

TRACK & FIELD PROGRAMS

Athletics Bendigo Day 1 Program

Track

- 1.30pm Long hurdles Men & Women
- 1.30pm 1500m/3000m walk Men & Women
- 2.05pm 200m Men
- 2.15pm 200m Women
- 2.35pm 800m Men & Women
- 3.00pm 70m Women
- 3.10pm 70m Men
- 3.30pm 3000m/5000m Men & Women
- 4.00pm 4x400 Relays

Field

- 1.30pm Shot Put Men
- 1.30pm High Jump Men & Women
- 2.20pm Long Jump Men
- 2.20pm Shot Put Women
- 3.00pm Hammer Men & Women
- 3.10pm Long Jump Women

***NOTE:**

Rounds 2, 4, 6, 8, 10, 12 - 3000m (U14/U16/U18)
Rounds 2, 6, 10 - 3000m (Open/40+)
Rounds 4, 8, 12 - 5000m (Open/40+)

Athletics Bendigo Day 2 Program

Track

- 1.30pm Sprint Hurdles Men & Women
- 1.30pm 2000m Walk Men & Women
- 2.05pm 100m Men
- 2.15pm 100m Women
- 2.35pm 1500m Men & Women
- 3.00pm 400m Women
- 3.10pm 400m Men
- 3.35pm Steeple Men & Women
- 4.00pm 4x100m Relays

Field

- 1.30pm Discus Women
- 1.30pm Pole Vault Men & Women
- 2.15pm Discus Men
- 2.30pm Triple Jump Men
- 2.30pm Javelin Women
- 3.15pm Triple Jump Women
- 3.15pm Javelin Men

***NOTE:**

Round 1 - 3000m (U14/U16/U18) & 5000m (Open/40+) to replace Steeple.
Round 5 - 3000m (U14/U16/U18) & 5000m (Open/40+) to replace Steeple.

Entries close 30 minutes prior to the event scheduled time.

Relays close at 2:00pm with team lists by 3:00pm

Must enter for hurdles by email up to 5:00pm Friday to Summer Competition Manager p.barrett@ozemail.com.au. Or on the previous week at the track.

Athletes can pre enter for events by email up to 5:00pm Friday to Summer Competition Manager p.barrett@ozemail.com.au. Or on the previous week at the track.