

TIMETABLE of EVENTS as at 12.01.22
All timetables featured are subject to change.



SATURDAY 15TH JANUARY 2022 PROVISIONAL TIMETABLE

ROUND 7 – Zone A & B Twilight Meet Lakeside

Program 1

TRACK EVENTS

Prov Time	Draft Time	Event	Grades
4.00pm	4.00pm	800m - Session 1 (Lanes 1-3)	All Women (12 per heat)
4.00pm	4.00pm	110 Metre Hurdles (Lanes 5-10) 100 Metre Hurdles (Lanes 5-10) 90 Metre Hurdles (Lanes 5-10) 80 Metre Hurdles (Lanes 5-10)	Open/U20/U18/40+ Men Open/U20/U18 Women & U16/50+/60+ Men U14 Men & U16 Women U14/40+/50+/60+ Women
4.25pm	4.30pm	800m - Session 1 (Lanes 1-3)	All Men (12 per heat)
5.00pm	5.00pm	100m - Session 1 (Lanes 5-10)	All Men
5.20pm	5.30pm	800m - Session 2 (Lanes 1-3)	All Women (12 per heat)
5.55pm	6.00pm	800m - Session 2 (Lanes 1-3)	All Men (12 per heat)
6.00pm	6.00pm	100m - Session 1 (Lanes 5-10)	All Women
6.40pm	6.50pm	3000m (Lanes 1-3) ^^	All Women (28 per heat)
6.45pm	6.45pm	100m - Session 2 (Lanes 5-10)	All Men
7.20pm	7.20pm	3000m (Lanes 1-3) ^^	All Men (26 per heat)
7.50pm	7.45pm	100m - Session 2 (Lanes 5-10)	All Women
8.20pm	8.05pm	5000m (Lanes 1-3) ^^	Open/U20/40+/50+/60+ Men & Women (30 per heat)
9.15pm	9.15pm	FINISH	

^^ The 3000m/5000m are considered the same event and athletes can only enter one or the other. (Refer AVSL Rule 6.3)

FIELD EVENTS

The number of spots available for each Field event sheet are shown in brackets for each sheet.

Draft Time	High Jump		Long Jump		Shot Put			Hammer	
	Pit 1	Pit 2	Pit 1	Pit 2	Circle 1	Circle 2	Circle 3	Inside	Outside
4.00pm	Controlled Sheet 1 (1.65m+) (9)	Controlled Sheet 2 (1.65m+) (0)	Sheet 1 (22)	Sheet 2 (Jump & Go) (17)	Sheet 1 (20)	Sheet 2 (20)	Sheet 3 (Throw & Go) (24)	Sheet 1 (18)	Sheet 2 (18)
5.00pm	Sheet 3 (1.40m-1.80m) (10)	Sheet 4 (1.40m-1.80m) (10)	Sheet 3 (21)	Sheet 4 (20)	Sheet 4 (21)	Sheet 5 (21)	Sheet 6 (Throw & Go) (25)	Sheet 3 (19)	Sheet 4 (Throw & Go) (6)
6.00pm	Sheet 5 (1.35m-1.75m) (15)	Sheet 6 (1.35m-1.75m) (12)	Sheet 5 (20)	Sheet 6 (Jump & Go) (30)	Sheet 7 (21)	Sheet 8 (21)	Sheet 9 (Throw & Go) (25)	Sheet 5 (14)	Sheet 6 (13)
7.00pm	Sheet 7 (1.15m-1.55m) (15)	Sheet 8 (1.15m-1.55m) (15)	Sheet 7 (20)	Sheet 8 (20)	Sheet 10 (23)	Sheet 11 (23)	Sheet 12 (Throw & Go) (9)	Sheet 7 (15)	Sheet 8 (Throw & Go) (0)
8.00pm	Sheet 9 (1.05m-1.45m) (14)	Sheet 10 (1.05m-1.45m) (13)	Sheet 9 (21)	Sheet 10 (20)	Sheet 13 (21)	Sheet 14 (20)	Sheet 15 (Throw & Go) (6)	Sheet 9 (5)	
9:00pm			Sheet 11 (Jump & Go) (4)	Sheet 12 (Jump & Go) (0)	Sheet 16 (Throw & Go) (4)	Sheet 17 (Throw & Go) (0)	Sheet 18 (Throw & Go) (0)	Sheet 10 (Throw & Go) (1)	

