



YELLOW ZONE 2016 – 17: PROGRAM

YELLOW ZONE - ROUND 1- PROGRAM 1 - WERRIBEE

TRACK EVENTS

Time	Event	Grade	Pre Entry Info (No. Athletes in heat)
1.00pm	400 Metre Hurdles – 76.2 - 91.4cm	Men before Women	(5)Lanes 4 to 8
	300 Metre Hurdles - 76.2cm	Men 60+ & Women 50+	(5)Lanes 4 to 8
	200 Metre Hurdles - 76.2cm	Men before Women U16 & U14 W60+	(5)Lanes 4 to 8
1.00pm	1500 & 3000 Metre Walk	All Grades (1500 U16 & U14)	(all)Lanes 1 to 3
1.50pm	200 Metres	Men	(5)Lanes 4 to 8
2.30pm	200 Metres	Women	(5)Lanes 4 to 8
2.30pm	800 Metres	Men	(12)Lanes 1 to 3
3.10pm	800 Metres	Women	(12)Lanes 1 to 3
3.40pm	4 x 200 Metre Relay	Men	(8)Lanes 1 to 8
4.10pm	4 x 200 Metre Relay	Women	(8)Lanes 1 to 8
4.35pm	3000 Metres	Men & Women - U18, U16, U14	All
4.50pm	5000 Metres	Men & Women - Open, 40+ & U20	(30 to 40)

FIELD EVENTS

Time	Shot Put	Hammer	Triple Jump	High Jump
1.30pm	ALL (Pit 1 ONLY)	ALL	ALL (Pit 1 ONLY)	1.60m+
2.10pm	ALL (Pit 1 & 2)	ALL	ALL (Pit 1 & 2)	
2.20pm				1.45m - 1.70m
2.50pm	ALL (Pit 1 & 2)	ALL	ALL (Pit 1 & 2)	
3.10pm				1.30m - 1.55m
3.30pm	ALL (Pit 1 & 2)	ALL	ALL (Pit 1 & 2)	
4.00pm				1.15m - 1.40m
4.10pm	ALL (Pit 1 & 2)	ALL	ALL (Pit 1 & 2)	
4.50pm	ALL (Pit 1 & 2)		ALL (Pit 1 & 2)	1.05m – 1.20m



YELLOW ZONE 2016 – 17: PROGRAM

YELLOW ZONE - ROUND 2- PROGRAM 2 - WILLIAMSTOWN

TRACK EVENTS

Time	Event	Grades	Pre Entry Info (No. Athletes in heat)
1.00pm	Sprint Hurdles	Men & Women	(6)Lanes 5 to 10
1.00pm	5000 Metre Walk	Men & Women Open, U20 & U18	(all)Lanes 1 to 3
1.00pm	3000 Metre Walk	Men & Women 40+, U16 & U14	(all)Lanes 1 to 3
1.40pm	100 Metres	Men	(7)Lanes 4 to 10
1.50pm	1500 Metres	Women	(15)Lanes 1 to 3
2.20pm	100 Metres	Women	(7)Lanes 4 to 10
2.20pm	1500 Metres	Men	(15)Lanes 1 to 3
3.00pm	4 x 100 Metre Relay	Men	(8)Lanes 1 to 8
3.30pm	4 x 100 Metre Relay	Women	(8)Lanes 1 to 8
3.55pm	400 Metres	Men	(8)Lanes 1 to 8
4.35pm	400 Metres	Women	(8)Lanes 1 to 8
5.00pm	2000/3000 Steeple (76.2cm)	ALL Women & Men 60+, U16 & U14	All (water on outside of track)
5.20pm	2000/3000 Steeple (91.4cm)	Men Open, 40+, 50+, U20 & U18	

