

EVENT:	2015 METRO NORTH BENDIGO BANK REGIONAL CHAMPIONSHIPS
VENUE:	ASPLEY LAC, Paul O'Brien Oval, Maidencombe St, Geebung
DATE:	FRIDAY 6, SATURDAY 7 & SUNDAY 8 FEBRUARY 2015
ARRIVE:	FRIDAY 6.00PM FOR FIRST EVENT AT 6-30PM
ARRIVE:	SATURDAY / SUNDAY 8.00AM FOR FIRST EVENT AT 8.30AM

N.B.Events may be brought forward by 30mins

TRACK - FRIDAY 6 FEBRUARY 2015

6.30pm Invitational Walks U7 & 8 No cost!
Walks FINALS U9, 10, 11, 12, 14, 15+, 13

TRACK - SATURDAY 7 FEBRUARY 2015

8.30 am 400M Heats U11, 12, 13, 10, 15+, 14

10.10am 60m Hurdles U8, 9

11.00am 100m Heats U7, 14, 9, 13, 15+

12noon 100m Heats U8, 10, 12, 11

12.50pm 60m Hurdles FINALS U9

N.B. U7 & 8 NO FINALS

1.00pm **LUNCH** Presentation of U7& 8 Participation Medals

FINALS (if any)
1.30pm 400m U13, 14, 15+, 11, 12, 10

2.15pm 200m Hurdles U13, 14,15+

2.35pm 100m Finals U11, 9, 13, 10, 15+, 12 ,14
Presentation of Paul O'Brien Shield

3.00pm 1500m U11, 13, 15+, 12, 14

3.30pm 200m Hurdles Finals (if any)

TRACK - SUNDAY 8 FEBRUARY 2015

8.30am 70m heats U10, 9, 8, 7

9.15am 60m hurdles U10, 11 & U12

10.20am 80m / 90m / 100m hurdles U13, 14, U15+P, U15+

11.20am 200m heats U7, 8, 13, 9

12.10pm 200m heats U10, 12, 15+, 14, 11,
1.10pm 100m U15+P

1.15pm **LUNCH & U15/U17 MARCH PAST**

FINALS (if any)
1.50pm 70m U10, 9
2.00pm Sprint Hurdles U10, 11, 12, 13, 14, 15+
2.15pm 200m U9, 10, 11, 12, 14, 13, 15+
2.45pm 800m U15+, U15+P U9, 12, 13, 10, 14, 11

FIELD - FRIDAY 6 FEBRUARY 2015

6.30pm Javelin U12 Girls
Triple Jump U11
7.00pm Discus U8
High Jump U9
Shot Put U10
7.30pm Javelin U12 Boys
Triple Jump U13

FIELD - SATURDAY 7 FEBRUARY 2015

8.30am Long Jump U14
Javelin U15+
9.35am Long Jump U11
10.10am Javelin U13
Shot Put U7
10.40am High Jump U12
Long Jump U10
Shot Put U15+
11.25am Shot Put U11
11.55am Discus U14
High Jump U15+
12.25pm Long Jump U12
12.45pm Javelin U11 Girls

1.15pm Discus U9
Shot Put U13
1.30pm Triple Jump U15+
1.45pm Javelin U11 Boys

2.30pm Long jump U7
2.45pm High jump U10

3.00pm Discus U12

FIELD - SUNDAY 8 FEBRUARY 2015

8.30am Long Jump U15+ U15+P
Javelin U14
High Jump U13
Shot Put U12
9.30am Long jump U9

10.00am Discus U15+ U15+P
Shot Put U8
10.40am Triple Jump U14

11.30am Discus U10
High Jump U14

12.30pm Long Jump U13
1.15pm Shot Put U9
Discus U7

1.35pm High Jump U11

1.55pm Triple Jump U12

2.25pm Discus U13
3.00pm Long Jump U8
Discus U11
Shot Put U14

Note: **U15+P means Pentathlon events

****No finals U7/8's**

****15+ means U15,16 & 17 age groups**