* Seated Shot Put will be included in the timetable once entries have closed. AV will contact entrants to arrange a suitable time

TIMETABLE of EVENTS as at 12.01.22
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SATURDAY 22nd JANUARY 2022 DRAFT TIMETABLE

ROUND 08 – Zone B Twilight Venue Duncan McKinnon

Program 1

(includes State Relay 4x400m Open Men & Women Qualifiers
& State Relay 4x400m seed timing events for Juniors & Masters age groups)



TRACK EVENTS

Draft Time	Event	Grades
3.40pm	4x400m Relay (Lanes 1-8)	All Men
4.10pm	4x400m Relay (Lanes 1-8)	All Women
4.30pm	3000 Metres Steeple (91cm) (Lanes 1-3)	Open/U20/40+/50+ Men
4.45pm	2000 Metres Steeple (84cm) (Lanes 1-3)	U18 Men
5.00pm	3000 Metres Steeple (76.2cm) (Lanes 1-3) 2000 Metres Steeple (76.2cm)	Open/U20 Women 60+/U16/U14 Men 40+/50+/60+/U18/U16/U14 Women
5.15pm	1500m Walk (Lanes 1-3) ** 3000m Walk (Lanes 1-3) **	All Men & Women (Athlete can choose)
5.30pm	400 Metre Hurdles (Lanes 5-8) 300 Metre Hurdles (Lanes 5-8) 200 Metre Hurdles (Lanes 5-8)	Open/U20/U18/40+/50+ Men & Open/U20/U18/40+ Women 60+ Men & 50+/60+ Women U16/U14 Men & Women
6.30pm	200m (Lanes 4-8)	All Men
6.30pm	1500m (Lanes 1-3)	All Women
7.15pm	1500m (Lanes 1-3)	All Men
7.30pm	200m (Lanes 4-8)	All Women

** The 1500m/3000m Walk are considered the same event and athletes can only enter one or the other. (Refer AVSL Rule 6.3)

FIELD EVENTS

The number of spots available for each Field event sheet are shown in brackets for each sheet.

Draft Time	Pole Vault	Triple Jump		Discus	Javelin
	Zone B Clubs Only	Pit 1	Pit 2		
4.00pm	Sheet 1 (3.55m+)	Sheet 1 (20)	Controlled Sheet 2 (13m+/11m+) (20)	Sheet 1 (20)	Controlled Sheet 1 (35m+/30m+) (20)
5.00pm				Sheet 2 (20)	Sheet 2 (20)
5.15pm	Sheet 2 (2.80m+)	Sheet 3 (20)	Sheet 4 (20)	Seated Discus/Javelin	
6.00pm		Sheet 5 (20)	Sheet 6 (20)	Sheet 3 (20)	Sheet 3 (20)
6.45pm	Sheet 3 (1.60m+)				
7.00pm		Sheet 7 (20)	Sheet 8 (20)	Sheet 4 (Throw & Go) (24)	Sheet 4 (Throw & Go) (24)
7.30pm				Controlled Sheet 5 (35m+/28m+) (20)	Sheet 5 (20)
8.00pm		Sheet 9 (20)	Sheet 10 (20)		

TIMETABLE of EVENTS as at 12.01.22
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SATURDAY 22nd JANUARY 2022 DRAFT TIMETABLE

ROUND 08 – Zone A Twilight Venue Aberfeldie

Program 2

(includes State Relay 4x400m Open Men & Women Qualifiers
& State Relay 4x400m seed timing events for Juniors & Masters age groups)



TRACK EVENTS

Draft Time	Event	Grades
3.40pm	4x400m Relay (Lanes 1-8)	All Men
4.10pm	4x400m Relay (Lanes 1-8)	All Women
4.30pm	3000 Metres Steeple (91cm) (Lanes 1-3)	Open/U20/40+/50+ Men
4.45pm	2000 Metres Steeple (84cm) (Lanes 1-3)	U18 Men
5.00pm	3000 Metres Steeple (76.2cm) (Lanes 1-3) 2000 Metres Steeple (76.2cm)	Open/U20 Women 60+/U16/U14 Men 40+/50+/60+/U18/U16/U14 Women
5.15pm	1500m Walk (Lanes 1-3) ** 3000m Walk (Lanes 1-3) **	All Men & Women (Athlete can choose)
5.30pm	400 Metre Hurdles (Lanes 5-8) 300 Metre Hurdles (Lanes 5-8) 200 Metre Hurdles (Lanes 5-8)	Open/U20/U18/40+/50+ Men & Open/U20/U18/40+ Women 60+ Men & 50+/60+ Women U16/U14 Men & Women
6.30pm	200m (Lanes 4-8)	All Men
6.30pm	1500m (Lanes 1-3)	All Women
7.15pm	1500m (Lanes 1-3)	All Men
7.30pm	200m (Lanes 4-8)	All Women

