



RED ZONE 2016 – 17: PROGRAM

RED ZONE 2016 – 17: AV SHIELD ROUND 1 PROGRAM

TRACK EVENTS

RED ZONE - ROUND 1 - DONCASTER		
Time	Event	Grades
1.30pm	Long Hurdles (400m)	MOP, FOP, M20, W20, M18, W18, M40
1.30pm	3000mWalk	Men & Women OP, U20, U18 & 40+
1.30pm	1500m Walk	M16, M14, W16, W14
1.50pm	Long Hurdles (300m)	M60, W40, W50
2.00pm	Long Hurdles (200m)	M16, M14, W16, W14, W60
2.10pm	200 Metres	Men
2.45pm	200 Metres	Women
3.15pm	800 Metres	Men
3.45pm	800 Metres	Women
4:15pm	4 x 200 Metre Relay	Men
4:35pm	4 x 200 Metre Relay	Women
5.00pm	3000m/5000m	U14, U16, U18/U20, Open, 40+

FIELD EVENTS

Time	Hammer	Shot Put	Triple Jump	High Jump
1.00pm	30m+ (15)	Pit 1: All (17)	Pit 1 (15): 11m(W)/13m(M)	1.60m+
1:45pm	All (17)	Pit 1: All (17)	Pit 1: All (17)	1.45m – 1.80m
2:30pm	All (17)	Pit 1: All (17) Pit 2 (15): 11m(W)/13m(M)	Pit 1: All (17)	1.25m – 1.60m
3.15pm	All (17)	Pit 1: All (17) Pit 2: Throw/Go (17)	Pit 1: All (17) Pit 2: Jump&Go (17)	
4.00pm	All	Pit 1: All (17) Pit 2: Throw/Go (17)	Pit 1: All (17) Pit 2: Jump&Go	1.05m – 1.40m
4:45pm		Pit 1: All	Pit 1: All	



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RED ZONE 2016 – 17: AV SHIELD ROUND 2 PROGRAM

TRACK EVENTS

RED ZONE - ROUND 2 - DONCASTER		
Time	Event	Grades
1.30pm	Sprint Hurdles	All Grades (Highest to Lowest spec)
1.30pm	3000m Steeple (91cm) 2000m Steeple (91cm)	MOP, M20, M40, M50 M18
1.50pm	3000m Steeple (76cm) 2000m Steeple (76cm)	WOP, W20 M16, M14, M60, W18, W16, W14, W40/50/60
2:10pm	100 Metres	Men
2.15pm	3000m Walk/5000m Walk	All Grades
2.45pm	100 Metres	Women
2.55pm	1500 Metres	Men
3.30pm	1500 Metres	Women
4:00pm	4 x 100 Metre Relay	Men
4:25pm	4 x 100 Metre Relay	Women
4.45pm	400m	Men
5.10pm	400m	Women

FIELD EVENTS

Time	Discus	Javelin	Long Jump	Pole Vault
1.00pm	35m+ (15)	<20m (17)	Pit 1: 5m(W)/6m(M) (15)	3.25m+
1.45pm	<35m (17)	<30m (17)	Pit 1: All (17)	
2.30pm	<15m (17)	40m+ (15)	Pit 1: All (17)	
2:45pm				2.05m
3.15pm	<30m (17)	<35m (17)	Pit 1: All (17) Pit 2: Jump/Go (17)	
4.00pm	<30m (17)	<35m (17)	Pit 1: All (17) Pit 2: Jump/Go (17)	1.60m
4.40pm	<25m (17)	<40m (17)	Pit 1: All (17)	
5.15pm	<35m	<30m	Pit 1: All	

ZONE VS ZONE 2016 – 17: AV SHIELD ROUND 3 PROGRAM

TRACK EVENTS

ZONE VS ZONE BLUE VS RED – FRANKSTON ROUND 3		
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

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 pits 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