FIELD EVENTS

Time	Discus	Javelin	Long Jump	Pole Vault
1.00pm	Under 25m (Max 20)	Under 25m (Max 20)		Pole Vault will be held at MUU on Thursday the 13/10/16. 6.00pm - Under 3.10 7.30pm - Over 3.10
1.30pm			ALL (Pit 1 ONLY)	
1.40pm	Over 25m	Under 25m (Max 20)		
2.10pm			ALL (Pit 1 & 2)	
2.20pm	Under 25m (Max 20)	Over 25m		
2.50pm			ALL (Pit 1 & 2)	
3.00pm	Over 25m	Under 25m (Max 20)		
3.40pm	Under 25m (Max 20)	Over 25m	ALL (Pit 1 & 2)	
4.20pm	ALL (Max 20)	ALL (Max 20)	ALL (Pit 1 & 2)	
5.00pm	ALL (Max 20)	ALL (Max 20)	ALL (Pit 1 & 2)	



YELLOW ZONE 2016 – 17: PROGRAM

YELLOW ZONE - ROUND 3- PROGRAM 1 (ZONE V ZONE, YELLOW V WHITE) – ABERFELDIE

TRACK EVENTS

TIME	EVENT	Men	Women	Pre Entry Info (No. Athletes in heat)
1:00pm	3000m Walk	All (except U14, U16)	All (except U14, U16)	(all)Lanes 1 to 3
1:00pm	400m Hurdles	D1,D2,40+,50+,U20,U18	D1,D2,40+,50+,U20,U18	(5)Lanes 4 to 8
1:20pm	1500m Walk	U14,U16	U14, U16	(all)Lanes 1 to 3
1:40pm	300m Hurdles	60+	50+, 60+	(5)Lanes 4 to 8
1:50pm	200m Hurdles	U16,U14	U16, U14	(5)Lanes 4 to 8
2:10pm	800m		All (10 heats x 12)	(12)Lanes 1 to 3
2:20pm	200m	All (5 lanes till ~3.30pm x 24, 8 lanes x 8)		(5)Lanes 4 to 8
2:45pm	800m	All (15 heats x 12)		(12)Lanes 1 to 3
4:00pm	200m		All (8 lanes x 12)	(8)Lanes 1 to 8
4:30pm	4 x 200 Relay	All		(8)Lanes 1 to 8
5:05pm	4 x 200 Relay		All	(5)Lanes 4 to 8
5:40pm	3000m	All	All	(30 - 40)

FIELD EVENTS

Time	Shot Put	Hammer	Triple Jump	High Jump (Pit 1)	High Jump (Pit 2)
12.20pm		ALL	ALL (Pit 1 >12m)	1.65m+	
1.00pm	ALL (Pit 1 ONLY)	ALL	ALL (Pit 1 ONLY)		1.05m – 1.40m
1.30pm				1.55m - 1.80m	
1.50pm	ALL (Pit 1 & 2)	ALL	ALL (Pit 1 & 2)		
2.50pm	ALL (Pit 1 & 2)	ALL	ALL (Pit 1 & 2)	1.40m - 1.65m	1.30m - 1.55m
3.30pm	ALL (Pit 1 & 2)	ALL	ALL (Pit 1 & 2)		
4.00pm				1.25m - 1.45m	1.05m - 1.30m
4.10pm	ALL (Pit 1 & 2)	ALL	ALL (Pit 1 & 2)		
4.50pm	ALL (Pit 1 & 2)	ALL	ALL (Pit 1 & 2)		



YELLOW ZONE 2016 – 17: PROGRAM

(UPDATED 12 OCT 2016)

YELLOW ZONE - ROUND 3- PROGRAM 1 (ZONE V ZONE, YELLOW V WHITE) – ABERFELDIE

TRACK EVENTS

TIME	EVENT	Men	Pre Entry Info (No. Athletes in heat)
1:00pm	3000m Walk	Men & Women All (except U14, U16)	Combined Race with all entries 3k / 1.5k
1:00pm	1500m Walk	Men & Women U14,U16	
1:00pm	400m Hurdles	Men & Women D1,D2,40+,50+,U20,U18	(5)Lanes 4 to 8
1:40pm	300m Hurdles	Men 60+, Women 50+,60+	(5)Lanes 4 to 8
1:45pm	800m	Women All Grades	(12)Lanes 1 to 3
1:50pm	200m Hurdles	Men & Women U16,U14	(5)Lanes 4 to 8
2:10pm	200m	Men All Grades (pre entry only)	(8)Lanes 1 to 8
3:00pm	200m	Women All Grades (pre entry only)	(8)Lanes 1 to 8
3:40pm	200m	Men & Women All Grades (on day entry)	(5)Lanes 4 to 8
3:40pm	800m	Men All Grades	(12)Lanes 1 to 3
4:30pm	4 x 200 Relay	Men All Grades	(8)Lanes 1 to 8
5:05pm	4 x 200 Relay	Women All Grades	(5)Lanes 4 to 8
5:40pm	3000m	Men & Women All	Combined Race (30 - 40)

