



**WHITE ZONE 2015 – 16: AV SHIELD Round 1**  
**Saturday 10<sup>th</sup> October 2015, Venue: Nunawading**

**TRACK EVENTS**

<b>TIME</b>	<b>EVENT</b>	<b>Men</b>	<b>Women</b>
:30pm	Sprint Hurdles	All	All
1:30pm	3000m Steeple (91cm) 2000m Steeple (91cm)	U20/Open/40+/50+ U18	
1:50pm	3000m Steeple (76cm) 2000m Steeple (76cm)	U14/U16/60+	Open/ U20 U14/U16/U18/40+
2:10pm	100m		All
2:15pm	2000m Walk	All	All
2:35pm	100m	All	
2:55pm	1500m		All
3:20pm	1500m	All	
4:00pm	4x100m Relay		All
4:15pm	4x100m Relay	All	
4:35pm	400m		All
4:55pm	400m	All	

Notes Sprint Hurdles conducted longest (110m) and highest (106cm) to shortest (80m) and lowest (76cm)

**FIELD EVENTS**

<b>TIME</b>	<b>JAVELIN</b>	<b>DISCUS</b>	<b>LONG JUMP</b>	<b>POLE VAULT</b>
1:30pm	<14m	35m+ (men) 28m+ (women)	6.00m+ (men) 5.00m+ (women)	3.80m +
2:00pm	13m- 20m			
2:15pm		27m – 35m		
2:30pm	18m-28m		5.20m +	
2:45pm		14m – 21m		3.00m +
3:00pm	Warm up		4.25m- 5.50m	
3:15pm	40m+ (men) 30m+ (women)	<15m		
3:30pm			3.40m – 4.75m	
3:45pm		21m-27m		
4:00pm	26m-40m		<3.70m	1.60m+
4:15pm		14m-21m		
4:30pm	18m – 28m		All	
4:45pm		21m-27m		



**WHITE ZONE 2015 – 16: AV SHIELD Round 2**  
**Saturday 24<sup>th</sup> October 2015, Venue: Mt Evelyn**

**TRACK EVENTS**

<b>TIME</b>	<b>EVENT</b>	<b>Men</b>	<b>Women</b>
1:30pm	3000m Walk	All (except U14/U16)	All (except U14/U16)
1:30pm	1500m Walk	U14/U16	U14/U16
1:30pm	400m Hurdles	D1,D2,40+,50+,U20,U18	D1,D2,40+,50+,U20,U18
1:50pm	300m Hurdles	60+	50+,60+
2:00pm	200m Hurdles	U16,U14	U16,U14
2:10pm	200m		All
2:45pm	200m	All	
3:05pm	800m		All
3:30pm	800m	All	
4:05pm	4 x 200 Relay		All
4:25pm	4 x 200 Relay	All	
4:50pm	3000m	All	All

3000m run in grade heats, fast grade athletes in first heat to slowest graded athletes in last heat

**FIELD EVENTS**

<b>TIME</b>	<b>HAMMER</b>	<b>SHOT</b>	<b>HIGH JUMP</b>	<b>TRIPLE JUMP</b>
1:00pm	35m+ (men) 30m+ (women)			
1:30pm		7.00m- 9.00m	1.25m-1.60m	12.00m+ (men) 10.00m+ (women)
2:00pm	20m – 35m	<7.00m		
2:15pm			1.05m-1.40m	10.25+
2:30pm		Warm up		
2:45pm	<20m	11.00m+ (men) 9.50m+(women)		8.50m-10.50m
3:00pm			1.60m+	
3:15pm				<8.00m
3:30pm	<35.00m	7.00m-9.00m		
3:45pm				6.50m – 8.50m
4:00pm		9.00m-11.00m	1.40m-1.75m	
4:15pm				All
4:30pm		All		
4:45pm			1.10m-1.45m	



**WHITE ZONE 2015 – 16: AV SHIELD ROUND 4**  
**Saturday 14<sup>th</sup> November 2015, Venue: Nunawading**

**TRACK EVENTS**

<i>TIME</i>	<i>EVENT</i>	<i>Men</i>	<i>Women</i>
1:30pm	3000m Walk	All (except U14/U16)	All (except U14/U16)
1:30pm	1500m Walk	U14/U16	U14/U16
1:30pm	400m Hurdles	D1,D2,40+,50+,U20,U18	D1,D2,40+,50+,U20,U18
1:50pm	300m Hurdles	60+	50+,60+
2:00pm	200m Hurdles	U16,U14	U16,U14
2:10pm	200m		All
2:45pm	200m	All	
3:05pm	800m		All
3:30pm	800m	All	
4:05pm	4x400 Relay		All
4:25pm	4x400 Relay	All	
4:50pm	3000m	U18,U16,U14	U18,U16,U14
5:05pm	5000m	D1,D2,40+,50+60+U20	D1,D2,40+,50+,60+,U20

5000m run in grade heats, fast grade athletes in first heat to slowest graded athletes in last heat.