RED ZONE 2016 – 17: AV SHIELD ROUND 4 PROGRAM

TRACK EVENTS

RED ZONE - ROUND 4 - DONCASTER		
Time	Event	Grades
1.30pm	Sprint Hurdles	All Grades (Highest to Lowest spec)
1.30pm	3000m Steeple (91cm) 2000m Steeple (91cm)	MOP, M20, M40, M50 M18
1.50pm	3000m Steeple (76cm) 2000m Steeple (76cm)	WOP, W20 M16, M14, M60, W18, W16, W14, W40/50/60
2:10pm	100 Metres	Men
2.15pm	2000m Walk	All Grades
2.45pm	100 Metres	Women
2.55pm	1500 Metres	Men
3.30pm	1500 Metres	Women
4:00pm	4 x 100 Metre Relay	Men
4:25pm	4 x 100 Metre Relay	Women
4.45pm	400m	Men
5.10pm	400m	Women

FIELD EVENTS

Time	Discus	Javelin	Long Jump	Pole Vault
1.00pm	35m+ (15)	<20m (17)	Pit 1: 5m(W)/6m(M) (15)	3.25m+
1.45pm	<35m (17)	<30m (17)	Pit 1: All (17)	
2.30pm	<15m (17)	40m+ (15)	Pit 1: All (17)	
2:45pm				2.05m
3.15pm	<30m (17)	<35m (17)	Pit 1: All (17) Pit 2: Jump/Go (17)	
4.00pm	<30m (17)	<35m (17)	Pit 1: All (17) Pit 2: Jump/Go (17)	1.60m
4.40pm	<25m (17)	<40m (17)	Pit 1: All (17)	
5.15pm	<35m	<30m	Pit 1: All	



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RED ZONE 2016 – 17: AV SHIELD ROUND 5 PROGRAM

TRACK EVENTS

RED ZONE - ROUND 5 - DONCASTER		
Time	Event	Grades
1.30pm	Long Hurdles (400m)	MOP, FOP, F20, W20, M18, W18, M40
1.30pm	3000mWalk	Men & Women OP, U20, U18 & 40+
1.30pm	1500m Walk	M16, M14, W16, W14
1.50pm	Long Hurdles (300m)	M60, W40, W50
2.00pm	Long Hurdles (200m)	M16, M14, W16, W14, W60
2.10pm	200 Metres	Men
2.45pm	200 Metres	Women
3.15pm	800 Metres	Men
3.45pm	800 Metres	Women
4:15pm	4 x 400 Metre Relay	Men
4:35pm	4 x 400 Metre Relay	Women
5.00pm	3000m/5000m	U14, U16, U18/U20, Open, 40+

FIELD EVENTS

Time	Hammer	Shot Put 1	Triple Jump	High Jump
1.00pm	30m+ (15)	Pit 1: All (17)	Pit 1 (15): 11m(W)/13m(M)	1.60m+
1:45pm	All (17)	Pit 1: All (17)	Pit 1: All (17)	1.45m – 1.80m
2:30pm	All (17)	Pit 1: All (17) Pit 2 (15): 11m(W)/13m(M)	Pit 1: All (17)	1.25m – 1.60m
3.15pm	All (17)	Pit 1: All (17) Pit 2: Throw/Go (17)	Pit 1: All (17) Pit 2: Jump&Go (17)	
4.00pm	All	Pit 1: All (17) Pit 2: Throw/Go (17)	Pit 1: All (17) Pit 2: Jump&Go	1.05m – 1.40m
4:45pm		Pit 1: All	Pit 1: All	



RED ZONE 2016 – 17: PROGRAM

RED ZONE 2016 – 17: AV SHIELD ROUND 6 PROGRAM

TRACK EVENTS

RED ZONE - ROUND 6 - DONCASTER		
Time	Event	Grades
12:00pm	Sprint Hurdles	All Grades (Highest to Lowest spec)
12:00pm	3000m Steeple (91.4cm)	Men OP, U20, 40+, 50+
12:00pm	2000m Steeple (91.4cm)	Men U18
12:30pm	3000m Steeple (76.0cm)	Women OP, U20
12:30pm	2000m Steeple (76.0cm)	Men 60+, U16, U14 and Women U18, U16, U14, 40/50/60
1:00pm	100 Metres	Men
1:20pm	5000m Walk	Men & Women OP, U20, U18
1:50pm	3000m Walk	Men & Women U16, U14
2:15pm	100 Metres	Women
2:15pm	1500 Metres	Men
3:15pm	1500 Metres	Women
4:00pm	4 x 100 Metre Relay	Men
4:40pm	4 x 100 Metre Relay	Women
5:10pm	400m	Men
6:00pm	400m	Women