** The 1500m/3000m Walk are considered the same event and athletes can only enter one or the other. (Refer AVSL Rule 6.3)

FIELD EVENTS

The number of spots available for each Field event sheet are shown in brackets for each sheet.

Draft Time	Pole Vault	Triple Jump		Discus	Javelin
	Zone A Clubs Only	Pit 1	Pit 2		
4.00pm	Sheet 1 (3.25m+)	Sheet 1 (20)	Controlled Sheet 2 (13m+/11m+) (20)	Sheet 1 (20)	Controlled Sheet 1 (35m+/30m+) (20)
5.00pm				Sheet 2 (20)	Sheet 2 (20)
5.15pm		Sheet 3 (20)	Sheet 4 (20)	Seated Discus/Javelin	
5.30pm	Sheet 2 (2.65m+)				
6.00pm		Sheet 5 (20)	Sheet 6 (20)	Sheet 3 (20)	Sheet 3 (20)
7.00pm	Sheet 3 (1.60m+)	Sheet 7 (20)	Sheet 8 (20)	Sheet 4 (Throw & Go) (24)	Sheet 4 (Throw & Go) (24)
7.30pm				Controlled Sheet 5 (35m+/28m+) (20)	Sheet 5 (20)
8.00pm		Sheet 9 (20)	Sheet 10 (20)		

TIMETABLE of EVENTS as at 12.01.22
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SATURDAY 5th FEBRUARY 2022 DRAFT TIMETABLE

ROUND 09 – Zone B Venue Casey

Program 1

TRACK EVENTS



Draft Time	Event	Grades
1.30pm	2000m Walk (Lanes 1-3) ** 5000m Walk (Lanes 1-3) **	All Men & Women Available Only to Open/U20/U18 Men & Women
1.30pm	110 Metre Hurdles (Lanes 5-9) 100 Metre Hurdles (Lanes 5-9) 90 Metre Hurdles (Lanes 5-9) 80 Metre Hurdles (Lanes 5-9)	Open/U20/U18/40+ Men Open/U20/U18 Women & U16/50+/60+ Men U14 Men & U16 Women U14/40+/50+/60+ Women
2.15pm	3000 Metres (Lanes 1-3)	All Men
2.30pm	200 Metres (Lanes 4-8)	All Women
2.45pm	3000 Metres (Lanes 1-3)	All Women
3.30pm	800 Metres (Lanes 1-3) 12 per heat	All Women
3.45pm	200 Metres (Lanes 4-8)	All Men
4.15pm	800 Metres (Lanes 1-3) 12 per heat	All Men

** The 2000m/5000m Walk are considered the same event and athletes can only enter one or the other. (Refer AVSL Rule 6.3)

FIELD EVENTS

The number of spots available for each Field event sheet are shown in brackets for each sheet.

Draft Time	High Jump	Pole Vault	Triple Jump		Shot Put		Hammer
		Zone B Clubs Only	Pit 1	Pit 2	Circle 1	Circle 2	
1.30pm	Controlled Sheet 1 (1.65m+) (15)	Sheet 1 (3.55m+)	Sheet 1 (20)	Controlled Sheet 2 (13m+/11m+) (20)	Sheet 1 (20)	Controlled Sheet 2 (13m+/11m+) (20)	Sheet 1 (20)
2.30pm	Sheet 2 (1.40m-1.80m) (15)				Sheet 3 (20)	Sheet 4 (20)	Sheet 2 (20)
2.45pm		Sheet 2 (2.80m+)	Sheet 3 (20)	Sheet 4 (20)		Seated Shot	
3.30pm	Sheet 3 (1.35m-1.75m) (15)		Sheet 5 (20)	Sheet 6 (20)	Sheet 5 (20)	Sheet 6 (20)	Sheet 3 (20)
4.15pm		Sheet 3 (1.60m+)					
4.30pm	Sheet 4 (1.15m-1.55m) (15)		Sheet 7 (20)	Sheet 8 (20)	Sheet 7 (Throw & Go) (24)	Sheet 8 (Throw & Go) (24)	Sheet 4 (Throw & Go) (24)
5.00pm					Sheet 9 (20)	Sheet 10 (20)	Controlled Sheet 5 (35m+/30m+) (20)
5.30pm	Sheet 5 (1.05m-1.45m) (15)		Sheet 9 (20)	Sheet 10 (20)			
6.00pm					Sheet 11 (15)	Sheet 12 (15)	Sheet 6 (7)

