

## 2014-2015

### Red Zone

#### Program 1

Round 8	Tuesday, 16 Dec 2014	Doncaster
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Track		Men	Women
6:30 pm	3000m Walk	U18/U20/Open/40+	U18/U20/Open/40+
6:30 pm	1500m Walk	U14/U16	U14/U16
6:30 pm	400m Hurdles	U18/U20/Open/40+/50+	U18/U20/Open/40+
6:50 pm	300m Hurdles	60+	50+/60+
7:00 pm	200m Hurdles	U14/U16	U14/U16
7:10 pm	200m	All	
7:45 pm	200m		All
8:05 pm	800m	All	
8:35 pm	800m		All
9:00 pm	4x200m Relay	All	
9:20 pm	4x200m Relay		All
9:35 pm	3000m	U14/U16/U18	U14/U16/U18
9:50 pm	5000m	U20/Open/40+	U20/Open/40+

#### 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.

Field	Hammer	Shot Put	High Jump	Triple Jump
6:00 pm	30m+	All	1.20m – 1.45m	12m+ (Men) 9m+ (Women)
6:15 pm				
6:30 pm		All		
6:45 pm	20m - 35m		1.05m – 1.35m	All
7:00 pm		11m+ (Men) 9m+ (Women)		
7:15 pm				All
7:30 pm	All		1.60m+	
7:45 pm		All		
8:00 pm				All
8:15 pm		All	1.45m – 1.75m	
8:30 pm				All
8:45 pm		All		
9:00 pm			1.35m - 1.60m	All
9:15 pm		All		
9:30 pm				All
9:45 pm			All	
10:00 pm				