

SOUTH EAST DRAFT PROGRAMS (version 5)

PROGRAM 1

| | | Men | Women |
|------|----------------|-------------|-------------|
| 1:00 | 3000m Walk | All | All |
| 1:00 | 1500m Walk | U14 | U14 |
| 1:00 | 400m Hurdles | All | All |
| 1:20 | 200m Hurdles | U16,U14 | U16,U14 |
| 1:30 | 800m | | All |
| 1:40 | 200m | All | |
| 2:00 | 800m | All | |
| 2:20 | 200m | | All |
| 3:00 | 4 x 400m Relay | All | |
| 3:30 | 4 x 400m Relay | | All |
| 3:50 | 3000m | U18,U16,U14 | U18,U16,U14 |
| 4:10 | 5000m | <18:30 | <18:30 |
| 4:30 | 5000m | >18:30 | >18:30 |

Above times are for first heat of each event

Long hurdles conducted highest (91cm) to lowest (76cm)

5000m & 3000m alternate for the Open & U20 divisions - Round 2 commences with the 5000m

When 3000m for all, heat one is for Men & Women U18/U16/U14, heat two for <10:30 & heat three >10:30

Juniors may run in heat 2 of the 3000m provided that they can achieve the qualifying time of 10:30

PROGRAM 2

| | | Men | Women |
|------|----------------|--------------|-------|
| 1:00 | Sprint Hurdles | All | All |
| 1:00 | 1500m | All | |
| 1:30 | 1500m | | All |
| 1:50 | 100m | All | |
| 2:15 | 2000m Walk | All | All |
| 2:40 | 3k/2k Steeple | Open,U20,U18 | |
| 2:50 | 100m | | All |
| 3:00 | 3k/2k Steeple | M40+,U16,U14 | All |
| 3:30 | 4 x 100m Relay | | All |
| 3:45 | 4 x 100m Relay | All | |
| 4:00 | 400m | | All |
| 4:25 | 400m | All | |

Above times are for the first heat of each event

Sprint hurdles will be conducted longest (110m) & highest (106cm) to shortest (80m) & lowest (76cm).

3000m & 2000m steeple events using the same height of steeple will be conducted concurrently

Steeple will be replaced by the 3000m in Round 8 and a 5000m/3000m combo in Round 10

SOUTH EAST DRAFT PROGRAMS (version 5)

PROGRAM 1

| | High Jump | Long Jump | Shot Put | Hammer | Pole Vault |
|------|-------------|----------------|-----------------|---------|------------|
| 1:00 | 1.25m-1.50m | *6.00m+/5.00m+ | *11.00m+/9.50m+ | *30m+ | 2.40m+ |
| 1:15 | | | | | |
| 1:30 | | 5.00m+ | 9.50m-11.50m | | |
| 1:45 | 1.10m-1.35m | | | 18m-30m | |
| 2:00 | | 4.40m-5.00m | 8.50m-10.50m | | |
| 2:15 | | | | | |
| 2:30 | 1.60m+ | 4.00m-4.50m | 7.50m-9.50m | <18m | 1.80m+ |
| 2:45 | | | | | |
| 3:00 | | <4.50m | 6.50m-8.50m | | |
| 3:15 | 1.45m-1.70m | | | | |
| 3:30 | | 4.50m-6.00m | <7.50m | | |
| 3:45 | | | | | |
| 4:00 | 1.35m-1.60m | <5.00m | <10.00m | | |

*Only athletes competing in these Men/Women Elite sections will be eligible to qualify for additional attempts
Pole Vault will be an extra event on Rounds 3 & 9 only

PROGRAM 2

| | Pole Vault | Triple Jump | Discus | Javelin | High Jump |
|------|------------|------------------|------------|------------|-------------|
| 1:00 | 2.40m+ | *11.50m+/10.00m+ | *35m+/30m+ | <16m | 1.25m-1.50m |
| 1:15 | | | | | |
| 1:30 | | 10.00m+ | 25m-35m | 15m-22m | |
| 1:45 | | | | | 1.10m-1.35m |
| 2:00 | | 8.50m-10.00m | 20m-27m | 20m-28m | |
| 2:15 | | | | | |
| 2:30 | 1.80m+ | <9.00m | 16m-22m | *40m+/30m+ | 1.60m+ |
| 2:45 | | | | | |
| 3:00 | | 9.5m-11.00m | <18m | 26m-40m | |
| 3:15 | | | | | 1.45m-1.70m |
| 3:30 | | <10.00m | 18m-25m | 18m-28m | |
| 3:45 | | | | | |
| 4:00 | | | 22m-30m | <22m | 1.35m-1.60m |

*Only athletes competing in the Men/Women Elite sections will be eligible to qualify for additional attempts
High Jump will be an extra event on Rounds 2 & 8 only