FIELD EVENTS

Time	Shot Put	Hammer	Triple Jump	High Jump (Pit 1)	High Jump (Pit 2)
12.20pm		ALL	ALL (Pit 1 >12m)	1.65m+	
1.00pm	ALL (Pit 1 & 2)	ALL	ALL (Pit 1 & 2)		1.05m – 1.40m
1.30pm				1.55m - 1.80m	
1.50pm	ALL (Pit 1 & 2)	ALL	ALL (Pit 1 & 2)		
2.50pm	ALL (Pit 1 & 2)	ALL	ALL (Pit 1 & 2)	1.40m - 1.65m	1.30m - 1.55m
3.30pm	ALL (Pit 1 & 2)	ALL	ALL (Pit 1 & 2)		
4.00pm				1.25m - 1.45m	1.05m - 1.30m
4.10pm	ALL (Pit 1 & 2)	ALL	ALL (Pit 1 & 2)		
4.50pm	ALL (Pit 1 & 2)	ALL	ALL (Pit 1 & 2)		



YELLOW ZONE 2016 – 17: PROGRAM

YELLOW ZONE - ROUND 4 - PROGRAM 2 - WERRIBEE

TRACK EVENTS

Time	Event	Grades
1.00pm	Sprint Hurdles	All Men & Women
1.00pm	2000 Metre Walk	All Grades
1.20pm	1500 Metres	Women
1.40pm	100 Metres	Men
1.50pm	1500 Metres	Men
2.20pm	100 Metres	Women
2.50pm	4 x 100 Metre Relay	Men
3.20pm	4 x 100 Metre Relay	Women
3.45pm	400 Metres	Men
4.25pm	400 Metres	Women
4.55pm	2000/3000 Steeple (76.2cm)	ALL Women & Men 60+ U16 & U14
5.10pm	2000/3000 Steeple (91.4cm)	Men Open, 40+, 50+, U20 & U18

FIELD EVENTS

Time	Discus	Javelin	Long Jump	Pole Vault
1.00pm	Under 25m	Under 25m		
1.30pm			ALL (Pit 1 ONLY)	3m +
1.40pm	Over 25m	Under 25m		
2.10pm			ALL (Pit 1 & 2)	
2.20pm	Under 25m	Over 25m		2m to 3m
2.50pm			ALL (Pit 1 & 2)	
3.00pm	Over 25m	Under 25m		
3.40pm	Under 25m	Over 25m	ALL (Pit 1 & 2)	Under 2m
4.20pm	ALL	ALL	ALL (Pit 1 & 2)	
5.00pm	ALL	ALL	ALL (Pit 1 & 2)	



YELLOW ZONE 2016 – 17: PROGRAM

YELLOW ZONE - ROUND 5- PROGRAM 1 - WERRIBEE

TRACK EVENTS

Time	Event	Grade
1.00pm	400 Metre Hurdles – 76.2 - 91.4cm	Men & Women
	300 Metre Hurdles - 76.2cm	Men 60+ & Women 50+
	200 Metre Hurdles - 76.2cm	Men & Women U14 & U16 & W60+
1.00pm	1500 & 3000 Metre Walk	All Grades (1500 U16 & U14)
1.45pm	800 Metres	Women
2.10pm	200 Metres	Men
2.45pm	200 Metres	Women
2.45pm	800 Metres	Men
3.25pm	4 x 400 Metre Relay	Men
3.55pm	4 x 400 Metre Relay	Women
4.35pm	3000 Metres	Men & Women - U18, U16, U14
4.50pm	5000 Metres	Men & Women - Open, 40+ & U20

