

2014-2015

Red Zone

Program 2

Round 9	Saturday, 10 January 2015	Knox	Blue Zone v Red Zone
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Track		Men	Women
1:00 pm	Sprint Hurdles	All	All
1:00 pm	1500m	All	
2:00 pm	1500m		All
2:00 pm	100m	All	
3:00 pm	100m		All
3:00 pm	2000m Walk	All	All
3:45 pm	3000m Steeple (91cm)	U20/Open/40+/50+	
	2000m Steeple (91cm)	U18	
4:10 pm	3000m Steeple (76cm)		U20/Open
	2000m Steeple (76cm)	U14/U16/60+	U14/U16/U18/40+/50+/60+
4:40 pm	4x100 Relay	All	
5:10 pm	4x100 Relay		All
5:30 pm	400m	All	
6:10 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	40m+ (M) 30m+ (W)	All	All	3.80m+
1:30 pm	All	All	All	
2:00 pm	All	All	6m+ (M) 5m+ (W)	
2:30 pm	All	All	All	
3:00 pm	All	35m+ (M) 28m+ (W)	All	2.70m+
3:30 pm	All	All	All	
4:00 pm	All	All	All	
4:30 pm	All	All	All	1.60m+
5:00 pm	All	All		
5:30 pm	All	All		