



# WHITE ZONE 2016 – 17: PROGRAM

## WHITE ZONE - ROUND 1- PROGRAM 1 - NUNAWADING

### TRACK EVENTS

Time	Event	Grade
1.30pm	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+
1.30pm	1500 & 3000 Metre Walk	All Grades (1500m U16 & U14)
2.10pm	200 Metres	Women
2.40pm	200 Metres	Men (Heats 1-6)
3.05pm	200 Metres	Men (Heats 7>)
3.05pm	800 Metres	Women
3.30pm	800 Metres	Men
4.05pm	4 x 200 Metre Relay	Women
4.25pm	4 x 200 Metre Relay	Men
4.50pm	3000 Metres	Men & Women - U18, U16, U14
5.05pm	5000 Metres	Men & Women - Open, 40+ & U20

### FIELD EVENTS

Time	Shot Put	Hammer	Triple Jump	High Jump
1.00pm		35m+ Men 30m+ Women		
1.30pm	ALL		12m+ Men 10m+ Women	1.25m-1.60m
2.00pm	ALL	ALL		
2.15pm			ALL	1.05m-1.40m
2.30pm	Warm up			
2.45pm	11m+ Men 9.50m+ Women	ALL	ALL	
3.00pm				1.60m+
3.15pm			ALL	
3.30pm	ALL	ALL		
3.45pm			ALL	
4.00pm	ALL			1.40m-1.75m
4.15pm			ALL	
4.30pm	ALL			
4.45pm				1.10m-1.45m



# WHITE ZONE 2016 – 17: PROGRAM

## WHITE ZONE - ROUND 2- PROGRAM 2 - NUNAWADING

### TRACK EVENTS

Time	Event	Grades
1.30pm	Sprint Hurdles	Men & Women
1.30pm	3000m Steeple (91.4cm) 2000m Steeple (91.4cm)	Men Open, 40+, 50+, U20 U18, 60+
1.50pm	3000m Steeple (76cm) 2000m Steeple (76cm)	Women Open, U20 Men U16,U14;Women U14-U18,40+ 40+
2.10pm	100 Metres	Women
2.15pm	5000 Metre Walk	Men & Women Open, U20 & U18
2.15pm	3000 Metre Walk	Men & Women 40+, U16 & U14
2.35pm	100 Metres	Men
2.55pm	1500 Metres	Women
3.20pm	1500 Metres	Men
4.00pm	4 x 100 Metre Relay	Women
4.15pm	4 x 100 Metre Relay	Men
4.35pm	400 Metres	Women
4.55pm	400 Metres	Men

### FIELD EVENTS

	Discus	Javelin	Long Jump	Pole Vault
1.30pm	35m+ Men 28m+ Women	< 14m	6m+ Men 5m+ Women	3.80m+
2.00pm		< 20m		
2.15pm	27m – 35 m		ALL	
2.30pm		<30m		
2.45pm	<20m		ALL	3.00m+
3.00pm		Warm up		
3.15pm	< 15m	40m+ Men 30m+ Women	ALL	
3.30pm				
3.45pm	<30m		ALL	
4.00pm		< 40m		1.60 m+
4.15pm	<20m		ALL	
4.30pm		ALL		
4.45pm	ALL			



# WHITE ZONE 2016 – 17: PROGRAM

## WHITE ZONE - ROUND 4 - PROGRAM 2 - NUNAWADING

### TRACK EVENTS

Time	Event	Grades
1.30pm	Sprint Hurdles	Men & Women
1.30pm	3000m Steeple (91.4cm) 2000m Steeple (91.4cm)	Men Open, 40+, 50+, U20 U18, 60+
1.50pm	3000m Steeple (76cm) 2000m Steeple (76cm)	Women Open, U20 Men U16,U14;Women U14-U18,40+ 40+
2.10pm	100 Metres	Women
2.15pm	2000 Metre Walk	Men & Women
2.35pm	100 Metres	Men
2.55pm	1500 Metres	Women
3.20pm	1500 Metres	Men
4.00pm	4 x 100 Metre Relay	Women
4.15pm	4 x 100 Metre Relay	Men
4.35pm	400 Metres	Women
4.55pm	400 Metres	Men

### FIELD EVENTS

	Discus	Javelin	Long Jump	Pole Vault
1.30pm	35m+ Men 28m+ Women	< 14m	6m+ Men 5m+ Women	3.80m+
2.00pm		< 20m		
2.15pm	27m – 35 m		ALL	
2.30pm		<30m		
2.45pm	<20m		ALL	3.00m+
3.00pm		Warm up		
3.15pm	< 15m	40m+ Men 30m+ Women	ALL	
3.30pm				
3.45pm	<30m		ALL	
4.00pm		< 40m		1.60 m+
4.15pm	<20m		ALL	
4.30pm		ALL		
4.45pm	ALL			