**FIELD EVENTS**

<i>TIME</i>	<i>HAMMER</i>	<i>SHOT</i>	<i>HIGH JUMP</i>	<i>TRIPLE JUMP</i>
1:00pm	35m+ (men) 30m+ (women)			
1:30pm		7.00m- 9.00m	1.25m-1.60m	12.00m+ (men) 10.00m+ (women)
2:00pm	20m – 35m	<7.00m		
2:15pm			1.05m-1.40m	10.25+
2:30pm		Warm up		
2:45pm	<20m	11.00m+ (men) 9.50m+(women)		8.50m-10.50m
3:00pm			1.60m+	
3:15pm				<8.00m
3:30pm	<35.00m	7.00m-9.00m		
3:45pm				6.50m – 8.50m
4:00pm		9.00m-11.00m	1.40m-1.75m	
4:15pm				All
4:30pm		All		
4:45pm			1.10m-1.45m	



**WHITE ZONE 2015 – 16: AV SHIELD Round 5**  
**Sunday 22nd November 2015, Venue: Doncaster**

**TRACK EVENTS**

<b>TIME</b>	<b>EVENT</b>	<b>Men</b>	<b>Women</b>
1:30pm	Sprint Hurdles	All	All
1:30pm	3000m	All	All
2:10pm	100m		All
2:15pm	5000m Walk	D1,D2, U20,U18	D1,D2 U20,U18
2:15pm	3000m walk	All except D1,D2, U20,U18	All except D1,D2, U20,U18
2:35pm	100m	All	
2:55pm	1500m		All
3:20pm	1500m	All	
4:00pm	4x100m Relay		All
4:15pm	4x100m Relay	All	
4:35pm	400m		All
4:55pm	400m	All	

Notes Sprint Hurdles conducted longest (110m) and highest (106cm) to shortest (80m) and lowest (76cm)

**FIELD EVENTS**

<b>TIME</b>	<b>JAVELIN</b>	<b>DISCUS</b>	<b>LONG JUMP</b>	<b>POLE VAULT</b>
1:30pm	<14m	35m+ (men) 28m+ (women)	6.00m+ (men) 5.00m+ (women)	3.80m +
2:00pm	13m- 20m			
2:15pm		27m – 35m		
2:30pm	18m-28m		5.20m +	
2:45pm		14m – 21m		3.00m +
3:00pm	Warm up		4.25m- 5.50m	
3:15pm	40m+ (men) 30m+ (women)	<15m		
3:30pm			3.40m – 4.75m	
3:45pm		21m-27m		
4:00pm	26m-40m		<3.70m	1.60m+
4:15pm		14m-21m		
4:30pm	18m – 28m		All	
4:45pm		21m-27m		



**WHITE ZONE 2015 – 16: AV SHIELD ROUND 6**  
**Thursday 10<sup>th</sup> December 2015, Venue: Nunawading**

**TRACK EVENTS**

<b>TIME</b>	<b>EVENT</b>	<b>Men</b>	<b>Women</b>
6:00pm	3000m Walk	All (except U14/U16)	All (except U14/U16)
6:00pm	1500m Walk	U14/U16	U14/U16
6:00pm	400m Hurdles	D1,D2,40+,50+,U20,U18	D1,D2,40+,50+,U20,U18
6:20pm	300m Hurdles	60+	50+,60+
6:30pm	200m Hurdles	U16,U14	U16,U14
6:40pm	200m		All
7:15pm	200m	All	
7:35pm	800m		All
8:00pm	800m	All	
8:35pm	4 x 200 Relay		All
8:55pm	4 x 200 Relay	All	
9:20pm	3000m	U18,U16,U14	U18,U16,U14
9:35pm	5000m	D1,D2,40+,50+,60+U20	D1,D2,40+,50+,60+U20

5000m run in grade heats, fast grade athletes in first heat to slowest graded athletes in last heat.

**FIELD EVENTS**

<b>TIME</b>	<b>HAMMER</b>	<b>SHOT</b>	<b>HIGH JUMP</b>	<b>TRIPLE JUMP</b>
5:30pm	35m+ (men) 30m+ (women)			
6:00pm		7.00m- 9.00m	1.25m-1.60m	12.00m+ (men) 10.00m+ (women)
6:30pm	20m – 35m	<7.00m		
6:45pm			1.05m-1.40m	10.25+
7:00pm		Warm up		
7:15pm	<20m	11.00m+ (men) 9.50m+(women)		8.50m-10.50m
7:30pm			1.60m+	
7:45pm				<8.00m
8:00pm	<35.00m	7.00m-9.00m		
8:15pm				6.50m – 8.50m
8:30pm		9.00m-11.00m	1.40m-1.75m	
8:45pm				All
9:00pm		All		
9:15pm			1.10m-1.45m	



