



# 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		