



## AV SHIELD FINAL (DRAFT TIMETABLE) as at 7.12.17

\*Provisional Timetable will be published following closing date.

### SATURDAY 10<sup>th</sup> FEBRUARY 2018

#### TRACK EVENTS Program 1 AV SHIELD FINAL – LAKESIDE STADIUM

ZONE		
Time	Event	Grades
9.00am	*3000 Metres (Lanes 1-3)	All Women
9.30am	Queens Baton Relay Ceremony (All clubs welcome)	
10.00am	400 Metre Hurdles (Lanes 4-8) 300 Metre Hurdles 200 Metre Hurdles	Open/U20/U18/40+/50+ Men & Open/U20/U18/40+ Women 60+ Men & 50+ 60 + Women U14/U16 Men & Women
11.00am	*2000m Walk (Lanes 1-3)(20 per heat)	All Men & Women
11.30am	200 Metres (Lanes 4-8)	Men
12.30pm	800 Metres (Lanes 1-3)12 per heat	Women
2.30pm	800 Metres (Lanes 1-3)12 per heat	Men
2.00pm	200 Metres (Lanes 4-8)	Women
4.00pm	*3000 Metres (Lanes 1-3)	All Men
6.00pm	4 x 200m Relay (Lanes 1-8)	Men
7.00pm	4 x 200m Relay (Lanes 1-8)	Women

#### FIELD EVENTS Program 1 AV SHIELD FINAL – LAKESIDE STADIUM

Time	Shot Put (2 Circles) Max 20 per sheet	Hammer Throw (2 Cages) Max 15 per sheet	Triple Jump (2 Pits) Max 20 per sheet	High Jump (2 Beds) Max 15 per bed
10.00am	Sheet 1/Sheet 2	Sheet 1 (Elite 35m+/30m+)/Sheet 2	Sheet 1/Sheet 2	1.65m+ (Elite)
11.00am	Sheet 3/Sheet 4		Sheet 3/Sheet 4	
11.30am		Sheet 3/Sheet 4		1.40m-1.80m/1.05m-1.35m
12.00pm	Sheet 5/Sheet 6		Sheet 5/Sheet 6	
12.30pm		Sheet 5/Sheet 6		
1.00pm	Sheet 7/Sheet 8		Sheet 7/Sheet 8	1.30m-1.75m/1.15m-1.50m
1.30pm		Sheet 7/Sheet 8		
2.00pm	Sheet 9/Sheet 10		Sheet 9/Sheet 10	
2.30pm		Sheet 9/Sheet 10		1.15m-1.50m/1.05m-1.35m
3.00pm	Sheet 11/Sheet 12		Sheet 11/Sheet 12	
3.30pm		Sheet 11/Sheet 12		
4.00pm	Sheet 13/Sheet 14		Sheet 13/Sheet 14	1.40m-1.80m/1.15m-1.50m
4.30pm		Sheet 13/Sheet 14		
5.00pm	Sheet 15 (Elite 13m+/11m+)/Sheet 16		Sheet 15/Sheet 16 (Elite 13m+/11m+)	
5.30pm		Sheet 15/Sheet 16		1.30m-1.75m/1.20m+
6.30pm	Sheet 17/Sheet 18	Sheet 17/Sheet 18	Sheet 17/Sheet 18	