

**AAI McKinnon Shield #2**  
Saturday 27 November 2021

**Sprints / Hurdles**

metres	height	Event	Heat #	Arrival Time	Warm-up Location #	Event Time	Event Over
110	1.067	Sprint Hurdles	Heat 1	14.15	Back straight	15.00	15.06
110	0.914	Sprint Hurdles	Heat 2	14.15	Back straight	15.06	15.12
100	0.838	Sprint Hurdles	Heat 3	14.15	Back straight	15.12	
100	0.838	Sprint Hurdles	Heat 4	14.15	Back straight		15.20
100	0.762	Sprint Hurdles	Heat 5	14.35	Back straight	15.20	15.26
80	0.762	Sprint Hurdles	Heat 6	14.35	Back straight	15.26	
80	0.762	Sprint Hurdles	Heat 7	14.35	Back straight		
80	0.762	Sprint Hurdles	Heat 8	14.35	Back straight		15.35
		100 metre Women	Heat 1	15.05	Infield Zone 1	15.50	
		100 metre Women	Heat 2	15.05	Infield Zone 1		
		100 metre Women	Heat 3	15.05	Infield Zone 1		
		100 metre Women	Heat 4	15.05	Infield Zone 1		
		100 metre Women	Heat 5	15.05	Infield Zone 1		16.05
		100 metre Women	Heat 6	15.20	Infield Zone 2	16.05	
		100 metre Women	Heat 7	15.20	Infield Zone 2		
		100 metre Women	Heat 8	15.20	Infield Zone 2		
		100 metre Women	Heat 9	15.20	Infield Zone 2		
		100 metre Women	Heat 10	15.20	Infield Zone 2		16.20
		100 metre Men	Heat 1	15.35	Infield Zone 3	16.20	
		100 metre Men	Heat 2	15.35	Infield Zone 3		
		100 metre Men	Heat 3	15.35	Infield Zone 3		
		100 metre Men	Heat 4	15.35	Infield Zone 3		16.32
		100 metre Men	Heat 5	15.50	Infield Zone 1	16.32	
		100 metre Men	Heat 6	15.50	Infield Zone 1		
		100 metre Men	Heat 7	15.50	Infield Zone 1		
		100 metre Men	Heat 8	15.50	Infield Zone 1		16.44
		200 metre Women	Heat 1	16.05	Infield Zone 2	16.50	
		200 metre Women	Heat 2	16.05	Infield Zone 2		
		200 metre Women	Heat 3	16.05	Infield Zone 2		
		200 metre Women	Heat 4	16.05	Infield Zone 2		
		200 metre Women	Heat 5	16.05	Infield Zone 2		17.05
		200 metre Women	Heat 6	16.20	Infield Zone 3	17.05	
		200 metre Women	Heat 7	16.20	Infield Zone 3		
		200 metre Women	Heat 8	16.20	Infield Zone 3		
		200 metre Women	Heat 9	16.20	Infield Zone 3		17.17
		200 metre Men	Heat 1	16.35	Infield Zone 1	17.20	
		200 metre Men	Heat 2	16.35	Infield Zone 1		
		200 metre Men	Heat 3	16.35	Infield Zone 1		17.29
		200 metre Men	Heat 4	16.50	Infield Zone 2	17.29	
		200 metre Men	Heat 5	16.50	Infield Zone 2		
		200 metre Men	Heat 6	16.50	Infield Zone 2		17.38
		400 metre Women	Heat 1	17.00	Back Straight	17.45	
		400 metre Women	Heat 2	17.00	Back Straight		
		400 metre Women	Heat 3	17.00	Back Straight		17.57
		400 metre Women	Heat 4	17.10	Infield Zone 3	17.57	
		400 metre Women	Heat 5	17.10	Infield Zone 3		
		400 metre Women	Heat 6	17.10	Infield Zone 3		18.09
		400 metre Men	Heat 1	17.25	Infield Zone 1	18.10	
		400 metre Men	Heat 2	17.25	Infield Zone 1		
		400 metre Men	Heat 3	17.25	Infield Zone 1		18.22
		400 metre Men	Heat 4	17.40	Infield Zone 2	18.22	
		400 metre Men	Heat 5	17.40	Infield Zone 2		
		400 metre Men	Heat 6	17.40	Infield Zone 2		18.34

Athletes to leave arena 10 minutes after their last event.

If competing in more than one event, sit so can maintain 2 metre spacing then go to next warm up area.

## Middle Distance

Event	Heat #	Arrival Time	Warm-up Location #	Event Time	Event Over
1500 metres Women	Heat 1	14.15	Infield Zone 1	15.00	
1500 metres Women	Heat 2	14.15	Infield Zone 1		15.15
1500 metres Women	Heat 3	14.30	Infield Zone 2	15.15	
1500 metres Women	Heat 4	14.30	Infield Zone 2		15.30
1500 metres Men	Heat 1	14.45	Infield Zone 3	15.30	
1500 metres Men	Heat 2	14.45	Infield Zone 3		
1500 metres Men	Heat 3	14.45	Infield Zone 3		15.50
1500 metres Men	Heat 4	15.05	Infield Zone 1	15.50	
1500 metres Men	Heat 5	15.05	Infield Zone 1		16.02
1500 metres Men	Heat 6	15.15	Infield Zone 2	16.02	
1500 metres Men	Heat 7	15.15	Infield Zone 2		16.15
Walks 2000/3000 metres	Heat 1	15.40	Infield Zone 3	16.25	16.50

Athletes to leave arena 10 minutes after their last event.

If competing in more than one event, sit so can maintain 2 metre spacing then go to next warm up area.

## Throws and Jumps

(non throwing)

Event	Arrival Time	Warm-up Location	Event Time	Event Over
Triple Jump Mixed	14.15	Back Straight	15.00	16.00
Pole Vault	14.00	Event site	15.00	16.45
Javelin Mixed	14.15	Front Straight	15.00	15.50
Hammer Mixed Div 1	15.15	Front Straight	16.00	17.00
Hammer Mixed Div 2	16.15	Front Straight	17.00	17.30
Weight Throw (Mixed)	16.55	Front Straight	17.40	18.10

Athletes to leave arena 10 minutes after their last event.

If competing in more than one event, sit so can maintain 2 metre spacing then go to next warm up area.