

2014-2015

Red Zone

Program 1

Round 10	Saturday, 17 January 2015	Doncaster	Red Zone v White Zone
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Track		Men	Women
12:00 pm	1500m Walk	U14/U16	U14/U16
12:00 pm	400m Hurdles	U18/U20/Open/40+/50+	U18/U20/Open/40+
12:30 pm	300m Hurdles	60+	50+/60+
12:40 pm	200m Hurdles	U14/U16	U14/U16
12:35 pm	3000m Walk	U18/U20/Open/40+	U18/U20/Open/40+
1:00 pm	200m	All	
2:00 pm	200m		All
2:10 pm	800m	All	
3:10 pm	800m		All
3:40 pm	4x400m Relay	All	
4:15 pm	4x400m Relay		All
4:40 pm	3000m	All	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)
- Above times are for first heat of each event.

Field	Hammer	Shot Put	High Jump	Triple Jump
11:45 am			1.65m+	
12:30 pm	30m+	All (Pit 1)	1.55m – 1.80m	12m+ (M) 9m+ (W) (Pit 1)
12:45 pm				
1:00 pm	All	All (Pit 1)		All (Pit 1)
1:15 pm			1.45m – 1.70m	
1:30 pm	All	All (Pit 1)		All (Pit 1)
1:45 pm		11m+ (M) 9m+ (W) (Pit 2)		All (Pit 2)
2:00 pm	All	All (Pit 1)	1.35m - 1.60m	All (Pit 1)
2:15 pm		All (Pit 2)		All (Pit 2)
2:30 pm	25m+	All (Pit 1)		All (Pit 1)
2:45 pm		All (Pit 2)	1.25m – 1.50m	All (Pit 2)
3:00 pm	All	All (Pit 1)		All (Pit 1)
3:15 pm		All (Pit 2)		All (Pit 2)
3:30 pm	All	All (Pit 1)	1.10m – 1.40m	All (Pit 1)
3:45 pm		All (Pit 2)		All (Pit 2)
4:00 pm	All			
4:15 pm		All (Pit 2)	1.05m – 1.30m	All (Pit 2)
4:30 pm	All			
4:45 pm		All (Pit 2)		All (Pit 2)
5:00 pm			1.05m+ (All)	

Notes:

- There will be no competitor limit for the last heat of each discipline
- Extra Attempts in premier heat only if time permits