



YELLOW ZONE 2016 – 17: PROGRAM

TRACK EVENTS

YELLOW ZONE - ROUND 3- PROGRAM 1 (ZONE V ZONE, YELLOW V WHITE) – ABERFELDIE		
TIME	EVENT	Grade
1:00pm	3000m Walk	Men & Women Open, 40+, U20, U18
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+
1:45pm	800m	Women
1:50pm	200m Hurdles	Men & Women U16, U14
2:20pm	200m (Pre entered)	Men
3:10pm	200m (Pre entered)	Women
3:45pm	200m (On the day entries)	Men & Women
3:45pm	800m	Men
4:45pm	4 x 200 Relay	Men
5:05pm	4 x 200 Relay	Women
5:25pm	3000m	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 & 2)	ALL	ALL (Pit 1 & 2)		1.05m – 1.40m
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)		