



# BLUE ZONE 2016 – 17: PROGRAM

## TRACK EVENTS (Round 3) Program 1 Zone v Zone

BLUE ZONE - ROUND 3 - FRANKSTON		
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 U16/U14 Men and Women
	1500 Metre Walk	
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 (Round 3) Program 1 Zone v Zone

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 pit 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