

WHITE ZONE - ROUND 10- PROGRAM 2 - NUNAWADING

TRACK EVENTS

Time	Event	Grades
1.30pm	Sprint Hurdles	Men & Women
1.30pm	3000m Steeple (91.4cm) 2000m Steeple (91.4cm)	Men Open, 40+, 50+, U20 U18, 60+
1.50pm	3000m Steeple (76cm) 2000m Steeple (76cm)	Women Open, U20 Men U16,U14;Women U14-U18,40+ 40+
2.10pm	100 Metres	Women
2.15pm	5000 Metre Walk	Men & Women Open, U20 & U18
2.15pm	3000 Metre Walk	Men & Women 40+, U16 & U14
2.35pm	100 Metres	Men
2.55pm	1500 Metres	Women
3.20pm	1500 Metres	Men
4.00pm	4 x 100 Metre Relay	Women
4.15pm	4 x 100 Metre Relay	Men
4.35pm	400 Metres	Women
4.55pm	400 Metres	Men

FIELD EVENTS

	Discus	Javelin	Long Jump	Pole Vault
1.30pm	35m+ Men 28m+ Women	< 14m	6m+ Men 5m+ Women	3.80m+
2.00pm		< 20m		
2.15pm	27m – 35 m		ALL	
2.30pm		<30m		
2.45pm	<20m		ALL	3.00m+
3.00pm		Warm up		
3.15pm	< 15m	40m+ Men 30m+ Women	ALL	
3.30pm				
3.45pm	<30m		ALL	
4.00pm		< 40m		1.60 m+
4.15pm	<20m		ALL	
4.30pm		ALL		
4.45pm	ALL			