



RED ZONE 2015 – 16: AV SHIELD Round 9
Saturday 16th January 2016, Venue: Lakeside Stadium (Zone vs. Zone)

TRACK EVENTS

TIME	EVENT	Men	Women
10:00am	Sprint Hurdles	All	All
10:00am	1500m	All	
10:30am	100m	All	All
10:40am	1500m		All
11:15am	2000m Walk	All	All
12:00pm	4x100m Relay	All	
12:35pm	4x100m Relay		All
1:10pm	400m	All	
1:40pm	400m		All
2:10pm	2000m Steeple (76.2cm)	U14, U16, 60+	U14, U16, U18, 40+, 50+, 60+
	3000m Steeple (76.2cm)		Open, U20
2:45pm	2000m Steeple (91.4cm)	U18	
	3000m Steeple (91.4cm)	Open, U20, 40+, 50+	

FIELD EVENTS

TIME	JAVELIN	DISCUS	LONG JUMP	POLE VAULT
9:00am	<25m (Nth)	>25m (Out)		
		<25m (In)		
9:40m	<25m (Nth)	>25m (Out)	Pit 1 & Pit 2 (All)	
		<25m (In)		
10:20am	<25m (Nth)	<25m (Out)	Pit 1 & Pit 2 (All)	
	>25m (Sth)			
11:00am	<25m (Nth)	>25m (Out)	Pit 1 & Pit 2 (All)	
	>25m (Sth)			
11:40am	>25m (Sth)	<25m (Out)	Pit 1 & Pit 2 (All)	
12:20pm	<25m (Sth)	>25m (Out)	Pit 1 & Pit 2 (All)	2.50m – 4.00m (Pit 1) 1.60m – 2.80m (Pit 2)
1:00pm	All (Sth)	All (Out)	Pit 1 & Pit 2 (All)	
1:40pm	All (Sth)	All (Out)	Pit 1 & Pit 2 (All)	
2:20pm				3.85m+ (All Zones)



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