x 100m Mixed Relays (2 M, 2 F) (NON-SCORING)	Women & Men

Note: The Track event start times are just a guide. Events can run up to 30 minutes ahead of the scheduled time.

FIELD EVENTS

Time	Hammer Throw (1 Cage) Max 15 per sheet	Discus Throw (1 Cage) Max 15 per sheet	Long Jump (1 Pit) Max 15 per sheet	High Jump (1 Bed)
1.00pm	Sheet 1			
1.30pm	Sheet 2			
1.45pm				1.05m – 1.35m
2.00pm		Sheet 1	Sheet 1	
2.15pm				1.30m – 1.60m
2.30pm		Sheet 2	Sheet 2	
2.45pm				1.55m+
3.00pm		Sheet 3	Sheet 3	



TIMETABLE of EVENTS

BALLARAT REGION as at 30.10.2021



Round 4 - Saturday 4th December 2021

Program Two

TRACK EVENTS

Time	Event	Grades
2.00pm	1500 Metre	Women
2.15pm	1500 Metre	Men
2.30pm	100 Metre	Women
2.50pm	100 Metre	Men
3.10pm	1500m Walk 3000m Walk	All Women & Men (Athletes can choose)
3.20pm	80 Metre Hurdles 90 Metre Hurdles 100 Metre Hurdles 110 Metre Hurdles	U14/40+/50+/60+ Women U16 Women & U14 Men U18/U20/Open Women & U16/50+/60+ Men U18/U20/Open/40+ Men
3.35pm	4 x 400m Relays	Women
3.55pm	4 x 400m Relays	Men
4.15pm	3000 Metre	All Women & Men
4.35pm	400 Metre	Women
4.45pm	400 Metre	Men

Note: The Track event start times are just a guide. Events can run up to 30 minutes ahead of the scheduled time.

FIELD EVENTS

Time	Shot Put Max 15 per sheet	Javelin (1 runway) Max 15 per sheet	Triple Jump (1 Pit) Max 15 per sheet	Pole Vault
1.30pm	Sheet 1 & 2			
1.45pm				
2.00pm	Sheet 3		Sheet 1	
2.15pm				1.60m – 2.50m
2.30pm			Sheet 2	
2.45pm				
3.00pm		Sheet 1	Sheet 3	2.35m+
3.30pm		Sheet 2		
4.00pm		Sheet 3		



TIMETABLE of EVENTS

BALLARAT REGION as at 30.10.2021



Round 5 - Saturday 11th December 2021

Program One; Re-shuffled

TRACK EVENTS

Time	Event	Grades
2.00pm	200 Metre	Men
2.15pm	200 Metre	Women
2.30pm	3000 Metre	All Men & Women
2.50pm	2000m Walk 5000m Walk	All Men & Women (Athletes can choose) Restricted to Open/U20/U18 Men & Women
3.00pm	400 Metre Hurdles 300 Metre Hurdles 200 Metre Hurdles	Open/U20/U18/40+/50+ Men & Open/U20/U18/40+ Women 60+ Men & 50+ Women/60+ Women U14/U16 Men & U14/U16
4.20pm	800 Metre	Men
4.40pm	800 Metre	Women
5.00pm	2 x 400m Mixed Relays (Timed H'cap) (NON-SCORING)	Men & Women (Mixed gender, age category & club)

Note: The Track event start times are just a guide. Events can run up to 30 minutes ahead of the scheduled time.

FIELD EVENTS

Time	Hammer Throw (1 Cage) Max 15 per sheet	Discus Throw (1 Cage) Max 15 per sheet	Long Jump (1 Pit) Max 15 per sheet	High Jump (1 Bed)
1.00pm	Sheet 1			
1.30pm	Sheet 2			
1.45pm				1.05m – 1.35m
2.00pm		Sheet 1	Sheet 1	
2.15pm				1.30m – 1.60m
2.30pm		Sheet 2	Sheet 2	
2.45pm				1.55m+
3.00pm		Sheet 3	Sheet 3	



TIMETABLE of EVENTS

BALLARAT REGION as at 30.10.2021



Round 6 - Saturday 18th December 2021

Program Two; Re-shuffled; Christmas theme.

