



WHITE ZONE 2016 – 17: PROGRAM

WHITE ZONE - ROUND 9- PROGRAM 1 - NUNAWADING

TRACK EVENTS

Time	Event	Grade
6.30pm	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+
6.30pm	1500 & 3000 Metre Walk	All Grades (1500m U16 & U14)
7.10pm	200 Metres	Women
7.40pm	200 Metres	Men (Heats 1-6)
8.05pm	200 Metres	Men (Heats 7>)
8.05pm	800 Metres	Women
8.30pm	800 Metres	Men
9.05pm	4 x 200 Metre Relay	Women
9.25pm	4 x 200 Metre Relay	Men
9.50pm	3000 Metres	Men & Women - U18, U16, U14
10.05pm	5000 Metres	Men & Women - Open, 40+ & U20

FIELD EVENTS

Time	Shot Put	Hammer	Triple Jump	High Jump
6.00pm		35m+ Men 30m+ Women		
6.30pm	ALL		12m+ Men 10m+ Women	1.25m-1.60m
7.00pm	ALL	ALL		
7.15pm			ALL	1.05m-1.40m
7.30pm	Warm up			
7.45pm	11m+ Men 9.50m+ Women	ALL	ALL	
8.00pm				1.60m+
8.15pm			ALL	
8.30pm	ALL	ALL		
8.45pm			ALL	
9.00pm	ALL			1.40m-1.75m
9.15pm			ALL	
9.30pm	ALL			
9.45pm				1.10m-1.45m