

2014-2015

Red Zone

Program 1

Round 6	Sunday, 23 November 2014	Aberfeldie	Yellow Zone v Red Zone
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Track		Men	Women
12:00 pm	400m Hurdles	U18/U20/Open/40+/50+	U18/U20/Open/40+
	300m Hurdles	60+	50+
	200m Hurdles	U14/U16	U14/U16/60+
12:00 pm	3000m Walk	U18/U20/Open/40+	U18/U20/Open/40+
12:30 pm	1500m Walk	U14/U16	U14/U16
12:45 pm	800m	All	All
1:10 pm	200m	All	
2:10 pm	800m	All	All
2:10 pm	200m		All
3:00 pm	4x400m Relay	All	
4:00 pm	4x400m Relay		All
4:50 pm	3000m	All	All
6:15 pm	Finish		

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)
- Above times are for first heat of each event.
- Men's and Women's 800m heats will be alternated to allow more time for athletes competing in 200m

Field	Hammer	Shot Put	High Jump	Triple Jump
12:00 pm	30m+	All	1.65m+	All
12:40 pm	All	All	1.55m – 1.80m	All
1:20 pm	All	All	1.45m – 1.70m	All
2:00 pm	All	All	1.35m - 1.60m	All
2:40 pm	25m+	All	1.25m – 1.50m	All
3:20 pm	All	All	1.15m – 1.40m	All
4:00 pm	All	All	1.05m – 1.30m	All
4:40 pm	All	All		All
5:00 pm				