



2010 AV SHIELD: NORTH WEST REGION REGION FINAL TIMETABLE

Track Events

1:00pm	3000 Metre Walk	Men & Women Open - Under 16
1:05pm	400 Hurdles (84cm)	(Mens 40+ & U/18)
1:15pm	400 Hurdles (76.2cm)	(Womens 1,2 & U/18)
1:30pm	1500 Metre Walk	Men & Women U/14
1:40pm	200 Metre Hurdles	Men & Women U/16 - U/14
12:45pm	400 Hurdles (91.4cm)	(Mens 1,2,3 & U/20)
2:05pm	800 Metres	Men
2:35pm	800 Metres	Women
3:00pm	200 Metres	Men
3:45pm	200 Metres	Women
4:15pm	5000 Metres	Men Open, U/20 40+ & Women Open
4:45pm	3000 Metres	
5:05pm	4 x 400 Metre Relay	Men
5:30pm	4 x 400 Metre Relay	Women

Field Events

	M1	M2	M3	M20	40+	M18	M16	F1	F2	F18	F16	M14	F14
Long Jump	1:40pm	1:40pm	3:40pm	3:40pm	3:40pm	4:20pm	4:20pm	3:00pm	3:00pm	2:20pm	2:20pm	1:00pm	1:00pm
High Jump	3:40pm	3:40pm	1:40pm	1:40pm	1:40pm	3:00pm	3:00pm	4:20pm	4:20pm	1:00pm	1:00pm	2:20pm	2:20pm
Shot Put	3:00pm	3:00pm	1:00pm	1:00pm	1:00pm	1:40pm	1:40pm	2:20pm	2:20pm	4:20pm	4:20pm	3:40pm	3:40pm
Hammer	2:20pm	2:20pm	3:00pm	3:00pm	3:00pm	1:00pm	1:00pm	3:40pm	3:40pm	1:40pm	1:40pm		