

PROGRAM 1

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| Round 1 | Sat, 20 October 2007 (Day Timetable: 12:45pm start) | Nunawading |
| Round 4 | Sat, 17 November 2007 (Day Timetable: 12:45pm start) | Doncaster |
| Round 7 | Sat, 8 December 2007 (Day Timetable: 12:45pm start) | Nunawading |
| Round 10 | Tues, 15 January 2008 (Night Timetable: 5:45pm start) | Nunawading |

| Track | | | | |
|--------|--------|--------------|----------------|----------------|
| Day | Night | | Men | Women |
| 1:00pm | 6:00pm | 200m Hurdles | U16/U14 | U16/U14 |
| | | 3000m Walk | All except U14 | All except U14 |
| | | 1500m Walk | U14 | U14 |
| 1:10pm | 6:10pm | 400m Hurdles | All Sections | All Sections |
| 1:25pm | 6:25pm | 100m | | All Sections |
| 1:35pm | 6:35pm | 800m | | All Sections |
| 1:50pm | 6:50pm | 100m | All Sections | |
| 1:55pm | 6:55pm | 800m | All Sections | |
| 2:35pm | 7:35pm | 200m | | All Sections |
| 2:45pm | 7:45pm | 1500m | | All Sections |
| 3:05pm | 8:05pm | 200m | All Sections | |
| 3:15pm | 8:15pm | 1500m | All Sections | |
| 3:55pm | 8:55pm | 4x400m Relay | | All Sections |
| 4:15pm | 9:15pm | 4x400m Relay | All Sections | |

| Field | | | | | |
|---------|--------|---------------|---------------|-------------|-------------|
| Day | Night | Javelin | Discus | High Jump | Long Jump |
| 12:45pm | 5:45pm | 38.00m+ | | | 5.80m+ |
| 1:00pm | 6:00pm | | | 1.05m-1.50m | |
| 1:15pm | 6:15pm | | | | |
| 1:30pm | 6:30pm | 31.00m-38.00m | < 17.00m | | 5.20m-5.80m |
| 1:45pm | 6:45pm | | | 1.05m-1.50m | |
| 2:00pm | 7:00pm | 23.00m-31.00m | 17.00m-23.00m | | |
| 2:15pm | 7:15pm | | | | 4.50m-5.20m |
| 2:30pm | 7:30pm | 23.00m-31.00m | 17.00m-23.00m | 1.40m-1.70m | |
| 2:45pm | 7:45pm | | | | 4.50m-5.20m |
| 3:00pm | 8:00pm | 15.00m-23.00m | 23.00m-29.00m | | |
| 3:15pm | 8:15pm | | | 1.40m-1.70m | |
| 3:30pm | 8:30pm | 15.00m-23.00m | 23.00m-29.00m | | 3.50m-4.50m |
| 3:45pm | 8:45pm | | | | |
| 4:00pm | 9:00pm | < 15.00m | 29.00m-35.00m | 1.60m+ | 3.50m-4.50m |
| 4:15pm | 9:15pm | | | | |
| 4:30pm | 9:30pm | | 35.00m+ | | <3.50m |