FIELD EVENTS

Time	Shot Put	Hammer	Triple Jump	High Jump
1.30pm	ALL (Pit 1 ONLY)	ALL	ALL (Pit 1 ONLY)	1.60m+
2.10pm	ALL (Pit 1 & 2)	ALL	ALL (Pit 1 & 2)	
2.20pm				1.45m - 1.70m
2.50pm	ALL (Pit 1 & 2)	ALL	ALL (Pit 1 & 2)	
3.10pm				1.30m - 1.55m
3.30pm	ALL (Pit 1 & 2)	ALL	ALL (Pit 1 & 2)	
4.00pm				1.15m - 1.40m
4.10pm	ALL (Pit 1 & 2)	ALL	ALL (Pit 1 & 2)	
4.50pm	ALL (Pit 1 & 2)		ALL (Pit 1 & 2)	1.05m – 1.20m



YELLOW ZONE 2016 – 17: PROGRAM

YELLOW ZONE - ROUND 6- PROGRAM 2 - WILLIAMSTOWN

TRACK EVENTS

Time	Event	Grades
12.00pm	Sprint Hurdles	Men & Women
12.00pm	5000 Metre Walk	Men & Women Open, U20 & U18
12.00pm	3000 Metre Walk	Men & Women 40+, U16 & U14
12.50pm	1500 Metres	Women
12.50pm	100 Metres	Men
1.20pm	1500 Metres	Men
1.40pm	100 Metres	Women
2.25pm	4 x 100 Metre Relay	Men
2.50pm	4 x 100 Metre Relay	Women
3.15pm	400 Metres	Men
3.50pm	400 Metres	Women
4.25pm	2000/3000 Steeple (76.2cm)	ALL Women & Men 60+ U16 & U14
4.40pm	2000/3000 Steeple (91.4cm)	Men Open, 40+, 50+, U20 & U18

FIELD EVENTS

Time	Discus	Javelin	Long Jump	Pole Vault
12.00pm	Under 25m (Max 20)	Under 25m (Max 20)		Pole Vault will be held at MUU on Thursday the 17 /11/16. 6.00pm - Under 3.10 7.30pm - Over 3.10
12.30pm			ALL (Pit 1 ONLY)	
12.40pm	Over 25m	Under 25m (Max 20)		
1.10pm			ALL (Pit 1 & 2)	
1.20pm	Under 25m (Max 20)	Over 25m		
1.50pm			ALL (Pit 1 & 2)	
2.00pm	Over 25m	Under 25m (Max 20)		
2.40pm	Under 25m (Max 20)	Over 25m	ALL (Pit 1 & 2)	
3.20pm	ALL (Max 20)	ALL (Max 20)	ALL (Pit 1 & 2)	
4.00pm	ALL (Max 20)	ALL (Max 20)	ALL (Pit 1 & 2)	



YELLOW ZONE 2016 – 17: PROGRAM

YELLOW ZONE - ROUND 7- PROGRAM 1 - WERRIBEE

TRACK EVENTS

Time	Event	Grade
1.00pm	400 Metre Hurdles – 76.2 - 91.4cm	Men & Women
	300 Metre Hurdles - 76.2cm	Men 60+ & Women 50+
	200 Metre Hurdles - 76.2cm	Men & Women U14 & U16 & W60+
1.00pm	1500 & 3000 Metre Walk	All Grades (1500 U16 & U14)
1.45pm	800 Metres	Women
2.10pm	200 Metres	Men
2.45pm	200 Metres	Women
2.45pm	800 Metres	Men
3.25pm	4 x 400 Metre Relay	Men
3.55pm	4 x 400 Metre Relay	Women
4.35pm	3000 Metres	Men & Women - U18, U16, U14
4.50pm	5000 Metres	Men & Women - Open, 40+ & U20

