



WHITE ZONE 2016 – 17: PROGRAM

WHITE ZONE - ROUND 5- PROGRAM 1 – MT EVELYN

TRACK EVENTS

Time	Event	Grade
1.30pm	400 Metre Hurdles – 91.4 - 76.2 cm	Men before Women
	300 Metre Hurdles - 76.2cm	Men 60+ & Women 50+
	200 Metre Hurdles - 76.2cm	Men before Women U16 & U14, W60+
1.30pm	1500 & 3000 Metre Walk	All Grades (1500m U16 & U14)
2.10pm	200 Metres	Women
2.40pm	200 Metres	Men (Heats 1-6)
3.05pm	200 Metres	Men (Heats 7>)
3.05pm	800 Metres	Women
3.30pm	800 Metres	Men
4.05pm	4 x 400 Metre Relay	Women
4.25pm	4 x 400 Metre Relay	Men
4.55pm	3000 Metres	Men & Women - U18, U16, U14
5.10pm	5000 Metres	Men & Women - Open, 40+ & U20

FIELD EVENTS

Time	Shot Put	Hammer	Triple Jump	High Jump
1.00pm		35m+ Men 30m+ Women		
1.30pm	ALL		12m+ Men 10m+ Women	1.25m-1.60m
2.00pm	ALL	ALL		
2.15pm			ALL	1.05m-1.40m
2.30pm	Warm up			
2.45pm	11m+ Men 9.50m+ Women	ALL	ALL	
3.00pm				1.60m+
3.15pm			ALL	
3.30pm	ALL	ALL		
3.45pm			ALL	
4.00pm	ALL			1.40m-1.75m
4.15pm			ALL	
4.30pm	ALL			
4.45pm				1.10m-1.45m