

BLUE ZONE TIMETABLE 2016-17

Program 2 (Rounds 2,4,6,10,12)

TRACK

1.30	110m Hurdles (106.7cm)	Open Men
	110m Hurdles(99.1cm)	40+/U20 Men
	110m Hurdles(91.4cm)	U18 Men
	100m Hurdles(91.4cm)	50+ Men
	100m Hurdles(84.0cm)	Open/U20 Women,60+/ U16 Men
	100m Hurdles (76.2cm)	U18 Women, 50+ Men
``	90m Hurdles(76.2cm)	U16 Women, U14 Men
	80m Hurdles(76.2cm)	40+/50+/ 60+/ U 14 Women
1.30	5000m Walk (Rounds 2,6,10)	Open/ U20/ U18 Men and Women
	3000m Walk (Rounds 2,6,10)	40+/50+/60+/U16/U14 Men and Women
1.30	2000m Walk (Rounds 4,12)	All
2.10	100m	Women
2.30	1500m	Men
2.45	100m	Men
3.15	1500m	Women
3.40	4x100m Relay	Women
3.55	4x100m Relay	Men
4.15	3000m Steeple (91cm)	Open/U20/40+/50+ Men
	2000m Steeple (91cm)	U18 Men
4.40	3000m Steeple (76cm)	Open/U20 Women
	2000m Steeple (76cm)	60+/U16/U14 Men
		40+/50+/60+/U18/U16/U14 Women
5.00	400m	Men
5.30	400m	Women

Program 2

FIELD

	Discus	Javelin	Long Jump	Pole Vault
1.00			6.00m+/5.00m+	
1.30	Sheet 1	Sheet 1	Sheet 2	3.60+
2.10	35+/28+	Sheet 2	Sheet 3	
2.30				2.70+
2.50	Sheet 3	Sheet 3	Sheet 4	
3.30	Sheet 4	40+/30+	Sheet 5	1.60+
4.10	Sheet 5	Sheet 5	Sheet 6	
4.50	Sheet 6	Sheet 6	Sheet 7	
5.30	Sheet 7	Sheet 7	Sheet 8	