



ZONE VS. ZONE 2015 – 16: AV SHIELD ROUND 8
Saturday 9th January 2016, Venue: Nunawading (Zone vs. Zone)

TRACK EVENTS

<i>TIME</i>	<i>EVENT</i>	<i>Men</i>	<i>Women</i>
12:00pm	3000m Walk	All (except U14/U16)	All (except U14/U16)
12:00pm	400m Hurdles	D1,D2,40+,50+,U20,U18	D1,D2,40+,50+,U20,U18
	300m Hurdles	60+	50+,60+
	200m Hurdles	U16,U14	U16/U14
12:30pm	1500m Walk	U14/U16	U14/U16
1:00pm	200m	All	
1:30pm	800m	All	
2:30pm	200m		All
2:50pm	800m		All
3:30pm	4 x 400 Relay	All	
4:05pm	4 x 400 Relay		All
4:40pm	3000m	All	All

3000m run in grade heats, fast grade athletes in first heat to slowest graded athletes in last heat.

FIELD EVENTS

<i>TIME</i>	<i>HAMMER</i>	<i>SHOT</i>	<i>HIGH JUMP</i>	<i>TRIPLE JUMP</i>
12:00pm	35m+	All	1.65m +	All
12:40pm	All	All		All
12:50pm			1.55m-1.90m	
1:20pm	All	All		All
1:40pm			1.45m-1.80m	
2:00pm	All	All		All
2:30pm			1.35m-1.70m	
2:40pm	25 m+	All		All
3:20pm	All	All	1:25m-1.60m	All
4:00pm	All	All		All
4:10pm			1.10m-1.45m	
4:40pm	All	All		All
5:00pm			1.05m-1.40m	