**WHITE ZONE 2015 – 16: AV SHIELD Round 7**  
**Saturday 19th December 2015, Venue: Nunawading**

**TRACK EVENTS**

<i>TIME</i>	<i>EVENT</i>	<i>Men</i>	<i>Women</i>
1:30pm	Sprint Hurdles	All	All
1:30pm	3000m Steeple (91cm) 2000m Steeple (91cm)	U20/Open/40+/50+ U18	
1:50pm	3000m Steeple (76cm) 2000m Steeple (76cm)	U14/U16/60+	Open/ U20 U14/U16/U18/40+
2:10pm	100m		All
2:15pm	5000m Walk	D1,D2, U20,U18	D1,D2 U20,U18
2:15pm	3000m walk	All except D1,D2, U20,U18	All except D1,D2, U20,U18
2:35pm	100m	All	
2:55pm	1500m		All
3:20pm	1500m	All	
4:00pm	4x100m Relay		All
4:15pm	4x100m Relay	All	
4:35pm	400m		All
4:55pm	400m	All	

Notes Sprint Hurdles conducted longest (110m) and highest (106cm) to shortest (80m) and lowest (76cm)

**FIELD EVENTS**

<i>TIME</i>	<i>JAVELIN</i>	<i>DISCUS</i>	<i>LONG JUMP</i>	<i>POLE VAULT</i>
1:30pm	<14m	35m+ (men) 28m+ (women)	6.00m+ (men) 5.00m+ (women)	3.80m +
2:00pm	13m- 20m			
2:15pm		27m – 35m		
2:30pm	18m-28m		5.20m +	
2:45pm		14m – 21m		3.00m +
3:00pm	Warm up		4.25m- 5.50m	
3:15pm	40m+ (men) 30m+ (women)	<15m		
3:30pm			3.40m – 4.75m	
3:45pm		21m-27m		
4:00pm	26m-40m		<3.70m	1.60m+
4:15pm		14m-21m		
4:30pm	18m – 28m		All	
4:45pm		21m-27m		



**WHITE ZONE 2015 – 16: AV SHIELD ROUND 8**  
**Saturday 9<sup>th</sup> January 2016, Venue: Nunawading**

**TRACK EVENTS**

<b>TIME</b>	<b>EVENT</b>	<b>Men</b>	<b>Women</b>
12:00pm	3000m Walk	All (except U14/U16)	All (except U14/U16)
12:00pm	400m Hurdles	D1,D2,40+,50+,U20,U18 8	D1,D2,40+,50+,U20,U18
	300m Hurdles	60+	50+,60+
	200m Hurdles	U16,U14	U16/U14
12:30pm	1500m Walk	U14/U16	U14/U16
1:00pm	200m	All	
1:30pm	800m	All	
2:30pm	200m		All
2:50pm	800m		All
3:30pm	4 x 400 Relay	All	
4:05pm	4 x 400 Relay	L	All
4:40pm	3000m	All	All

3000m run in grade heats, fast grade athletes in first heat to slowest graded athletes in last heat.

**FIELD EVENTS**

<b>TIME</b>	<b>HAMMER</b>	<b>SHOT</b>	<b>HIGH JUMP</b>	<b>TRIPLE JUMP</b>
12:00pm	35m+	All	1.65m +	All
12:40pm	All	All		All
12:50pm			1.55m-1.90m	
1:20pm	All	All		All
1:40pm			1.45m-1.80m	
2:00pm	All	All		All
2:30pm			1.35m-1.70m	
2:40pm	25 m+	All		All
3:20pm	All	All	1:25m-1.60m	All
4:00pm	All	All		All
4:10pm			1.10m-1.45m	
4:40pm	All	All		All
5:00pm			1.05m-1.40m	



**WHITE ZONE 2015 – 16: AV SHIELD Round 10**  
**Saturday 30<sup>th</sup> January 2016, Venue: Nunawading**

**TRACK EVENTS**

TIME	EVENT	Men	Women
1:30pm	3000m Walk	All (except U14/U16)	All (except U14/U16)
1:30pm	1500m Walk	U14/U16	U14/U16
1:30pm	400m Hurdles	D1,D2,40+,50+,U20,U18	D1,D2,40+,50+,U20,U18
1:50pm	300m Hurdles	60+	50+,60+
2:00pm	200m Hurdles	U16	U16
2:10pm	200m		All
2:45pm	200m	All	
3:05pm	800m		All
3:30pm	800m	All	
4:05pm	4x400 Relay		All
4:25pm	4x400 Relay	All	
4:50pm	3000m	U18,U16,U14	U18,U16,U14
	5000m	D1,D2,40+,50+,60+,U20	D1,D2,40+,50+,60+,U20

**FIELD EVENTS**

TIME	HAMMER	SHOT	HIGH JUMP	TRIPLE JUMP
1:00pm	35m+ (men) 30m+ (women)			
1:30pm		7.00m- 9.00m	1.25m-1.60m	12.00m+ (men) 10.00m+ (women)
2:00pm	20m – 35m	<7.00m		
2:15pm			1.05m-1.40m	10.25+
2:30pm		Warm up		
2:45pm	<20m	11.00m+ (men) 9.50m+(women)		8.50m-10.50m
3:00pm			1.60m+	
3:15pm				<8.00m
3:30pm	<35.00m	7.00m-9.00m		
3:45pm				6.50m – 8.50m
4:00pm		9.00m-11.00m	1.40m-1.75m	
4:15pm				All
4:30pm		All		
4:45pm			1.10m-1.45m	



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