



WHITE ZONE 2016 – 17: PROGRAM

WHITE ZONE - ROUND 6 - PROGRAM 2 – DONCASTER (WITH RED ZONE)

TRACK EVENTS

Time	Event	Grade
12.00pm	Sprint Hurdles	All Grades (highest to lowest spec)
12.00pm	3000m Steeple (91.4cm) 2000m Steeple (91.4cm)	Men Open, 40+, 50+, U20 U18, 60+
12.45pm	3000m Steeple (76cm) 2000m Steeple (76cm)	Women Open, U20 Men U16,U14;Women U14-U18,40+
1.00pm	100m	Men
1.20pm	5000m Walk	Men & Women OP U20, U18
1.50pm	3000m Walk	Men & Women U16, U14
2.15pm	100 Metres	Women
2.15pm	1500 Metres	Men
3.15pm	1500 Metres	Women
4.00pm	4 x 100 Metre Relay	Men
4.40pm	4 x 100 Metre Relay	Women
5.10pm	400 Metres	Men
6.00pm	400 Metres	Women

FIELD EVENTS

	Discus	Javelin	Long Jump	Pole Vault
11.45am	35m+ (17)	<20m (17)	Pit1 :5m (W)/6m(M) (15)	3.80m +
12.30pm	<35m (17)	< 30m (17)	Pit 1 & 2: All (17)	
1.15pm	<15m (17)	40m + (15)	Pit 1 & 2: All (17)	3.25m +
2.00pm	<30m (17)	<35m (17)	Pit 1 & 2: All (17)	
2.45pm	<35m (17)	<30m (17)	Pit 1 & 2: All (17)	2.05m +
3.30pm	<30m (17)	<35m (17)	Pit 1: All (17) Pit 2: Jump/Go (17)	
4.15pm	<35m (17)	<30m (17)	Pit 1: All (17) Pit 2: Jump/Go (17)	1.60m+
5.00pm	<40m (17)	<25m (17)	Pit 1 & 2: All	
5.45pm	<30m	<35m		