TRACK EVENTS

Time	Event	Grades
2.00pm	100 Metre	Men
2.20pm	100 Metre	Women
2.40pm	3000 Metre Steeple (91cm)	Open/U20/40+/50+ Men
2.55pm	2000 Metre Steeple (84cm)	U18 Men
3.10pm	3000 Metre Steeple (76.2cm) 2000 Metre Steeple (76.2cm)	Open/U20 Women 60+/U16/U14 Men 40+/50+/60+/U18/U16/U14 Women
3.25pm	400 Metre	Men
3.40pm	400 Metre	Women
3.55pm	1500m Walk 3000m Walk	All Men & Women (Athletes can choose)
4.05pm	80 Metre Hurdles 90 Metre Hurdles 100 Metre Hurdles 110 Metre Hurdles	U14/40+/50+/60+ Women U16 Women & U14 Men U18/U20/Open Women & U16/50+/60+ Men U18/U20/Open/40+ Men
4.20pm	1500 Metre	Men
4.35pm	1500 Metre	Women
4.50pm	4 x 100m Relays	Men (All age groups seed timing)
5.00pm	4 x 100m Relays	Women (All age groups seed timing)

Note: The Track event start times are just a guide. Events can run up to 30 minutes ahead of the scheduled time.

FIELD EVENTS

Time	Shot Put Max 15 per sheet	Javelin (1 runway) Max 15 per sheet	Triple Jump (1 Pit) Max 15 per sheet	Pole Vault
1.30pm	Sheet 1 & 2			
1.45pm				
2.00pm	Sheet 3		Sheet 1	
2.15pm				1.60m – 2.50m
2.30pm			Sheet 2	
2.45pm				
3.00pm		Sheet 1	Sheet 3	2.35m+
3.30pm		Sheet 2		
4.00pm		Sheet 3		



TIMETABLE of EVENTS

BALLARAT REGION as at 30.10.2021



Round 7 - Saturday 15th January 2022

Program One; Morning start; BRAC BBQ lunch.

TRACK EVENTS

Time	Event	Grades
10.00am	800 Metre	Women
10.15am	800 Metre	Men
10.30am	400 Metre Hurdles 300 Metre Hurdles 200 Metre Hurdles	Open/U20/U18/40+/50+ Men & Open/U20/U18/40+ Women 60+ Men & 50+ Women/60+ Women U14/U16 Men & U14/U16
10.50am	200 Metre	Women
11.10am	200 Metre	Men
11.30am	3000 Metre 5000 Metre	All Women & Men (Athletes can choose) Restricted to Open/U20/40+/50+/60+ Women & Men
12:00pm	4 x 400m Regional Relay (NON-SCORING)	Open Women & Open Men (Qualifying race)
12.10pm	Parlauf Relay - 10 min (NON-SCORING)	Women & Men (Mixed gender, age category & club)
12.30pm	BRAC BBQ Lunch - Invitation to all members	All welcome

Note: The Track event start times are just a guide. Events can run up to 30 minutes ahead of the scheduled time.

FIELD EVENTS

Time	Hammer Throw (1 Cage) Max 15 per sheet	Discus Throw (1 Cage) Max 15 per sheet	Long Jump (1 Pit) Max 15 per sheet	High Jump (1 Bed)
9.00am	Sheet 1			
9.30am	Sheet 2			
9.45am				1.05m – 1.35m
10.00am		Sheet 1	Sheet 1	
10.15am				1.30m – 1.60m
10.30am		Sheet 2	Sheet 2	
10.45am				1.55m+
11.00am		Sheet 3	Sheet 3	



TIMETABLE of EVENTS

BALLARAT REGION as at 30.10.2021



Round 8 - Saturday 22nd January 2022

Program Two; Twilight start.

TRACK EVENTS

Time	Event	Grades
6.00pm	1500 Metre	Women
6.15pm	1500 Metre	Men
6.30pm	100 Metre	Women
6.50pm	100 Metre	Men
7.10pm	1500m Walk 3000m Walk	All Women & Men (Athletes can choose) Restricted to Open/U20/U18 Women & Men
7.20pm	80 Metre Hurdles 90 Metre Hurdles 100 Metre Hurdles 110 Metre Hurdles	U14/40+/50+/60+ Women U16 Women & U14 Men U18/U20/Open Women & U16/50+/60+ Men U18/U20/Open/40+ Men
7.35pm	BRAC Gift Handicap Heats (NON-SCORING)	All Women & Men
7.50pm	4 x 400m Relays	Women (Open qualifier, Jnr & Overage seed timing)
8.05pm	4 x 400m Relays	Men (Open qualifier, Jnr & Overage seed timing)
8.20pm	3000 Metre Steeple (91cm)	Open/U20/40+/50+ Men
8.35pm	2000 Metre Steeple (84cm)	U18 Men
8.50pm	3000 Metre Steeple (76.2cm) 2000 Metre Steeple (76.2cm)	Open/U20 Women 60+/U16/U14 Men 40+/50+/60+/U18/U16/U14 Women
9.05pm	BRAC Gift Handicap Final (NON-SCORING)	All Women & Men

Note: The Track event start times are just a guide. Events can run up to 30 minutes ahead of the scheduled time.

