

TIMETABLE of EVENTS as at 02.02.22
All timetables featured are subject to change.



SATURDAY 5th FEBRUARY 2022
PROVISIONAL TIMETABLE

ROUND 09 – Zone B Venue Casey

Program 1

TRACK EVENTS

Prov Time	Draft Time	Event	Grades
1.30pm	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	1.30pm	110 Metre Hurdles (Lanes 5-8) 100 Metre Hurdles (Lanes 5-8) 90 Metre Hurdles (Lanes 5-8) 80 Metre Hurdles (Lanes 5-8)	Open/U20/U18/40+ Men Open/U20/U18 Women & U16/50+/60+ Men U14 Men & U16 Women U14/40+/50+/60+ Women
2.00pm	2.15pm	3000 Metres (Lanes 1-3)	All Men
2.30pm	2.30pm	200 Metres (Lanes 1-8)	All Women
3.05pm	2.45pm	3000 Metres (Lanes 1-3)	All Women
3.30pm	3.30pm	800 Metres (Lanes 1-3) 12 per heat	All Women
4.00pm	3.45pm	200 Metres (Lanes 1-8)	All Men
4.45pm	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.

Prov 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+) (6)	Sheet 1 (3.55m+) (8)	Sheet 1 (13)	Controlled Sheet 2 (13m+/11m+) (7)	Sheet 1 (21)	Controlled Sheet 2 (13m+/11m+) (5)	Sheet 1 (12)
2.30pm	Sheet 2 (1.40m-1.80m) (15)				Sheet 3 (23)	Sheet 4 (22)	Sheet 2 (15)
2.45pm		Sheet 2 (2.80m+) (11)	Sheet 3 (19)	Sheet 4 (15)		Seated Shot (2)	
3.30pm	Sheet 3 (1.35m-1.75m) (15)		Sheet 5 (14)	Sheet 6 (0)	Sheet 5 (20)	Sheet 6 (20)	Sheet 3 (12)
4.15pm		Sheet 3 (1.60m+) (9)					
4.30pm	Sheet 4 (1.15m-1.55m) (15)		Sheet 7 (17)	Sheet 8 (0)	Sheet 7 (Throw & Go) (14)	Sheet 8 (Throw & Go) (0)	Sheet 4 (Throw & Go) (3)
5.00pm					Sheet 9 (20)	Sheet 10 (0)	Controlled Sheet 5 (35m+/30m+) (7)
5.30pm	Sheet 5 (1.05m-1.45m) (15)		Sheet 9 (2)	Sheet 10 (0)			
6.00pm					Sheet 11 (7)	Sheet 12 (0)	Sheet 6 (7)

TIMETABLE of EVENTS as at 02.02.22
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SATURDAY 5th FEBRUARY 2022 PROVISIONAL TIMETABLE

ROUND 09 – Zone A Venue Aberfeldie

Program 2

TRACK EVENTS



Prov Time	Draft Time	Event	Grades
1.30pm	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	1.30pm	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
2.15pm	2.15pm	1500 Metres (Lanes 1-3)	All Women
2.30pm	2.30pm	100 Metres (Lanes 5-9)	All Men
2.45pm	2.45pm	1500 Metres (Lanes 1-3)	All Men
3.45pm	3.30pm	3000 Metres Steeple (91cm) (Lanes 1-3)	Open/U20/40+/50+ Men
4.00pm	3.30pm	100 Metres (Lanes 5-9)	All Women
4.00pm	3.45pm	2000 Metres Steeple (84cm) (Lanes 1-3)	U18 Men
4.15pm	4.00pm	3000 Metres Steeple (76.2cm) (Lanes 1-3) 2000 Metres Steeple (76.2cm)	Open/U20 Women 40+/50+/60+/U18/U16/U14 Women
4:30pm		2000 Metres Steeple (76.2cm)	60+/U16/U14 Men
5.00pm	4.30pm	400 Metres (Lanes 1-8)	All Men
6.00pm	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.

Prov Time	Pole Vault	Long Jump		Discus	Javelin
	Zone A Clubs Only	Pit 1	Pit 2		
1.30pm	Sheet 1 (3.25m+) (5)	Sheet 1 (20)	Controlled Sheet 2 (6m+/5m+) (20)	Controlled Sheet 1 (35m+/28m+) (14)	Sheet 1 (22)
2.30pm				Sheet 2 (20)	Sheet 2 (21)
2.45pm		Sheet 3 (20)	Sheet 4 (20)	Seated Discus/Javelin	
3.00pm	Sheet 2 (2.65m+) (4)				
3.30pm		Sheet 5 (20)	Sheet 6 (20)	Sheet 3 (20)	Sheet 3 (20)
4.30pm	Sheet 3 (1.60m+) (12)	Sheet 7 (20)	Sheet 8 (20)	Sheet 4 (Throw & Go) (24)	Sheet 4 (Throw & Go) (24)
5.00pm				Sheet 5 (21)	Controlled Sheet 5 (35m+/30m+) (12)
5.30pm		Sheet 9 (15)	Sheet 10 (15)		
6.00pm				Sheet 6 (17)	Sheet 6 (15)

TIMETABLE of EVENTS as at 02.02.22
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SATURDAY 12th FEBRUARY 2022
DRAFT TIMETABLE

ROUND 10 – SUPER SATURDAY Lakeside
MORNING SESSION (Zone B – Club Helpers)

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) (4 Heats)	All Women
10.00am	1500 Metres (Lanes 1-3) (7 Heats)	All Men
10.30am	100 Metres (Lanes 5-10) (20 Heats)	All Men
10.45am	3000 Metres (Lanes 1-3) (3 Heats)	All Women
11.30am	100 Metres (Lanes 5-10) (15 Heats)	All Women
11.30am	3000 Metres (Lanes 1-3) (4 Heats)	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) (12 Heats)	All Men
1.30pm	400 Metres (Lanes 1-8) (12 Heats)	All Women

Due to the nature of the Super Saturday round, there will be limitations on opportunities in Track Events to avoid overloading in each of the sessions across the day.

You may only compete in each track event ONCE across an AVSL round.

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 AFTERNOON SESSION (Zone A – Club Helpers)

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) (4 Heats)	All Women
4.00pm	1500 Metres (Lanes 1-3) (7 Heats)	All Men
4.30pm	100 Metres (Lanes 5-10) (20 Heats)	All Men
4.45pm	3000 Metres (Lanes 1-3) (3 Heats)	All Women
5.30pm	100 Metres (Lanes 5-10) (15 Heats)	All Women
5.30pm	3000 Metres (Lanes 1-3) (4 Heats)	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) (12 Heats)	All Men
7.30pm	400 Metres (Lanes 1-8) (12 Heats)	All Women

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FIELD EVENTS

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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)