# WHITE ZONE 2016 – 17: PROGRAM

## WHITE ZONE - ROUND 5- PROGRAM 1 – MT EVELYN

### TRACK EVENTS

Time	Event	Grade
1.30pm	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+
1.30pm	1500 & 3000 Metre Walk	All Grades (1500m U16 & U14)
2.10pm	200 Metres	Women
2.40pm	200 Metres	Men (Heats 1-6)
3.05pm	200 Metres	Men (Heats 7>)
3.05pm	800 Metres	Women
3.30pm	800 Metres	Men
4.05pm	4 x 400 Metre Relay	Women
4.25pm	4 x 400 Metre Relay	Men
4.55pm	3000 Metres	Men & Women - U18, U16, U14
5.10pm	5000 Metres	Men & Women - Open, 40+ & U20

### FIELD EVENTS

Time	Shot Put	Hammer	Triple Jump	High Jump
1.00pm		35m+ Men 30m+ Women		
1.30pm	ALL		12m+ Men 10m+ Women	1.25m-1.60m
2.00pm	ALL	ALL		
2.15pm			ALL	1.05m-1.40m
2.30pm	Warm up			
2.45pm	11m+ Men 9.50m+ Women	ALL	ALL	
3.00pm				1.60m+
3.15pm			ALL	
3.30pm	ALL	ALL		
3.45pm			ALL	
4.00pm	ALL			1.40m-1.75m
4.15pm			ALL	
4.30pm	ALL			
4.45pm				1.10m-1.45m



# WHITE ZONE 2016 – 17: PROGRAM

## WHITE ZONE - ROUND 6 - PROGRAM 2 – DONCASTER (WITH RED ZONE)

### TRACK EVENTS

Time	Event	Grade
12.00pm	Sprint Hurdles	All Grades (highest to lowest spec)
12.00pm	3000m Steeple (91.4cm) 2000m Steeple (91.4cm)	Men Open, 40+, 50+, U20 U18, 60+
12.45pm	3000m Steeple (76cm) 2000m Steeple (76cm)	Women Open, U20 Men U16,U14;Women U14-U18,40+
1.00pm	100m	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	400 Metres	Men
6.00pm	400 Metres	Women

### FIELD EVENTS

	Discus	Javelin	Long Jump	Pole Vault
11.45am	35m+ (17)	<20m (17)	Pit1 :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		



# WHITE ZONE 2016 – 17: PROGRAM

## WHITE ZONE - ROUND 7- PROGRAM 1 – MT EVELYN

### TRACK EVENTS

Time	Event	Grade
1.30pm	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+
1.30pm	1500 & 3000 Metre Walk	All Grades (1500m U16 & U14)
2.10pm	200 Metres	Women
2.40pm	200 Metres	Men (Heats 1-6)
3.05pm	200 Metres	Men (Heats 7>)
3.05pm	800 Metres	Women
3.30pm	800 Metres	Men
4.05pm	4 x 400 Metre Relay	Women
4.25pm	4 x 400 Metre Relay	Men
4.55pm	3000 Metres	Men & Women - U18, U16, U14
5.10pm	5000 Metres	Men & Women - Open, 40+ & U20

### FIELD EVENTS

Time	Shot Put	Hammer	Triple Jump	High Jump
1.00pm		35m+ Men 30m+ Women		
1.30pm	ALL		12m+ Men 10m+ Women	1.25m-1.60m
2.00pm	ALL	ALL		
2.15pm			ALL	1.05m-1.40m
2.30pm	Warm up			
2.45pm	11m+ Men 9.50m+ Women	ALL	ALL	
3.00pm				1.60m+
3.15pm			ALL	
3.30pm	ALL	ALL		
3.45pm			ALL	
4.00pm	ALL			1.40m-1.75m
4.15pm			ALL	
4.30pm	ALL			
4.45pm				1.10m-1.45m



# WHITE ZONE 2016 – 17: PROGRAM

## WHITE ZONE - ROUND 8 - PROGRAM 2 – NUNAWADING ZONE V ZONE

### TRACK EVENTS

Time	Event	Grade
12.30pm	Sprint Hurdles	Men before Women
12.30pm	2000m Walk	All
1.30pm	100 Metres	Men
1.40pm	1500 Metres	Men
2.20pm	100 Metres	Women
2.40pm	1500 Metres	Women
3.20pm	4 x 100 Metre Relay	Men
3.50pm	4 x 100 Metre Relay	Women
4.15pm	400 Metres	Men
5.00pm	400 Metres	Women
5.30pm	3000m	All

### FIELD EVENTS

	Discus	Javelin	Long Jump	Pole Vault
12.00pm	<20m	<20m		
12.30pm	Warm up	<20m	Men 6.00m + Women 5.00m+ Pit 1 & Pit 2	3.80m +
12.45pm	Men 35m+ Women 28m+			
1.10pm		<20m	All Pit 2	
1.20pm	<20m			
1.50pm		Warm up	All Pit 1 & 2	
2.00pm	< 20m			
2.05pm		40m+ (men) 30m + (women)		
2.30pm			ALL Pit 1 & 2	2.70m+
2.40pm	<25m			
3.10pm	<25m	25m+	All Pit 1 & 2	
3.50pm	25m+	<25m	All Pit 1 & 2	
4.30pm	<25m	25m+		
4.40pm			All Pit 1 & 2	1.60m+
4.40pm				
5.20pm	<25m	<25m	All Pit 1 & 2	
6.00pm	<25m	<25m		