TIMETABLE of EVENTS as at 12.01.22
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SATURDAY 5th FEBRUARY 2022 DRAFT TIMETABLE

ROUND 09 – Zone A Venue Aberfeldie

Program 2

TRACK EVENTS



Draft Time	Event	Grades
1.30pm	2000m Walk (Lanes 1-3) ** 5000m Walk (Lanes 1-3) **	All Men & Women Available Only to Open/U20/U18 Men & Women
1.30pm	400 Metre Hurdles (Lanes 4-8) 300 Metre Hurdles (Lanes 4-8) 200 Metre Hurdles (Lanes 4-8)	Open/U20/U18/40+/50+ Men & Open/U20/U18/40+ Women 60+ Men & 50+/60+ Women U16/U14 Men & Women
2.15pm	1500 Metres (Lanes 1-3)	All Women
2.30pm	100 Metres (Lanes 5-9)	All Men
2.45pm	1500 Metres (Lanes 1-3)	All Men
3.30pm	3000 Metres Steeple (91cm) (Lanes 1-3)	Open/U20/40+/50+ Men
3.30pm	100 Metres (Lanes 5-9)	All Women
3.45pm	2000 Metres Steeple (84cm) (Lanes 1-3)	U18 Men
4.00pm	3000 Metres Steeple (76.2cm) (Lanes 1-3) 2000 Metres Steeple (76.2cm)	Open/U20 Women 60+/U16/U14 Men 40+/50+/60+/U18/U16/U14 Women
4.30pm	400 Metres (Lanes 1-8)	All Men
5.15pm	400 Metres (Lanes 1-8)	All Women

** The 2000m/5000m Walk are considered the same event and athletes can only enter one or the other. (Refer AVSL Rule 6.3)

FIELD EVENTS

The number of spots available for each Field event sheet are shown in brackets for each sheet.

Draft Time	Pole Vault	Long Jump		Discus	Javelin
	Zone A Clubs Only	Pit 1	Pit 2		
1.30pm	Sheet 1 (3.25m+)	Sheet 1 (20)	Controlled Sheet 2 (6m+/5m+) (20)	Controlled Sheet 1 (35m+/28m+) (20)	Sheet 1 (20)
2.30pm				Sheet 2 (20)	Sheet 2 (20)
2.45pm		Sheet 3 (20)	Sheet 4 (20)	Seated Discus/Javelin	
3.00pm	Sheet 2 (2.65m+)				
3.30pm		Sheet 5 (20)	Sheet 6 (20)	Sheet 3 (20)	Sheet 3 (20)
4.30pm	Sheet 3 (1.60m+)	Sheet 7 (20)	Sheet 8 (20)	Sheet 4 (Throw & Go) (24)	Sheet 4 (Throw & Go) (24)
5.00pm				Sheet 5 (20)	Controlled Sheet 5 (35m+/30m+) (20)
5.30pm		Sheet 9 (20)	Sheet 10 (20)		
6.00pm				Sheet 6 (15)	Sheet 6 (15)

TIMETABLE of EVENTS as at 12.01.22
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SATURDAY 12th FEBRUARY 2022 DRAFT TIMETABLE