FIELD EVENTS

Time	Discus	Javelin	Long Jump	Pole Vault
11:45pm	35m+ (17)	<20m (17)	Pit 1: 5m(W)/6m(M) (15)	3.80m
12:30pm	<35m (17)	<30m (17)	Pit 1 & 2: All (17)	
1:15pm	<15m (17)	40m+ (15)	Pit 1 & 2: All (17)	3.25m
2:00pm	<30m (17)	<35m (17)	Pit 1 & 2: All (17)	
2:45pm	<35m (17)	<30m (17)	Pit 1 & 2: All (17)	2.05m
3:30pm	<30m (17)	<35m (17)	Pit 1: All (17) Pit 2: Jump/Go (17)	
4:15pm	<35m (17)	<30m (17)	Pit 1: All (17) Pit 2: Jump/Go (17)	1.60m
5:00pm	<40m (17)	<25m (17)	Pit 1 & 2: All	
5:45pm	<30m	<35m		



RED ZONE 2016 – 17: PROGRAM

RED ZONE 2016 – 17: AV SHIELD ROUND 7 PROGRAM

TRACK EVENTS

RED ZONE - ROUND 7 - EAST BURWOOD		
Time	Event	Grades
1.30pm	Long Hurdles (400m)	MOP, FOP, F20, W20, M18, W18, M40
1.30pm	3000mWalk	Men & Women OP, U20, U18 & 40+
1.30pm	1500m Walk	M16, M14, W16, W14
1.50pm	Long Hurdles (300m)	M60, W40, W50
2.00pm	Long Hurdles (200m)	M16, M14, W16, W14, W60
2.10pm	200 Metres	Men
2.45pm	200 Metres	Women
3.15pm	800 Metres	Men
3.45pm	800 Metres	Women
4:15pm	4 x 400 Metre Relay	Men
4:35pm	4 x 400 Metre Relay	Women
5.00pm	3000 Metres	Men & Women U18, U16, U14
5.15pm	5000 Metres	Men & Women OP, U20, 40+

FIELD EVENTS

Time	Hammer	Shot Put 1	Triple Jump	High Jump
1.00pm	30m+ (15)	Pit 1: All (17)	Pit 1 (15): 11m(W)/13m(M)	1.60m+
1:45pm	All (17)	Pit 1: All (17)	Pit 1: All (17)	1.45m – 1.80m
2:30pm	All (17)	Pit 1: All (17) Pit 2 (15): 11m(W)/13m(M)	Pit 1: All (17)	1.25m – 1.60m
3.15pm	All (17)	Pit 1: All (17) Pit 2: Throw/Go (17)	Pit 1: All (17) Pit 2: Jump&Go (17)	
4.00pm	All	Pit 1: All (17) Pit 2: Throw/Go (17)	Pit 1: All (17) Pit 2: Jump&Go	1.05 – 1.40m
4:45pm		Pit 1: All	Pit 1: All	



RED ZONE 2016 – 17: PROGRAM

RED ZONE 2016 – 17: AV SHIELD ROUND 8 PROGRAM

TRACK EVENTS

RED ZONE - ROUND 8 - DONCASTER		
Time	Event	Grades
12:00pm	Sprint Hurdles	All Grades (Highest to Lowest spec)
12:00pm	3000 Metres	Men & Women OP, U20, 40+
12.45pm	3000 Metres	Men & Women U18, U16, U14
1:00pm	100 Metres	Men
1.20pm	2000m Walk	All Ages
2.15pm	100 Metres	Women
2.15pm	1500 Metres	Men
3.15pm	1500 Metres	Women
4:00pm	4 x 100 Metre Relay	Men
4:40pm	4 x 100 Metre Relay	Women
5.10pm	400m	Men
6.00pm	400m	Women

