



# WHITE ZONE 2016 – 17: PROGRAM

## WHITE ZONE - ROUND 11- PROGRAM 1 – NUNAWADING ZONE V ZONE

### TRACK EVENTS

Time	Event	Grade
12.00pm	3000m Walk	All (except U16 & U14)
12.00pm	400 Metre Hurdles – 91.4 - 76.2 cm	Men before Women
	300 Metre Hurdles - 76.2cm	Men 60+ & Women 50+
	200 Metre Hurdles - 76.2cm	Men before Women U16 & U14, W60+
12.30pm	1500m Walk	U16 & U14
1.00pm	200 Metres	Men
1.30pm	800 Metres	Men
2.30pm	200 Metres	Women
2.40pm	800 Metres	Women
3.20pm	4 x 400 Metre Relay	Men
4.00pm	4 x 400 Metre Relay	Women
4.40pm	3000m	5 heats

### FIELD EVENTS

	Shot Put (2 circles)	Hammer	Triple Jump (2pits)	High Jump
12.00pm	All	35m+ Men 30m+ Women	12m+ Men 10m+ Women	1.65+
12,40pm	All	All	All	
12.50pm				1,55m – 1.90m
1.20pm	All	All	All	
1.40pm				Pit 1 1.45m–1.80m Pit 2 1.05m-1.40m
2.00pm	12m+ Men 10m+ Women	All		
2.30pm			All	Pit1 1.35m-1,70m Pit2 1.10m-1.45m
2.40pm		25m+		
3.00pm	All		All	
3.20pm		All		Pit1 1.24m-1.60m Pit2 1.05m-1.45m
3.40pm	All		All	
4.00pm		All		
4.10pm			All	1.35m-1.70m
4.20pm	All			
4.40pm		All		
5.00pm	All			1.35m-1.70m