



WHITE ZONE 2016 – 17: PROGRAM

WHITE ZONE - ROUND 12 - 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 | 2000 Metre Walk | Men & Women |
| 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 | | | |