ROUND 10 – SUPER SATURDAY Lakeside Zone B

Program 2

TRACK EVENTS



Draft Time	Event	Grades
9.30am	400 Metre Hurdles (Lanes 4-8) 300 Metre Hurdles (Lanes 4-8) 200 Metre Hurdles (Lanes 4-8)	Open/U20/U18/40+/50+ Men & Open/U20/U18/40+ Women 60+ Men & 50+/60+ Women U16/U14 Men & Women
9.30am	1500 Metres (Lanes 1-3)	All Women
10.00am	1500 Metres (Lanes 1-3)	All Men
10.30am	100 Metres (Lanes 5-9)	All Men
10.45am	3000 Metres (Lanes 1-3)	All Women
11.30am	100 Metres (Lanes 5-9)	All Women
11.30am	3000 Metres (Lanes 1-3)	All Men
12.15pm	4x100m Relay (lanes 1-8)	All Men
12.30pm	4x100m Relay (lanes 1-8)	All Women
12.45pm	400 Metres (Lanes 1-8)	All Men
1.30pm	400 Metres (Lanes 1-8)	All Women

FIELD EVENTS

The number of spots available for each Field event sheet are shown in brackets for each sheet.

Draft Time	Pole Vault	Triple Jump		Discus	Javelin
	Zone B Clubs Only	Pit 1	Pit 2		
9.30am	Sheet 1 (3.55m+)	Sheet 1 (20)	Controlled Sheet 2 (13m+/11m+) (20)	Controlled Sheet 1 (35m+/28m+) (20)	Sheet 1 (20)
10.30am				Sheet 2 (20)	Sheet 2 (20)
10.45am		Sheet 3 (20)	Sheet 4 (20)	Seated Discus/Javelin	
11.00am	Sheet 2 (2.80m+)				
11.30am		Sheet 5 (20)	Sheet 6 (20)	Sheet 3 (20)	Sheet 3 (20)
12.30pm	Sheet 3 (1.60m+)	Sheet 7 (20)	Sheet 8 (20)	Sheet 4 (Throw & Go) (24)	Sheet 4 (Throw & Go) (24)
1.00pm				Sheet 5 (20)	Controlled Sheet 5 (35m+/30m+) (20)
1.30pm		Sheet 9 (20)	Sheet 10 (20)		
2.00pm				Sheet 6 (15)	Sheet 6 (15)

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SATURDAY 12th FEBRUARY 2022 DRAFT TIMETABLE

ROUND 10 – SUPER SATURDAY Lakeside Zone A

Program 2

TRACK EVENTS



Draft Time	Event	Grades
3.30pm	400 Metre Hurdles (Lanes 4-8) 300 Metre Hurdles (Lanes 4-8) 200 Metre Hurdles (Lanes 4-8)	Open/U20/U18/40+/50+ Men & Open/U20/U18/40+ Women 60+ Men & 50+/60+ Women U16/U14 Men & Women
3.30pm	1500 Metres (Lanes 1-3)	All Women
4.00pm	1500 Metres (Lanes 1-3)	All Men
4.30pm	100 Metres (Lanes 5-9)	All Men
4.45pm	3000 Metres (Lanes 1-3)	All Women
5.30pm	100 Metres (Lanes 5-9)	All Women
5.30pm	3000 Metres (Lanes 1-3)	All Men
6.15pm	4x100m Relay (lanes 1-8)	All Men
6.30pm	4x100m Relay (lanes 1-8)	All Women
6.45pm	400 Metres (Lanes 1-8)	All Men
7.30pm	400 Metres (Lanes 1-8)	All Women

FIELD EVENTS

The number of spots available for each Field event sheet are shown in brackets for each sheet.

Draft Time	Pole Vault	Triple Jump		Discus	Javelin
	Zone A Clubs Only	Pit 1	Pit 2		
3.30pm	Sheet 1 (3.25m+)	Sheet 1 (20)	Controlled Sheet 2 (13m+/11m+) (20)	Controlled Sheet 1 (35m+/28m+) (20)	Sheet 1 (20)
4.30pm				Sheet 2 (20)	Sheet 2 (20)
4.45pm	Sheet 2 (2.65m+)	Sheet 3 (20)	Sheet 4 (20)	Seated Discus/Javelin	
5.30pm		Sheet 5 (20)	Sheet 6 (20)	Sheet 3 (20)	Sheet 3 (20)
6.15pm	Sheet 3 (1.60m+)				
6.30pm		Sheet 7 (20)	Sheet 8 (20)	Sheet 4 (Throw & Go) (24)	Sheet 4 (Throw & Go) (24)
7.00pm				Sheet 5 (20)	Controlled Sheet 5 (35m+/30m+) (20)
7.30pm		Sheet 9 (20)	Sheet 10 (20)		
8.00pm				Sheet 6 (15)	Sheet 6 (15)