FIELD EVENTS

Time	Discus	Javelin	Long Jump	Pole Vault
11.45am	35m+ (17)	<20m (17)	Pit 1: 5m(W)/6m(M) (15)	3.80m+
12.30pm	<35m (17)	<30m (17)	Pit 1 & 2: All (17)	
1.15pm	<15m (17)	40m+ (15)	Pit 1 & 2: All (17)	3.25m
2:00pm	<30m (17)	<35m (17)	Pit 1 & 2: All (17)	
2:45pm	<35m (17)	<30m (17)	Pit 1 & 2: All (17)	2.05m
3.30pm	<30m (17)	<35m (17)	Pit 1: All (17) Pit 2: Jump/Go (17)	
4.15pm	<35m (17)	<30m (17)	Pit 1: All (17) Pit 2: Jump/Go (17)	1.60m
5:00pm	<40m (17)	<25m (17)	Pit 1 & 2: All	
5.45pm	<30m	<35m		



RED ZONE 2016 – 17: PROGRAM

RED ZONE 2016 – 17: AV SHIELD ROUND 9 PROGRAM

TRACK EVENTS

RED ZONE - ROUND 9 - DONCASTER		
Time	Event	Grades
6.30pm	Long Hurdles (400m)	MOP, FOP, F20, W20, M18, W18, M40
6.30pm	3000m Walk	Men & Women OP, U20, U18 & 40+
6.30pm	1500m Walk	M16, M14, W16, W14
6.50pm	Long Hurdles (300m)	M60, W40, W50
7.00pm	Long Hurdles (200m)	M16, M14, W16, W14, W60
7.10pm	200 Metres	Men
7.45pm	200 Metres	Women
8.15pm	800 Metres	Men
8.45pm	800 Metres	Women
9:05pm	4 x 200 Metre Relay	Men
9:25pm	4 x 200 Metre Relay	Women
9:40pm	3000 Metres	Men & Women U18, U16, U14
9:55pm	5000 Metres	Men & Women OP, U20, 40+

FIELD EVENTS

Time	Hammer	Shot Put 1	Triple Jump	High Jump
6.00pm	30m+ (15)	Pit 1: All (17)	Pit 1 (15): 11m(W)/13m(M)	1.60m+
6:45pm	All (17)	Pit 1: All (17)	Pit 1: All (17)	1.45m – 1.80m
7:30pm	All (17)	Pit 1: All (17) Pit 2 (15): 11m(W)/13m(M)	Pit 1: All (17)	1.25m – 1.60m
8.15pm	All (17)	Pit 1: All (17) Pit 2: Throw/Go (17)	Pit 1: All (17) Pit 2: Jump&Go (17)	
9.00pm	All	Pit 1: All (17) Pit 2: Throw/Go (17)	Pit 1: All (17) Pit 2: Jump&Go	1.05m – 1.40m
9:45pm		Pit 1: All	Pit 1: All	



RED ZONE 2016 – 17: PROGRAM

RED ZONE 2016 – 17: AV SHIELD ROUND 10 PROGRAM

TRACK EVENTS

RED ZONE - ROUND 10 - DONCASTER		
Time	Event	Grades
1.30pm	Sprint Hurdles	All Grades (Highest to Lowest spec)
1.30pm	3000m Steeple (91cm) 2000m Steeple (91cm)	MOP, M20, M40, M50 M18
1.50pm	3000m Steeple (76cm) 2000m Steeple (76cm)	WOP, W20 M16, M14, M60, W18, W16, W14, W40/50/60
2:10pm	100 Metres	Men
2.15pm	3000m Walk	M40/50/60, M16, M14 W40/50/60, W16, W14
2.15pm	5000m Walk	MOP, M20, M18 WOP, W20, W18
2.45pm	100 Metres	Women
2.55pm	1500 Metres	Men
3.30pm	1500 Metres	Women
4:00pm	4 x 100 Metre Relay	Men
4:25pm	4 x 100 Metre Relay	Women
4.45pm	400m	Men
5.10pm	400m	Women

