

Round	Date	Competition	Venue
Round 1	Sat, 10 October 2009	Program 1	Frankston
Round 2	Sat, 17 October 2009	Program 2	Glenhuntly
Round 3	Sat, 24 October 2009	Program 1	Knox
Round 4	Thu, 29 October 2009	Program 2	Glenhuntly
Round 5	Sat, 14 November 2009	Program 1	Knox
Round 6	Sat, 21 November 2009	Program 2	Glenhuntly
Round 7	Sat, 28 November 2009	Program 1	Frankston
Round 8	Sat, 5 December 2009	Program 2	Glenhuntly
Round 9	Sat, 12 December 2009	Program 1	Knox
Round 10	Thu, 14 January 2010	Program 2	Glenhuntly
Round 11	Thu, 21 January 2010	Program 1	Frankston
Round 12	Thu, 28 January 2010	Program 2	Knox
Region Final	Sat, 6 February 2010	Program 1	Knox
Shield Final	Sat, 13 February 2010	Shield Final (see page 37)	Doncaster

VENUES

- Doncaster** Rieschick's Reserve, Cnr Victoria & George Sts, Doncaster (Melway Ref: 33 J11)
- Frankston** Ballam Park Athletic Track, Benanee Drive, Frankston (Melway Ref: 103 B7)
- Glenhuntly** Duncan MacKinnon Reserve, Cnr Murrumbeena & North Rds, Murrumbeena (Melway Ref: 68 A9)
- Knox** Knox Park Reserve, Bunjil Way, Scoresby (Melway Ref: 73 D7)

CLUBS

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| AWA: Athletics Waverley | MAC: Maccabi Athletic Club |
| CCA: Casey Cardinia Athletics | MAL: Malvern Harriers Athletic Club |
| EMH: East Melbourne Athletic Club | MEN: Mentone Athletic Club |
| FKN: Frankston Athletic Club | MPA: Mornington Peninsula Athletic Club |
| GHY: Glenhuntly Athletic Club | OAK: Oakleigh Athletic Club |
| HLB: Haileybury Athletic Club | SAN: Sandringham Athletic Club |
| KNA: Knox Athletic Club | |

For club contact details see the Athletics Victoria website: www.athsvic.org.au

CONTACT DETAILS

Secretary Yvonne Glover Phone: 9802 6564 Email: glovie@iprimus.com.au

OFFICE BEARERS

- Chairperson** Lyn Owen
- Vice Chairperson** Pam Noden
- Secretary** Yvonne Glover
- Treasurer** Ian Morehouse
- Computer Manager** Craig Mahony
- Club Duties Coordinator** Lyn Owen

46 SOUTH EAST REGION

PROGRAM 1 (This timetable is subject to change. See www.athsvic.org.au for up to date timetable)

Round 1	Sat, 10 October 2009	Frankston (1:00pm start)	Rotating Event: 5000m
Round 3	Sat, 24 October 2009	Knox (1:00pm start)	Rotating Event: 3000m
Round 5	Sat, 14 November 2009	Knox (1:00pm start)	Rotating Event: 5000m
Round 7	Sat, 28 November 2009	Frankston (1:00pm start)	Rotating Event: 3000m
Round 9	Sat, 12 December 2009	Knox (1:00pm start)	Rotating Event: 5000m
Round 11	Thu, 21 January 2010	Frankston (6:00pm start)	Rotating Event: 3000m
Region Final	Sat, 6 February 2010	Knox (1:00pm start)	Rotating Event: 5000m

Track

Day	Night		Men	Women
1:00pm	6:00pm	3000m Walk	All (except U14)	All (except U14)
1:00pm	6:00pm	1500m Walk	U14	U14
1:00pm	6:00pm	400m Hurdles	All	All
1:20pm	6:20pm	200m Hurdles	U14/U16	U14/U16
1:30pm	6:30pm	800m		All
1:40pm	6:40pm	200m	All	
2:00pm	7:00pm	800m	All	
2:20pm	7:20pm	200m		All
3:00pm	8:00pm	4x400m	All	
3:30pm	8:30pm	4x400m		All
3:50pm	8:50pm	3000m*	U18/U16/U14 or All*	U18/U16/U14 or All*
4:10pm	9:10pm	5000m* (<18:30)	Open & U20	Open/U20*
4:30pm	9:30pm	5000m* (>18:30)	Open & U20	Open & U20

*NOTES: 5000m/3000m rotation for Open & U20.

When a 3000m is scheduled (for all age groups), the first graded heat starts at 3:50pm.

When a 5000m is scheduled, there is only 1 heat of the 3000m (for U18, U16 & U14) at 3:50pm.

Field

Day	Night	High Jump	Long Jump	Shot Put	Hammer	Pole Vault*
1:00pm	6:00pm	1.25m-1.50m	*6m+/5m+	*11m+/9.5m+	*30m+	2.40m+
1:15pm	6:15pm					
1:30pm	6:30pm		5m+	9.5m-11.5m		
1:45pm	6:45pm	1.10m-1.35m			18m-30m	
2:00pm	7:00pm		4.4m-5m	8.5m-10.5m		
2:15pm	7:15pm					
2:30pm	7:30pm	1.60m+	4m-4.5m	7.5m-9.5m	<18m	1.80m+
2:45pm	7:45pm					
3:00pm	8:00pm		<4.5m	6.5m-8.5m		
3:15pm	8:15pm	1.45m-1.70m				
3:30pm	8:30pm		4.5m-6m	<7.5m		
3:45pm	8:45pm					
4:00pm	9:00pm	1.35m-1.60m	<5m	<10m		
4:15pm	9:15pm					

*NOTES: Pole Vault will only be held on Round 3 & Round 9.

Only athletes competing in the Men/Women (elite sections) will be eligible to qualify for additional attempts.