



BLUE ZONE 2016 – 17: PROGRAM

TRACK EVENTS (Rounds 1,7) Program 1

BLUE ZONE		
Time	Event	Grades
1.30pm	400 Metre Hurdles	Open/U20/U18/40+/50+ Men &Open/U20/U18/40+ Women
	300 Metre Hurdles	60+ Men & 50+ Women
	200 Metre Hurdles	U14/U16 Men & U14/U16/60+ Women
1.30pm	3000 Metres	U18/U16/U14 Men & Women
1.45pm	5000 Metres	Open/U20/40+/50+/60+ Men & Women
2.35pm	800 Metres	Women
2.45pm	200 Metres	Men
3.00pm	800 Metres	Men
3.00pm	200 Metres	Women
3.45pm	4 x 200 Metre Relay(Round 1)	Men
	4 x 400 Metre Relay (Round 7)	
4.15pm	4 x 200 Metre Relay (Round 1)	Women
	4 x 400 Metre Relay (Round 7)	
4.40pm	1500 Metre Walk	U16/U14 Men & Women
4.55pm	3000 Metre Walk	Open/U20/U18/40+/50+/60+ Men & Women

FIELD EVENTS (Rounds 1,7) Program 1

Time	Shot Put	Hammer Throw	Triple Jump	High Jump
1.00pm	Sheet 1			
1.30pm	Sheet 2	30m+/25m+	Sheet 1	1.65m+
2.10pm	14m+/12m+	Sheet 2	Sheet 2	1.55m-1.80m
2.50pm	Sheet 4	Sheet 3	Sheet 3	1.45m-1.70m
3.30pm	Sheet 5	Sheet 4	13m+/10m+	1.35m-1.60m
4.10pm	Sheet 6		Sheet 5	1.25m-1.50m
4.50pm	Sheet 7		Sheet 6	1.05m+
5.30pm	Sheet 8		Sheet 7	



BLUE ZONE 2016 – 17: PROGRAM

TRACK EVENTS (Rounds 2,6,10,12) Program 2

BLUE ZONE		
Time	Event	Grades
1.30pm	Sprint Hurdles	All Men & Women
1.30pm	5000 Metre Walk (Rounds 2,6,10)	Open/U20/U18 Men & Women
	3000 Metre Walk (Rounds 2,6,10)	40+/50+/60+/U16/U14 Men & Women
1.30pm	2000 Metre Walk (Round 12)	All Men & Women
2.10pm	100 Metres	Women
2.30pm	1500 Metres	Men
2.45pm	100 Metres	Men
3.15pm	1500 Metres	Women
3.40pm	4 x 100 Metre Relay	Women
3.55pm	4 x 100 Metre Relay	Men
4.15pm	3000 Metre Steeple (91cm) 2000 Metres Steeple (91cm)	Open/U20/40+/50+ Men U18 Men
4.40pm	3000 Metres Steeple (76.2cm) 2000 Metres Steeple (76.2cm)	Open/U20 Women 60+/U16/U14 Men 40+/50+/60+/U18/U16/U14 Men
5.00pm	400 Metres	Men
5.30pm	400 Metres	Women

FIELD EVENTS (Rounds 2,6,10,12) Program 2

Time	Discus	Javelin	Long Jump	Pole Vault
1.00pm			6.00m+/5.00m+	
1.30pm	Sheet 1	Sheet 1	Sheet 2	3.60+
2.10pm	35+/28+	Sheet 2	Sheet 3	
2.30pm				2.70+
2.50pm	Sheet 3	Sheet 3	Sheet 4	
3.30pm	Sheet 4	40m+/30m+	Sheet 5	1.60+
4.10pm	Sheet 5	Sheet 5	Sheet 6	
4.50pm	Sheet 6	Sheet 6	Sheet 7	
5.30pm	Sheet 7	Sheet 7	Sheet 8	



BLUE ZONE 2016 – 17: PROGRAM

TRACK EVENTS (Round 3) Program 1 Zone v Zone

BLUE ZONE - ROUND 3 - FRANKSTON		
Time	Event	Grades
1.30pm	400 Metre Hurdles	Open/U20/U18/40+/50+ Men
	300 Metre Hurdles	Open/ U20/U18/40+ Women
	200 Metre Hurdles	60+Men & 50+ Women U14/!6 Men & U14/U16/60+ Women
1.30pm	3000 Metre Walk Heat 1	Open/U20/U18/40+/50+/60+ Men & Women
	1500 Metre Walk	U16/U14 Men and Women
1.45pm	3000 Metre Walk Heat 2	
2.00pm	800 Metres	Men
2.15pm	200 Metres	Women
3.00pm	800 Metres	Women
3.15pm	200 Metres	Men
4.15pm	4 x 200 Metre Relay	Women
4.45pm	4 x 200 Metre Relay	Men
5.15pm	3000 Metres	U18/U16/U14 Men & Women
5.30pm	3000 Metres Heat 1	Open/U20/U18/40+/50+/60+ Men and Women
5.45pm	3000 Metres Heat 2	
6.00pm	3000 Metres Heat 3	

