

TIMETABLE of EVENTS as at 10.02.22
All timetables featured are subject to change.



SATURDAY 12th FEBRUARY 2022 PROVISIONAL TIMETABLE

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

Program 2

TRACK EVENTS

Prov Time	Draft Time	Event	Grades
9.30am	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	9.30am	1500 Metres (Lanes 1-3)	All Women
10.00am	10.00am	1500 Metres (Lanes 1-3)	All Men
10.30am	10.30am	100 Metres (Lanes 5-10)	All Men
10.45am	10.45am	3000 Metres (Lanes 1-3)	All Women
11.40am	11.30am	100 Metres (Lanes 5-10)	All Women
11.30am	11.30am	3000 Metres (Lanes 1-3)	All Men
12.20pm	12.15pm	4x100m Relay (lanes 1-8)	All Men
12.35pm	12.30pm	4x100m Relay (lanes 1-8)	All Women
12.45pm	12.45pm	400 Metres (Lanes 1-8)	All Men
1.50pm	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.

Prov 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+) (10)	Sheet 1 (20)
10.30am				Sheet 2 (20)	Sheet 2 (20)
10.45am		Sheet 3 (20)	Sheet 4 (20)	Seated Discus/Javelin (1)	
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) (23)	Sheet 4 (Throw & Go) (8)
1.00pm				Sheet 5 (20)	Controlled Sheet 5 (35m+/30m+) (6)
1.30pm		Sheet 9 (20)	Sheet 10 (20)		
2.00pm				Sheet 6 (14)	Sheet 6 (15)

TIMETABLE of EVENTS as at 10.02.22
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SATURDAY 12th FEBRUARY 2022 PROVISIONAL TIMETABLE

ROUND 10 – SUPER SATURDAY Lakeside AFTERNOON SESSION (Zone A – Club Helpers)

Program 2 TRACK EVENTS

Prov Time	Draft Time	Event	Grades
3.30pm	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	3.30pm	1500 Metres (Lanes 1-3)	All Women
4.00pm	4.00pm	1500 Metres (Lanes 1-3)	All Men
4.30pm	4.30pm	100 Metres (Lanes 5-10)	All Men
4.45pm	4.45pm	3000 Metres (Lanes 1-3)	All Women
5.30pm	5.30pm	100 Metres (Lanes 5-10)	All Women
5.30pm	5.30pm	3000 Metres (Lanes 1-3)	All Men
6.15pm	6.15pm	4x100m Relay (lanes 1-8)	All Men
6.30pm	6.30pm	4x100m Relay (lanes 1-8)	All Women
6.45pm	6.45pm	400 Metres (Lanes 1-8)	All Men
7.30pm	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 (7) (3.25m+)	Sheet 1 (16)	Controlled Sheet 2 (13m+/11m+) (13)	Controlled Sheet 1 (35m+/28m+) (14)	Sheet 1 (20)
4.30pm				Sheet 2 (20)	Sheet 2 (20)
4.45pm	Sheet 2 (2) (2.65m+)	Sheet 3 (16)	Sheet 4 (0)	Seated Discus/Javelin (0)	
5.30pm		Sheet 5 (16)	Sheet 6 (0)	Sheet 3 (20)	Sheet 3 (20)
6.15pm	Sheet 3 (10) (1.60m+)				
6.30pm		Sheet 7 (16)	Sheet 8 (0)	Sheet 4 (Throw & Go) (24)	Sheet 4 (Throw & Go) (24)
7.00pm				Sheet 5 (20)	Controlled Sheet 5 (35m+/30m+) (8)
7.30pm		Sheet 9 (10)	Sheet 10 (0)		
8.00pm				Sheet 6 (15)	Sheet 6 (15)