

AV East Region

Proposed Timetable for continuation of Rounds 4 and 7

Date: Tuesday 7 December

Venue: Doncaster

Track

Round 7:

7:00pm Men 400m

Round 4:

7:40pm 3000m (U14/U16/U18)

7:55pm 5000m (Open/ U20) – allow for possibility of two heats.

8:40pm: Women 4x400m

9:00pm Men 4x400m

Field

High Jump (Round 4)

6:45pm Resume 1.60m+

7:15pm 1.45m – 1.70m

8:00pm 1.35m – 1.60m

Pole Vault (Round 4)

7:00pm Resume 1.80m+

Long Jump (Round 4)

6:45pm Resume 3.50m – 4.75m

7:15pm <3.70m

7:45pm 4.00m-5.25m

8:15pm All

Triple Jump (round 7) (follows Long Jump)

8:45pm < 7.00m

9:15pm All

Javelin (Round 7)

7:00pm 18.00m – 28.00m

7:30pm 13.00m – 20.00m

Shot Put (Round 4) (follows Javelin)

8:15pm Resume <7.00m

8:45pm 9.00m-11.00m

Proposed Rules:

1. Only athletes registered at the time each round was originally scheduled (ie. 30/10 for Round 4 and 27/11 for Round 7) may compete in the events for the specific round.
2. Athletes who had already completed an event can not compete in that same event again.
3. Field competitors who could not complete their heat (still had outstanding attempts) could choose to resume, or let their current result stand. Only those recorded on the sheet could resume the heat in progress.
4. Completed events would not be conducted again (of course)
5. For HJ and PV, an agreed "warm-up" procedure be adopted to progress to resumption height (at which abandonment took place). e.g. competitors can simulate previous 1 or 2 attempts before formal competition resumes.
6. No invitations.
7. No extra attempts
8. Events will start earlier than advertised time if preceding event is finished.

(version 4 issued 1 December 2010)