

Post Shield Competition 2010/11

Round 1

Date Saturday 19th Feb (the Saturday after Shield Final)

Venue: Doncaster

Program

Time	Track	Field		
		Pole Vault	Hammer	Long Jump
2:00	200/400m Hurdles	3.60m +	30.00m +	5.00m +
2.20	800m			
2.30				4.20 – 5.00
2.50	100m		20.00m – 30.00m	
3.00		1.80+		3.70 – 4.20
3.30	3K		<20.00m	<3.70

Round 2

Date Saturday 12th Mar

Venue: Collingwood

Program

Time	Track	Field		
		Shot	Javelin	High Jump
2:00	2k Walk	10.00m +	<14.00m	1.60+
2.20	200m			
2.30		8.50m – 10.00m	14.00m – 23.00m	1.45m – 1.60m
2.50	1500m			
3.00		7.00m – 8.50m	23.00m – 32.00m	1.35m – 1.45m
3.30	400m	<7.00m	32.00m +	1.10m +

Round 3

Date Saturday 19th Mar

Venue: Box Hill (as Rare Air Club will also be at Box Hill)

Program

Time	Track	Field		
		Discus	Shot	Triple Jump
2:00	Sprint Hurdles	30.00m +	<7.00	10.00m +
2.20	800m			
2.30		25.00m – 30.00m	7.00m – 8.50m	8.50m – 10.00m
2.50	100m			
3.00		18.00m – 25.00m	8.50m – 10.00m	7.00m – 8.50m
3.30	3K	<18.00m	10.00m +	<7.00m