



# RED ZONE 2016 – 17: PROGRAM

## RED ZONE 2016 – 17: AV SHIELD ROUND 8 PROGRAM

### 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		