FIELD EVENTS

Time	Shot Put Max 15 per sheet	Javelin (1 runway) Max 15 per sheet	Triple Jump (1 Pit) Max 15 per sheet	Pole Vault
5.30pm	Sheet 1 & 2			
5.45pm				
6.00pm	Sheet 3		Sheet 1	
6.15pm				1.60m – 2.50m
6.30pm			Sheet 2	
6.45pm				
7.00pm		Sheet 1	Sheet 3	2.35m+
7.30pm		Sheet 2		
8.00pm		Sheet 3		



TIMETABLE of EVENTS

BALLARAT REGION as at 30.10.2021



Round 9 - Saturday 5th February 2022

Program One

TRACK EVENTS

Time	Event	Grades
2.00pm	800 Metre	Men
2.15pm	800 Metre	Women
2.30pm	2000m Walk 5000m Walk	All Men & Women (Athletes can choose)
2.45pm	400 Metre Hurdles 300 Metre Hurdles 200 Metre Hurdles	Open/U20/U18/40+/50+ Men & Open/U20/U18/40+ Women 60+ Men & 50+ Women/60+ Women U14/U16 Men & U14/U16
3.00pm	200 Metre	Men
3.20pm	200 Metre	Women
3.40pm	3000 Metre 5000 Metre	All Men & Women (Athletes can choose) Restricted to Open/U20/40+/50+/60+ Men & Women
4.10pm	4 x 200m Mixed Relays (2 M, 2 F) (NON-SCORING)	Men & Women

Note: The Track event start times are just a guide. Events can run up to 30 minutes ahead of the scheduled time.

FIELD EVENTS

Time	Hammer Throw (1 Cage) Max 15 per sheet	Discus Throw (1 Cage) Max 15 per sheet	Long Jump (1 Pit) Max 15 per sheet	High Jump (1 Bed)
1.00pm	Sheet 1			
1.30pm	Sheet 2			
1.45pm				1.05m – 1.35m
2.00pm		Sheet 1	Sheet 1	
2.15pm				1.30m – 1.60m
2.30pm		Sheet 2	Sheet 2	
2.45pm				1.55m+
3.00pm		Sheet 3	Sheet 3	



TIMETABLE of EVENTS

BALLARAT REGION as at 30.10.2021



Round 10 - Thursday 10th February 2022

Program Two; Twilight start.

TRACK EVENTS

Time	Event	Grades
6.00pm	1500 Metre	Men
6.15pm	1500 Metre	Women
6.30pm	100 Metre	Men
6.50pm	100 Metre	Women
7.10pm	80 Metre Hurdles 90 Metre Hurdles 100 Metre Hurdles 110 Metre Hurdles	U14/40+/50+/60+ Women U16 Women & U14 Men U18/U20/Open Women & U16/50+/60+ Men U18/U20/Open/40+ Men
7.30pm	4 x 100m Relays	Men
7.40pm	4 x 100m Relays	Women
7.50pm	3000 Metre (Mental Health awareness run – Gold coin donation)	All Men & Women & Non-registered athletes
8.10pm	400 Metre	Men
8.25pm	400 Metre	Women

Note: The Track event start times are just a guide. Events can run up to 30 minutes ahead of the scheduled time.

FIELD EVENTS

Time	Shot Put Max 15 per sheet	Javelin (1 runway) Max 15 per sheet	Triple Jump (1 Pit) Max 15 per sheet	Pole Vault
5.30pm	Sheet 1 & 2			
5.45pm				
6.00pm	Sheet 3		Sheet 1	
6.15pm				1.60m – 2.50m
6.30pm			Sheet 2	
6.45pm				
7.00pm		Sheet 1	Sheet 3	2.35m+
7.30pm		Sheet 2		
8.00pm		Sheet 3		

