

East Region Track program for season 2011/12 (version 3 as at 14/11/2011)
changes from previous version highlighted in yellow

Program 1		Men	Women
1:00pm	3000m Walk	All [except U14/ U16]	All [except U14/ U16]
1:00pm	1500m Walk	U14/ U16	U14/ U16
1:00pm	200m Hurdles	U14	U14
1:10pm	300m Hurdles	U16	U16
1:20pm	400m Hurdles	All	All
1:40pm	200m		All
2:20pm	200m	All	
2:30pm	800m		All
3:05pm	800m	All	
3.45pm	4x400 Relay		All
4:05pm	4x400 Relay	All	
4:30pm	3000m*	U18/U16/U14 or All*	U18/U16/U14 or All*
4:45pm	5000m*	Open/U20*	Open/U20*

Notes:

- 400m Hurdles conducted lowest (76cm) to highest (91cm) height
- Above times are for first heat of each event.
- 5000 & 3000 alternate for Open & U20. When 3000m, first graded heat for all starts at 4:30pm. When a 5000m scheduled, 3000m for U18, U16 & U14 only at 4:30pm.
- Last Track to finish by 5:30pm

Program 2a		Men	Women
1:00pm	Sprint Hurdles*	All	All
1:00pm	3000m Steeple (91cm)	U20/Open	
	2000m Steeple (91cm)	U18	
1:20pm	3000m Steeple (76cm)	40+	Open
	2000m Steeple (76cm)	U14/16	14/16/18/20/40+
1:40pm	2000m Walk	All	All
1:45pm	100m		All
2:15pm	100m	All	
2:20pm	1500m		All
2:40pm	1500m	All	
3:25pm	4x100 Relay		All
3:40pm	4x100Relay	All	
4:10pm	400m		All
4:30pm	400m	All	

Program 2b		Men	Women
1:00pm	Sprint Hurdles*	All	All
1:00pm	3000m*	U18/U16/U14 or All*	U18/U16/U14 or All*
1:15pm	5000m*	Open/U20*	Open/U20*
1:45pm	100m		All
2:00pm	2000m Walk	All	All
2:15pm	100m	All	
2:20pm	1500m		All
2:40pm	1500m	All	
3:25pm	4x100 Relay		All
3:40pm	4x100Relay	All	
4:10pm	400m		All
4:30pm	400m	All	

Notes:

- Short hurdles conducted longest (110m) and highest (106cm) to shortest (80m) and lowest (76cm)
- 5000 & 3000 alternate for Open & U20. When 3000m for all, event starts with first graded heat. When a 5000m scheduled, 3000m for U18, U16 & U14 only
- Last Track event to finish by 5:15pm