



2014/15 AV Shield Timetable Red Vs White



Round 10 Track	Venue: Doncaster	Red Vs. White	
Time	Event	Men	Women
12:00pm	1500 Metre Walk	Men U16, U14	Women U16, U14
12:00pm	400 Metre Hurdles - 91.4cm	Open,U20 & 40+	
	400 Metre Hurdles - 84cm	Mens 50+ & U18	
	400 Metre Hurdles - 76.2cm		Open, U20, U18 & 40+
12:25pm	3000 Metre Walk	MenOpen, 40+, U20 & U18	Women Open, 40+, U20 & U18
12:30pm	300 Metre Hurdles - 76.2cm	Mens 60+	
	300 Metre Hurdles - 76.2cm		Womens 50+, 60+
12:40pm	200 Metre Hurdles - 76.2cm	Mens U14 & U16	
	200 Metre Hurdles - 76.2cm		Womens U14, U16 & 60+
1:00pm	200 Metres	All	
2:00pm	200 Metres		All
2:10pm	800 Metres	All	
3:10pm	800 Metres		All
3:40pm	4 x 400 Metre Relay	All	
4:15pm	4 x 400 Metre Relay		All
4:40pm	3000m	All	All

Round 10 Field	Shot Put	Hammer Throw (12 per heat)	Triple Jump (12 per heat)	High Jump (15 per heat)
11:45am	Pits 1 & 2 (Maximum 15)			1.65m +
12:30pm	All Pit 1	30m+	12m+ (Men)/9m+ (Women) Pit 1	1.55m - 1.80m
1:00pm	All Pit 1	All	12m+ (Men)/9m+ (Women) Pit 1	
1:15pm				1.45m - 1.70m
1:30pm	All Pit 1	All	All Pit 1	
1:45pm	11m+(Men)/9m+(Women)** Pit 2		All Pit 2	
2:00pm	All Pit 1	All	All Pit 1	1.35m - 1.60m
2:15pm	11m+(Men)/9m+(Women)** Pit 2		All Pit 2	
2:30pm	All Pit 1	25m+	All Pit 1	
2:45pm	All Pit 2		All Pit 2	1.25m - 1.50m
3:00pm	All Pit 1	All	All Pit 1	
3:15pm	All Pit 2		All Pit 2	
3:30pm	All Pit 1	All	All Pit 1	1.15m - 1.40
3:45pm	All Pit 2		All Pit 2	
4:00pm		All		
4:15pm	All Pit 2		All Pit 2	1.05m - 1.30m
4:30pm		All*		
4:45pm	All Pit 2*			
5:00pm				1.05m+(All)*

Note: **There will be no competitor limit for the last heat of each discipline
**Extra Attempts in premier heat only if time permits

Club Duties

COL	Hammer/Hurdles
DIV	Triple Jump/Hurdles
DAC	Finish Line/Technical
IVH	High Jump
PTN	Shot Put
RIC	Shot Put
WCA	Triple Jump

AWA	Hammer
ANW	Relays
BOH	Equipment
CDN	
MAL	Hammer
OLM	Hurdles
OSC	Hurdles
OLX	Hurdles
RWD	
RUY	Invitations/Triple Jump
STK	Shot Put
SSH	High Jump
YRA	Invitations/Triple Jump