



YELLOW ZONE 2016 – 17: PROGRAM

TRACK EVENTS

YELLOW ZONE - ROUND 11- PROGRAM 1 (ZONE V ZONE, YELLOW V BLUE) – ABERFELDIE		
TIME	EVENT	Grades
1:00pm	3000m Walk	Men & Women All (except U14/U16)
1:00pm	400m Hurdles - 91.4cm – 76.2cm	Men & Women Open, ,40+,50+,U20,U18
1:20pm	1500m Walk	Men & Women U14/U16
1.40pm	300m Hurdles	Men 60+, Women 50+, 60+60+
1.50pm	200m Hurdles	Men & Women U16,U14
2:10pm	800m	Women All
2:20pm	200m	Men All
2:45pm	800m	Men All
4:00pm	200m	Women All
4:30pm	4 x 400 Relay	Men All
5:05pm	4 x 400 Relay	Women All
5:40pm	3000m	Men & Women 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)		