FIELD EVENTS

Time	Shot Put	Hammer	Triple Jump	High Jump
1.30pm	ALL (Pit 1 ONLY)	ALL	ALL (Pit 1 ONLY)	1.60m+
2.10pm	ALL (Pit 1 & 2)	ALL	ALL (Pit 1 & 2)	
2.20pm				1.45m - 1.70m
2.50pm	ALL (Pit 1 & 2)	ALL	ALL (Pit 1 & 2)	
3.10pm				1.30m - 1.55m
3.30pm	ALL (Pit 1 & 2)	ALL	ALL (Pit 1 & 2)	
4.00pm				1.15m - 1.40m
4.10pm	ALL (Pit 1 & 2)	ALL	ALL (Pit 1 & 2)	
4.50pm	ALL (Pit 1 & 2)		ALL (Pit 1 & 2)	1.05m – 1.20m



YELLOW ZONE 2016 – 17: PROGRAM

YELLOW ZONE - ROUND 8- PROGRAM 2 (ZONE V ZONE, RED V YELLOW) – DONCASTER (RED ZONE HOST)

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		



YELLOW ZONE 2016 – 17: PROGRAM

YELLOW ZONE - ROUND 9- PROGRAM 1 – ABERFELDIE (TWILIGHT) 6PM

TRACK EVENTS

Time	Event	Grade
6.30pm	400 Metre Hurdles – 76.2 - 91.4cm	Men & Women
	300 Metre Hurdles - 76.2cm	Men 60+ & Women 50+
	200 Metre Hurdles - 76.2cm	Men & Women U14 & U16 & W60+
6.30pm	1500 & 3000 Metre Walk	All Grades (1500 U16 & U14)
7.20pm	200 Metres	Men
7.20pm	800 Metres	Women
8.00pm	200 Metres	Women
8.00pm	800 Metres	Men
8.40pm	4 x 200 Metre Relay	Men
9.05pm	4 x 200 Metre Relay	Women
9.25pm	3000 Metres	Men & Women - U18, U16, U14
9.40pm	5000 Metres	Men & Women - Open, 40+ & U20

FIELD EVENTS

Time	Shot Put	Hammer	Triple Jump	High Jump
6.00pm	ALL (Pit 1 ONLY)	ALL	ALL (Pit 1 ONLY)	1.60m+
6.40pm	ALL (Pit 1 & 2)	ALL	ALL (Pit 1 & 2)	
6.50pm				1.45m - 1.70m
7.20pm	ALL (Pit 1 & 2)	ALL	ALL (Pit 1 & 2)	
7.40pm				1.30m - 1.55m
8.00pm	ALL (Pit 1 & 2)	ALL*	ALL (Pit 1 & 2)	
8.40pm	ALL (Pit 1 & 2)	ALL*	ALL (Pit 1 & 2)	1.05m - 1.35m
9.20pm	ALL (Pit 1 & 2)		ALL (Pit 1 & 2)	

* Competition Manager reserves the right to cease competition due to poor light to ensure safety of Officials/helpers



YELLOW ZONE 2016 – 17: PROGRAM

YELLOW ZONE - ROUND 10- PROGRAM 2 - ABERFELDIE

TRACK EVENTS

Time	Event	Grades
1.00pm	Sprint Hurdles	Men & Women
1.00pm	5000 Metre Walk	Men & Women Open, U20 & U18
1.00pm	3000 Metre Walk	Men & Women 40+, U16 & U14
1.40pm	100 Metres	Men
1.50pm	1500 Metres	Women
2.20pm	100 Metres	Women
2.20pm	1500 Metres	Men
3.00pm	4 x 100 Metre Relay	Men
3.30pm	4 x 100 Metre Relay	Women
3.55pm	400 Metres	Men
4.35pm	400 Metres	Women
5.00pm	2000/3000 Steeple (76.2cm)	ALL Women & Men 60+ U16 & U14
5.20pm	2000/3000 Steeple (91.4cm)	Men Open, 40+, 50+, U20 & U18

FIELD EVENTS

Time	Discus	Javelin	Long Jump	Pole Vault
1.00pm	Under 25m	Under 25m		
1.30pm			ALL (Pit 1 ONLY)	3m +
1.40pm	Over 25m	Under 25m		
2.10pm			ALL (Pit 1 & 2)	
2.20pm	Under 25m	Over 25m		2m to 3m
2.50pm			ALL (Pit 1 & 2)	
3.00pm	Over 25m	Under 25m		
3.40pm	Under 25m	Over 25m	ALL (Pit 1 & 2)	Under 2m
4.20pm	ALL	ALL	ALL (Pit 1 & 2)	
5.00pm	ALL	ALL	ALL (Pit 1 & 2)	



