

## 2014-2015

### Red Zone

#### Program 1

|         |                           |           |
|---------|---------------------------|-----------|
| Round 4 | Saturday, 1 November 2014 | Doncaster |
|---------|---------------------------|-----------|

| Track   |              | Men              | Women            |
|---------|--------------|------------------|------------------|
| 1:30 pm | 3000m Walk   | U18/U20/Open/40+ | U18/U20/Open/40+ |
| 1:30 pm | 1500m Walk   | U14/U16          | U14/U16          |
| 1:30 pm | 400m Hurdles | All              | All              |
| 1:50 pm | 300m Hurdles | 60+              | 50+/60+          |
| 2:00 pm | 200m Hurdles | U14/U16          | U14/U16          |
| 2:10 pm | 200m         | All              |                  |
| 2:45 pm | 200m         |                  | All              |
| 3:05 pm | 800m         | All              |                  |
| 3:35 pm | 800m         |                  | All              |
| 4:05 pm | Medley Relay | All              |                  |
| 4:25 pm | Medley Relay |                  | All              |
| 4:50 pm | 3000m        | All              |                  |
| 5:05 pm | 3000m        |                  | All              |

#### Notes:

- Hurdles conducted highest and longest to lowest and shortest (distance)
- Long Relay alternates between 4x400m (Rounds 2, 6, 10) & Medley/4x200m (Rounds 4, 8)
- Medley Relay will be made up of 200m/200m/400m/800m
- Above times are for first heat of each event.

| Field   | Hammer    | Shot Put                  | High Jump     | Triple Jump               |
|---------|-----------|---------------------------|---------------|---------------------------|
| 1:00 pm | 30m+      | All                       | 1.20m – 1.45m | 12m+ (Men)<br>9m+ (Women) |
| 1:15 pm |           |                           |               |                           |
| 1:30 pm |           | All                       |               |                           |
| 1:45 pm | 20m - 35m |                           | 1.05m – 1.35m | All                       |
| 2:00 pm |           | 11m+ (Men)<br>9m+ (Women) |               |                           |
| 2:15 pm |           |                           |               | All                       |
| 2:30 pm | All       |                           | 1.60m+        |                           |
| 2:45 pm |           | All                       |               |                           |
| 3:00 pm |           |                           |               | All                       |
| 3:15 pm |           | All                       | 1.45m – 1.75m |                           |
| 3:30 pm |           |                           |               | All                       |
| 3:45 pm |           | All                       |               |                           |
| 4:00 pm |           |                           | 1.35m - 1.60m | All                       |
| 4:15 pm |           | All                       |               |                           |
| 4:30 pm |           |                           |               | All                       |
| 4:45 pm |           |                           | All           |                           |
| 5:00 pm |           |                           |               |                           |