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| EVENT: | 2012 METRO NORTH BENDIGO BANK REGIONAL CHAMPIONSHIPS |
| VENUE: | ARANA LAC, LESLIE PATRICK PARK, OLEARIA ST., ARANA HILLS |
| DATE: | FRIDAY 3, SATURDAY 4 & SUNDAY 5 FEBRUARY 2012 |
| ARRIVE: | FRIDAY 6.00PM FOR FIRST EVENT AT 6-30PM |
| ARRIVE: | SATURDAY / SUNDAY 8.00AM FOR FIRST EVENT AT 8.30AM |

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| TRACK - FRIDAY | 3 FEBRUARY 2012 |
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6.30pm Invitational Walks U7 & 8 No cost!
Walks FINALS U9, 10, 11, 12, 14, 15+, 13

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| TRACK - SATURDAY | 4 FEBRUARY 2012 |
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8.30 am 400M heats U11, 12, 13, 10, 14, 15 +

10.10am 60m hurdles U8, 9, 10

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

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

12.50pm 60m hurdles FINALS U10, 9
N.B. U7 & 8 NO FINALS

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

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| FINALS (if any) |
| 1.30pm 400m U11, 12, 13, 10, 14, 15+ |
| 2.00pm 100m U14, 9, 13, 10, 12, 15+, 11 |

2.30pm 200m hurdles U13, 14, 15+

2.50pm 1500m U11, 14, 15+, 12, 13

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| TRACK - SUNDAY | 5 FEBRUARY 2012 |
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8.30am 70m heats U10, 9, 8, 7

9.15am 60m hurdles U11 & 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, 14, 11, 15+

1.10pm 100m U15+P

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

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| FINALS (if any) |
| 1.50pm 70m U9, 10 |
| 2.00pm Sprint Hurdles U11, 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 |

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| FIELD - FRIDAY | 3 FEBRUARY 2012 |
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6.30pm Javelin U12 Boys
Triple Jump U11

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| FIELD - SATURDAY | 4 FEBRUARY 2012 |
|-------------------------|------------------------|

8.30am High Jump U9
Long Jump U14
Shot Put U10
Javelin U15+

9.35am Long Jump U11
Javelin U13 Boys

10.10am Javelin U13 Girls
Shot Put U7

10.40am High Jump U12
Long Jump U10
Shot Put U15+

11.00am Discus U8
11.25am Shot Put U11
11.55am Discus U14

High Jump U15+
12.25pm Long Jump U12
12.45pm Javelin U11 Boys

1.15pm Discus U9
Shot Put U13

1.30pm Triple Jump U15+
1.55pm Javelin U11 Girls

2.30pm Long jump U7
2.45pm High jump U10

3.00pm Discus U12
Triple Jump U13

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| FIELD - SUNDAY | 5 FEBRUARY 2012 |
|-----------------------|------------------------|

8.30am Long Jump U15+ U15+P
Javelin U14 Boys

High Jump U13
Shot Put U12
9.30am Long jump U9
Javelin U14 Girls

10.00am Discus U15+ U15+P

10.40am Triple Jump U14

11.00am Javelin U12 Girls
Shot Put U8

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 and 17 age groups**