YELLOW ZONE 2016 – 17: PROGRAM

YELLOW ZONE - ROUND 11- PROGRAM 1 (ZONE V ZONE, YELLOW V BLUE) – ABERFELDIE

TRACK EVENTS

TIME	EVENT	Men	Women
1:00pm	3000m Walk	All (except U14/U16)	All (except U14/U16)
1:00pm	400m Hurdles	D1,D2,40+,50+,U20,U18	D1,D2,40+,50+,U20,U18
1:20pm	1500m Walk	U14/U16	U14/U16
1:40pm	300m Hurdles	60+	50+,60+
1:50pm	200m Hurdles	U16,U14	U16/U14
2:10pm	800m		All (10 heats x 12)
2:20pm	200m	All (5 lanes till ~3.30pm x 24, 8 lanes x 8)	
2:45pm	800m	All (15 heats x 12)	
4:00pm	200m		All (8 lanes x 12)
4:30pm	4 x 400 Relay	All	
5:05pm	4 x 400 Relay		All
5:40pm	3000m	All	All

FIELD EVENTS

Time	Shot Put	Hammer	Triple Jump	High Jump (Pit 1)	High Jump (Pit 2)
12.20pm		ALL	ALL (Pit 1 >12m)	1.65m+	
1.00pm	ALL (Pit 1 ONLY)	ALL	ALL (Pit 1 ONLY)		1.05m – 1.30m
1.30pm				1.55m - 1.80m	
1.50pm	ALL (Pit 1 & 2)	ALL	ALL (Pit 1 & 2)		
2.50pm	ALL (Pit 1 & 2)	ALL	ALL (Pit 1 & 2)	1.40m - 1.65m	1.30m - 1.55m
3.30pm	ALL (Pit 1 & 2)	ALL	ALL (Pit 1 & 2)		
4.00pm				1.25m - 1.45m	1.05m - 1.30m
4.10pm	ALL (Pit 1 & 2)	ALL	ALL (Pit 1 & 2)		
4.50pm	ALL (Pit 1 & 2)	ALL	ALL (Pit 1 & 2)		



YELLOW ZONE 2016 – 17: PROGRAM

YELLOW ZONE - ROUND 12 - PROGRAM 2 - WILLIAMSTOWN

TRACK EVENTS

Time	Event	Grades
1.00pm	Sprint Hurdles	All Men & Women
1.00pm	2000 Metre Walk	All Grades
1.20pm	1500 Metres	Women
1.40pm	100 Metres	Men
1.50pm	1500 Metres	Men
2.20pm	100 Metres	Women
2.50pm	4 x 100 Metre Relay	Men
3.20pm	4 x 100 Metre Relay	Women
3.45pm	400 Metres	Men
4.25pm	400 Metres	Women
4.55pm	2000/3000 Steeple (76.2cm)	ALL Women & Men 60+ U16 & U14
5.10pm	2000/3000 Steeple (91.4cm)	Men Open, 40+, 50+, U20 & U18

FIELD EVENTS

Time	Discus	Javelin	Long Jump	Pole Vault
1.00pm	Under 25m (Max 20)	Under 25m (Max 20)		Pole Vault will be held at MUU on Thursday the 19/01/17. 6.00pm - Under 3.10 7.30pm - Over 3.10
1.30pm			ALL (Pit 1 ONLY)	
1.40pm	Over 25m	Under 25m (Max 20)		
2.10pm			ALL (Pit 1 & 2)	
2.20pm	Under 25m (Max 20)	Over 25m		
2.50pm			ALL (Pit 1 & 2)	
3.00pm	Over 25m	Under 25m (Max 20)		
3.40pm	Under 25m (Max 20)	Over 25m	ALL (Pit 1 & 2)	
4.20pm	ALL (Max 20)	ALL (Max 20)	ALL (Pit 1 & 2)	
5.00pm	ALL (Max 20)	ALL (Max 20)	ALL (Pit 1 & 2)	