

AV East Region. Field Events program 2011-12 Season (version 2 as at 14/11/2011)

changes from previous version highlighted in yellow

Program 1

| | | <u>Hammer</u> | <u>Shot Put</u> | <u>High Jump</u> | <u>Triple Jump</u> | <u>Extra on Rds 3, 7</u> <u>Pole Vault</u> |
|---------|----------|----------------------------|---------------------------------|------------------|----------------------------------|---|
| 12.00pm | (3:00pm) | 35m+ (men) 30m+ (women) | | | | |
| 12:15pm | (3:15pm) | | | | | |
| 12.30pm | (3:30pm) | | | | 12.00m+ (men) 10.00m+ (women) | 3.80m+ |
| 12:45pm | (3:45pm) | | | | | |
| 1:00pm | (4:00pm) | 20-35m | 7.00m – 9.00m | 1.25m – 1.50m | | |
| 1:15pm | (4:15pm) | | | | | |
| 1:30pm | (4:30pm) | | | | 10.25m+ | |
| 1:45pm | (4:45pm) | | 11.00m+ (men) 9.50m+ (women) | 1.10m – 1.35m | | |
| 2:00pm | (5:00pm) | <20m | | | 8.50m – 10.50m | |
| 2:15pm | (5:15pm) | | 9.00m – 11.00m | | | 3.00m+ |
| 2:30pm | (5:30pm) | <35m | | 1.60m+ | <8.00m | |
| 2:45pm | (5:45pm) | | 7.00m – 9.00m | | | |
| 3:00pm | (6:00pm) | | | | 6.50m – 8.50m | |
| 3:15pm | (6:15pm) | | < 7.00m | 1.35m – 1.60m | | |
| 3:30pm | (6:30pm) | | | | < 7.00m | |
| 3:45pm | (6:45pm) | | 9.00m – 11.00m | | | 1.80m |
| 4:00pm | (7:00pm) | | | 1.45m – 1.70m | All | |
| 4:15pm | (7:15pm) | | < 11.00m | | | |

Program 2

| | | <u>Javelin</u> | <u>Discus</u> | <u>Long Jump</u> | <u>Pole Vault</u> | <u>Extra on Rds 2, 8</u> <u>High Jump</u> |
|---------|----------|----------------------------|----------------------------|--------------------------------|-------------------|--|
| 12.00pm | | | | | | |
| 12:15pm | | | | | | |
| 12:30pm | (6:00pm) | <14m | 35m+ (men) 28m+ (women) | 6.00m+ (men) 5.00m+ (women) | 3.80m+ | 1.25m – 1.50m |
| 12:45pm | (6:15pm) | | | | | |
| 1:00pm | (6:30pm) | 13m – 20m | | | | |
| 1:15pm | (5:45pm) | | 27m – 35m | | | 1.10m – 1.35m |
| 1:30pm | (7:00pm) | 18m – 28m | | 5.20m+ | | |
| 1:45pm | (7:15pm) | | 14m – 21m | | | |
| 2:00pm | (7:30pm) | 40m+ (men) 30m+ (women) | | 4.25m – 5.50m | | 1.60m+ |
| 2:15pm | (7:45pm) | | < 15m | | 3.00m+ /1.80m+* | |
| 2:30pm | (8:00pm) | | | 3.50m – 4.75m | | |
| 2:45pm | (8:15pm) | | | | | 1.35m – 1.60m |
| 3:00pm | (8:30pm) | 26m – 40m | 21m – 27m | <3.70m | | |
| 3:15pm | (8:45pm) | | | | | |
| 3:30pm | (9:00pm) | 18m – 28m | 14m – 21m | 4.00m – 5.25m | | 1.45m – 1.70m |
| 3:45pm | (9:15pm) | | | | 1.80m+* | |
| 4:00pm | (9:30pm) | 13m – 20m | 21m – 27m | All | | |

Note: *PV 1.80m will run parallel with 3.00m for rounds 8, 10 & 12 @ 2:15pm. For Round 6, 1.80m will start at 3:45pm