

## 2014-2015

### Red Zone

#### Program 2

Round 5	Saturday, 15 November 2014	Doncaster
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Track		Men	Women
1:30 pm	Sprint Hurdles	All	All
1:30 pm	3000m	U14/U16/U18	U14/U16/U18
1:45 pm	5000m	U20/Open/40+	U20/Open/40+
2:10 pm	100m	All	
2:15 pm	2000m Walk	All	All
2:45 pm	100m		All
2:55 pm	1500m	All	
3:20 pm	1500m		All
4:00 pm	4x100 Relay	All	
4:25 pm	4x100 Relay		All
4:45 pm	400m	All	
5:10 pm	400m		All

#### Notes:

- Hurdles conducted highest and longest to lowest and shortest (distance)
- Above times are for first heat of each event.

Field	Javelin	Discus	Long Jump	Pole Vault
1:00 pm	< 14m	35m+ (M) 26m+ (W)	6m+ (M) 5m+ (W)	2.80m+
1:15 pm				
1:30 pm	13m - 20m			
1:45 pm		27m - 35m	All	
2:00 pm	18m - 28m			
2:15 pm		14m - 21m	All	2.05m+
2:30 pm				
2:45 pm	40m+ (M) 30m+ (W)	< 15m		
3:00 pm			All	
3:15 pm				
3:30 pm	26m - 45m	13m - 20m	All	
3:45 pm				1.60m+
4:00 pm	15m - 26m	21m - 27m	All	
4:15 pm				
4:30 pm	< 35m	< 35m	All	
4:45 pm				
5:00 pm				