FIELD EVENTS (Round 3) Program 1 Zone v Zone

Time	Shot Put	Hammer Throw	Triple Jump	High Jump
1.30pm	Sheet 1 x 2	30m+/25m+	Sheet 1x2	1.65m+
2.10pm	14m+/12m+	Sheet 2	Sheet 2x2	1.55m-1.80m
2.50pm	Sheet 3x2	Sheet 3	Sheet 3x2	1.45m-1.70m
3.30pm	Sheet 4x2	Sheet 4	13m+/10m+	1.35m-1.60m
4.10pm	Sheet 5x2	Sheet 5x2	Sheet 5x2	1.25m-1.40m
4.50pm	Sheet 6x2	Sheet 6x2	Sheet 6x2	1.15m-1.60
5.30pm	Sheet 7x2		Sheet 7x2	1.05+

n.b 2 pit will be operating simultaneously for the Triple Jump for all section except for the one schedules for 3.30pm. 2 rings will be operating simultaneously for the Shot Put except for the section to be held at 2.10pm



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TRACK EVENT Program 2

BLUE ZONE - ROUND 4 - KNOX		
Time	Event	Grades
1.30pm	Sprint Hurdles	All Men & Women
1.30pm	400 Metres	Men
2.10pm	400 Metres	Women
2.10pm	2000 Metres Walk	Men & Women
2.30pm	100 Metres	Women
2.40pm	1500 Metres	Men
3.00pm	100 Metres	Men
3.30pm	1500 Metres	Women
4.00pm	4 x 100 Metre Relay	Women
4.20pm	4 x 100 Metre Relay	Men
4.45pm	3000 Metre Steeple (91cm) 2000 Metre Steeple (91cm)	Open/U20/40+/50+ Men U18 Men
5.15pm	3000 Metre Steeple (76.2cm) 2000 Metre Steeple (76.2cm)	Open/U20 Women 60+/U16/U14 Men & 40+/50+/60+/U18/U16/U14 Women

FIELD EVENTS (Round 4) Program 2

Time	Discus	Javelin	Long Jump	Pole Vault
1.00pm			6.00m+/5.00m+	
1.30pm	Sheet 1	Sheet 1	Sheet 2	3.60m+
2.10pm	35m+/28m+	Sheet 2	Sheet 3	
2.30pm				2.70m+
2.50pm	Sheet 3	Sheet 3	Sheet 4	
3.30pm	Sheet 4	40m+/30m+	Sheet 5	1.60m+
4.10pm	Sheet 5	Sheet 5	Sheet 6	
4.50pm	Sheet 6	Sheet 6	Sheet 7	
5.30pm	Sheet 7	Sheet 7	Sheet 8	



BLUE ZONE 2016 – 17: PROGRAM

TRACK EVENTS (Rounds 5,9) Program 1

BLUE ZONE		
Time	Event	Grades
1.30pm 6.30pm	400 Metre Hurdles 300 Metre Hurdles 200 Metre Hurdles	Open/U20/U18/40+/50+Men Open/U20/U18/40+ Women 60+Men & 50+ Women U14/U16 Men & U14/U16/60+ Women
1.30pm 6.30pm	3000 Metre Walk 1500 Metre Walk	Open/U20/U18/40+/50+/60+ Men & Women U16/U14 Men & Women
2.00pm 7.00pm	800 Metres	Women
2.15pm 7.05pm	200 Metres	Men
2.50pm 7.40pm	800 Metres	Men
2.50pm 7.30pm	200 Metres	Women
3.30pm 8.15pm	4 x 400 Metre Relay (Round 5) 4 x 200 Metre Relay (Round 9)	Men
3.55pm 8.30pm	4 x 400 Metre Relay (Round 5) 4 x 200 Metre Relay (Round 9)	Women
4.20pm 8.40pm	3000 Metres	U18/U16/U14 Women & Men
4.35pm 8.55pm	5000 Metres	Open/U20/40+/50+/60+

FIELD EVENTS (Rounds 5,9) Program 1

Time	Shot Put	Hammer Throw	Triple Jump	High Jump
1.00pm 6.00pm	Sheet 1			
1.30pm 6.30pm	Sheet 2	30m+/25m+	Sheet 1	1.65m+
2.10pm 7.00pm	14m+/12m+	Sheet 2	Sheet 2	1.55m-1.80m
2.50pm 7.30pm	Sheet 4	Sheet 3	Sheet 3	1.45m-1.70m
3.30pm 8.00pm	Sheet 5	Sheet 4	13m+/10m+	1.35m-1.60m
4.10pm 8.30pm	Sheet 6		Sheet 5	1.25m-1.50m
4.50pm 9.00pm	Sheet 7		Sheet 6	1.05+
5.30pm	Sheet 8		Sheet 7	