



WHITE ZONE 2015 – 16: AV SHIELD ROUND 4
Saturday 14th November 2015, Venue: Nunawading

TRACK EVENTS

TIME	EVENT	Men	Women
1:30pm	3000m Walk	All (except U14/U16)	All (except U14/U16)
1:30pm	1500m Walk	U14/U16	U14/U16
1:30pm	400m Hurdles	D1,D2,40+,50+,U20,U18	D1,D2,40+,50+,U20,U18
1:50pm	300m Hurdles	60+	50+,60+
2:00pm	200m Hurdles	U16,U14	U16,U14
2:10pm	200m		All
2:45pm	200m	All	
3:05pm	800m		All
3:30pm	800m	All	
4:05pm	4x400 Relay		All
4:25pm	4x400 Relay	All	
4:50pm	3000m	U18,U16,U14	U18,U16,U14
5:05pm	5000m	D1,D2,40+,50+60+U20	D1,D2,40+,50+,60+,U20

5000m run in grade heats, fast grade athletes in first heat to slowest graded athletes in last heat.

FIELD EVENTS

TIME	HAMMER	SHOT	HIGH JUMP	TRIPLE JUMP
1:00pm	35m+ (men) 30m+ (women)			
1:30pm		7.00m- 9.00m	1.25m-1.60m	12.00m+ (men) 10.00m+ (women)
2:00pm	20m – 35m	<7.00m		
2:15pm			1.05m-1.40m	10.25+
2:30pm		Warm up		
2:45pm	<20m	11.00m+ (men) 9.50m+(women)		8.50m-10.50m
3:00pm			1.60m+	
3:15pm				<8.00m
3:30pm	<35.00m	7.00m-9.00m		
3:45pm				6.50m – 8.50m
4:00pm		9.00m-11.00m	1.40m-1.75m	
4:15pm				All
4:30pm		All		
4:45pm			1.10m-1.45m	