FIELD EVENTS

Time	Discus	Javelin	Long Jump	Pole Vault
1.00pm	35m+ (15)	<20m (17)	Pit 1: 5m(W)/6m(M) (15)	3.25m+
1.45pm	<35m (17)	<30m (17)	Pit 1: All (17)	
2.30pm	<15m (17)	40m+ (15)	Pit 1: All (17)	
2:45pm				2.05m
3.15pm	<30m (17)	<35m (17)	Pit 1: All (17) Pit 2: Jump/Go (17)	
4.00pm	<30m (17)	<35m (17)	Pit 1: All (17) Pit 2: Jump/Go (17)	1.60m
4.40pm	<25m (17)	<40m (17)	Pit 1: All (17)	
5.15pm	<35m	<30m	Pit 1: All	

RED ZONE 2016 – 17: AV SHIELD ROUND 11 PROGRAM

TRACK EVENTS

RED ZONE – ROUND 11 - NUNAWADING		
Time	Event	Grade
12.00pm	3000m Walk	All (except U16 & U14)
12.00pm	400 Metre Hurdles – 91.4 - 76.2 cm	Men before Women
	300 Metre Hurdles - 76.2cm	Men 60+ & Women 50+
	200 Metre Hurdles - 76.2cm	Men before Women U16 & U14, W60+
12.30pm	1500m Walk	U16 & U14
1.00pm	200 Metres	Men
1.30pm	800 Metres	Men
2.30pm	200 Metres	Women
2.40pm	800 Metres	Women
3.20pm	4 x 400 Metre Relay	Men
4.00pm	4 x 400 Metre Relay	Women
4.40pm	3000m	5 heats

FIELD EVENTS

	Shot Put (2 circles)	Hammer	Triple Jump (2pits)	High Jump
12.00pm	All	35m+ Men 30m+ Women	12m+ Men 10m+ Women	1.65+
12,40pm	All	All	All	
12.50pm				1,55m – 1.90m
1.20pm	All	All	All	
1.40pm				Pit 1 1.45m–1.80m Pit 2 1.05m-1.40m
2.00pm	12m+ Men 10m+ Women	All		
2.30pm			All	Pit1 1.35m-1,70m Pit2 1.10m-1.45m
2.40pm		25m+		
3.00pm	All		All	
3.20pm		All		Pit1 1.24m-1.60m Pit2 1.05m-1.45m
3.40pm	All		All	
4.00pm		All		
4.10pm			All	1.35m-1.70m
4.20pm	All			
4.40pm		All		
5.00pm	All			1.35m-1.70m



RED ZONE 2016 – 17: PROGRAM

RED ZONE 2016 – 17: AV SHIELD ROUND 12 PROGRAM

TRACK EVENTS

RED ZONE - ROUND 12 - DONCASTER		
Time	Event	Grades
1.30pm	Sprint Hurdles	All Grades (Highest to Lowest spec)
1.30pm	3000m Steeple (91cm) 2000m Steeple (91cm)	MOP, M20, M40, M50 M18
1.50pm	3000m Steeple (76cm) 2000m Steeple (76cm)	WOP, W20 M16, M14, M60, W18, W16, W14, W40/50/60
2:10pm	100 Metres	Men
2.15pm	2000m Walk	All Grades
2.45pm	100 Metres	Women
2.55pm	1500 Metres	Men
3.30pm	1500 Metres	Women
4:00pm	4 x 100 Metre Relay	Men
4:25pm	4 x 100 Metre Relay	Women
4.45pm	400m	Men
5.10pm	400m	Women

FIELD EVENTS

Time	Discus	Javelin	Long Jump	Pole Vault
1.00pm	35m+ (15)	<20m (17)	Pit 1: 5m(W)/6m(M) (15)	3.25m+
1.45pm	<35m (17)	<30m (17)	Pit 1: All (17)	
2.30pm	<15m (17)	40m+ (15)	Pit 1: All (17)	
2:45pm				2.05m
3.15pm	<30m (17)	<35m (17)	Pit 1: All (17) Pit 2: Jump/Go (17)	
4.00pm	<30m (17)	<35m (17)	Pit 1: All (17) Pit 2: Jump/Go (17)	1.60m
4.40pm	<25m (17)	<40m (17)	Pit 1: All (17)	
5.15pm	<35m	<30m	Pit 1: All	