



BLUE ZONE 2015 – 16: AV SHIELD Round 9
Saturday 16th January 2016, Venue: Lakeside Stadium (Zone vs. Zone)

TRACK EVENTS

TIME	EVENT	Men	Women
2:30pm	Sprint Hurdles	All	All
3:15pm	100m	All	
3:15pm	1500m		All
3:55pm	1500m	All	
4:30pm	100m		All
4:55pm	2000m Walk	All	
5:30pm	4x100m Relay	All	
6:05pm	4x100m Relay		All
6:40pm	400m	All	
7:25pm	400m		All
8:00pm	2000m Steeple (76.2cm)	U14, U16, 60+	U14, U16, U18, 40+
	3000m Steeple (76.2cm)		U20, Open
8:35pm	2000m Steeple (91.4cm)	U18	
	3000m Steeple (91.4cm)	U20, Open, 40+, 50+	

FIELD EVENTS

TIME	JAVELIN	DISCUS	LONG JUMP	POLE VAULT
2:20pm				3.85m+ (All Zones)
3:00pm	Over 25m (Sth)	<25m (Out)	Pit 1 & 2 - All	
3:40pm	Under 25m (Sth)	>25m (Out)	Pit 1 & 2 - All	
4:20pm	Over 25m (Sth)	< 25m (Out)	Pit 1 & 2 - All	2.50m – 4.00m (Pit 1) 1.60m – 2.80m (Pit 2)
5:00pm	All (Sth)	All (Out)	Pit 1 & 2 - All	
5:40pm	All (Sth)	All (Out)	Pit 1 & 2 - All	
6:20pm	Over 25m (Sth)	>25m (Out)	Pit 1 & 2 - All	
	Under 25m (Nth)			
7:00pm	Over 25m (Sth)	>25m (Out)	Pit 1 & 2 - All	
	Under 25m (Nth)			
7:40pm	Under 25m (Nth)	>25m (Out)	Pit 1 & 2 - All	
		<25m (In)		
8:20pm	Under 25m (Nth)	>25m (Out)	Pit 1 & 2 - All	
		<25m (In)		



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