# WHITE ZONE 2016 – 17: PROGRAM

## WHITE ZONE - ROUND 9- PROGRAM 1 - NUNAWADING

### TRACK EVENTS

Time	Event	Grade
6.30pm	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+
6.30pm	1500 & 3000 Metre Walk	All Grades (1500m U16 & U14)
7.10pm	200 Metres	Women
7.40pm	200 Metres	Men (Heats 1-6)
8.05pm	200 Metres	Men (Heats 7>)
8.05pm	800 Metres	Women
8.30pm	800 Metres	Men
9.05pm	4 x 200 Metre Relay	Women
9.25pm	4 x 200 Metre Relay	Men
9.50pm	3000 Metres	Men & Women - U18, U16, U14
10.05pm	5000 Metres	Men & Women - Open, 40+ & U20

### FIELD EVENTS

Time	Shot Put	Hammer	Triple Jump	High Jump
6.00pm		35m+ Men 30m+ Women		
6.30pm	ALL		12m+ Men 10m+ Women	1.25m-1.60m
7.00pm	ALL	ALL		
7.15pm			ALL	1.05m-1.40m
7.30pm	Warm up			
7.45pm	11m+ Men 9.50m+ Women	ALL	ALL	
8.00pm				1.60m+
8.15pm			ALL	
8.30pm	ALL	ALL		
8.45pm			ALL	
9.00pm	ALL			1.40m-1.75m
9.15pm			ALL	
9.30pm	ALL			
9.45pm				1.10m-1.45m





# WHITE ZONE 2016 – 17: PROGRAM

## WHITE ZONE - ROUND 10- PROGRAM 2 - NUNAWADING

### TRACK EVENTS

Time	Event	Grades
1.30pm	Sprint Hurdles	Men & Women
1.30pm	3000m Steeple (91.4cm) 2000m Steeple (91.4cm)	Men Open, 40+, 50+, U20 U18, 60+
1.50pm	3000m Steeple (76cm) 2000m Steeple (76cm)	Women Open, U20 Men U16,U14;Women U14-U18,40+ 40+
2.10pm	100 Metres	Women
2.15pm	5000 Metre Walk	Men & Women Open, U20 & U18
2.15pm	3000 Metre Walk	Men & Women 40+, U16 & U14
2.35pm	100 Metres	Men
2.55pm	1500 Metres	Women
3.20pm	1500 Metres	Men
4.00pm	4 x 100 Metre Relay	Women
4.15pm	4 x 100 Metre Relay	Men
4.35pm	400 Metres	Women
4.55pm	400 Metres	Men

### FIELD EVENTS

	Discus	Javelin	Long Jump	Pole Vault
1.30pm	35m+ Men 28m+ Women	< 14m	6m+ Men 5m+ Women	3.80m+
2.00pm		< 20m		
2.15pm	27m – 35 m		ALL	
2.30pm		<30m		
2.45pm	<20m		ALL	3.00m+
3.00pm		Warm up		
3.15pm	< 15m	40m+ Men 30m+ Women	ALL	
3.30pm				
3.45pm	<30m		ALL	
4.00pm		< 40m		1.60 m+
4.15pm	<20m		ALL	
4.30pm		ALL		
4.45pm	ALL			



# WHITE ZONE 2016 – 17: PROGRAM

## WHITE ZONE - ROUND 11- PROGRAM 1 – NUNAWADING ZONE V ZONE

### TRACK EVENTS

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



# WHITE ZONE 2016 – 17: PROGRAM

## WHITE ZONE - ROUND 12 - PROGRAM 2 - NUNAWADING

### TRACK EVENTS

Time	Event	Grades
1.30pm	Sprint Hurdles	Men & Women
1.30pm	3000m Steeple (91.4cm) 2000m Steeple (91.4cm)	Men Open, 40+, 50+, U20 U18, 60+
1.50pm	3000m Steeple (76cm) 2000m Steeple (76cm)	Women Open, U20 Men U16,U14;Women U14-U18,40+ 40+
2.10pm	100 Metres	Women
2.15pm	2000 Metre Walk	Men & Women
2.35pm	100 Metres	Men
2.55pm	1500 Metres	Women
3.20pm	1500 Metres	Men
4.00pm	4 x 100 Metre Relay	Women
4.15pm	4 x 100 Metre Relay	Men
4.35pm	400 Metres	Women
4.55pm	400 Metres	Men

### FIELD EVENTS

	Discus	Javelin	Long Jump	Pole Vault
1.30pm	35m+ Men 28m+ Women	< 14m	6m+ Men 5m+ Women	3.80m+
2.00pm		< 20m		
2.15pm	27m – 35 m		ALL	
2.30pm		<30m		
2.45pm	<20m		ALL	3.00m+
3.00pm		Warm up		
3.15pm	< 15m	40m+ Men 30m+ Women	ALL	
3.30pm				
3.45pm	<30m		ALL	
4.00pm		< 40m		1.60 m+
4.15pm	<20m		ALL	
4.30pm		ALL		
4.45pm	ALL			