



**SUNDAY 7 JANUARY**

11:30AM	Open	Male	Decathlon	110m Hurdles (106.7cm) (2 Heats)
11:50AM	U20	Male	Decathlon	110m Hurdles (99.1cm)
12:00AM	U17/U18	Male	Decathlon	110m Hurdles (91.4cm)
12:20PM		Male	100m Hurdles	84cm
12:20PM		Male	90m Hurdles	76.2cm
12:30PM		Female	100m Hurdles	84cm
12:40PM		Female	100m Hurdles	76.2cm
12:50PM		Female	90m Hurdles	76.2cm
01:00PM		Female	80m Hurdles	76.2cm
01:21PM		Male	200m	Heat 1
01:25PM		Male	200m	Heat 2
01:29PM		Male	200m	Heat 3
01:33PM		Male	200m	Heat 4
01:37PM		Male	200m	Heat 5
01:41PM		Male	200m	Heat 6
01:45PM		Female	200m	Heat 1
01:49PM		Female	200m	Heat 2
01:53PM		Female	200m	Heat 3
01:57PM		Female	200m	Heat 4
02:01PM		Female	200m	Heat 5
02:05PM		Female	200m	Heat 6
02:30PM		Female	400m Hurdles	Invitation
02:50PM	U15/U16	Male	Heptathlon	1500m
	Medal Presentation – U15/U16 Heptathlon (Male)			
03:30PM	U20	Female	Heptathlon	800m
03:35PM	Open	Female	Heptathlon	800m
	Medal Presentations – U20/Open Heptathlon (Female)			
04:00PM		Male	800m	Heat 1
04:05PM		Male	800m	Heat 2
04:10PM		Male	800m	Heat 3
04:15PM		Male	800m	Heat 4
04:20PM		Female	800m	Heat 1
04:25PM		Female	800m	Heat 2
04:30PM		Female	800m	Heat 3
05:10PM	U15/U16	Female	Heptathlon	800m
05:15PM	U17/U18	Female	Heptathlon	800m
	Medal Presentations – U15/U16/U17/U18 Heptathlon (Female)			
06:30PM	U17/U18	Male	Decathlon	1500m
06:30PM	U20	Male	Decathlon	1500m
06:30PM	Open	Male	Decathlon	1500m
	Medal Presentations – Decathlon			

11:30AM	U15/U16	Male	Heptathlon	Long Jump
12:15PM	U20	Female	Heptathlon	Long Jump
12:15PM	Open	Female	Heptathlon	Long Jump
12:30PM	U17/U18	Male	Decathlon	Discus (1.5kg)
12:30PM	U20	Male	Decathlon	Discus (1.75kg)
12:30PM	Open	Male	Decathlon	Discus (2kg)
01:00PM	U15/U16	Male	Heptathlon	Javelin (700g)
01:45PM	Open	Female	Heptathlon	Javelin (600g)
01:45PM	U20	Female	Heptathlon	Javelin (600g)
01:45PM	U15/U16	Female	Heptathlon	Long Jump
01:45PM	U17/U18	Female	Heptathlon	Long Jump
02:00PM	U17/U18	Male	Decathlon	Pole Vault
02:00PM	U20	Male	Decathlon	Pole Vault
02:00PM	Open	Male	Decathlon	Pole Vault
03:30PM		Male	Discus	
03:30PM		Female	Long Jump	
03:30PM	U15/U16	Female	Heptathlon	Javelin (500g)
03:30PM	U17/U18	Female	Heptathlon	Javelin (500g)
05:00PM	U17/U18	Male	Decathlon	Javelin (700g)
05:00PM	U20	Male	Decathlon	Javelin (800g)
05:00PM	Open	Male	Decathlon	Javelin (800g)
05:00PM		Female	Discus	
05:00PM		Male	Long Jump	

**Note – The start time of the first event for the heptathlon and decathlon on each day is correct, however, the Combined Event Referee will follow IAAF rule 200 and therefore further start times for the remaining combined events are indicative only.**

## **SHIELD MEET SPECIFIC COMPETITION RULES FOR THE 2017-18 SEASON**

### **DISCUS, HAMMER, JAVELIN AND SHOT PUT:**

**Where the number of entries is 20 or fewer:** All competitors will receive 4 attempts, with the top 8 ranked athletes receiving a further 2 attempts. Para Athletes who achieve a performance equal to or greater than **95%** of the IPC qualifying standard will qualify for the Top 8.

**Where the number of entries exceeds 20:** The entries will be split as follows:

**A Grade:** Top 12 athletes based on nominated performances all of whom will receive FOUR attempts with Top Eight receiving a further 2 attempts, para athletes whose submitted entry mark is equal to or greater than **95%** of the IPC qualifying standard will be placed in the A Grade for their event.

**B Grade:** The remaining athletes will be placed in the B Grade pool and will receive **FOUR** attempts only for the event. If entry numbers exceed 40 then a further split may also be made to the B Grade.

### **LONG JUMP, TRIPLE JUMP:**

**Where the number of entries is 20 or fewer:** All competitors will receive 4 attempts, with the top 8 ranked athletes receiving a further 2 attempts. Para Athletes who achieve a performance equal to or greater than **95%** of the IPC qualifying standard will qualify for the Top 8.

**Where the number of entries exceeds 20:** The entries will be split as follows:

**A Grade:** Top 12 athletes based on nominated performances all of whom will receive FOUR attempts with Top Eight receiving a further 2 attempts, para athletes whose submitted entry mark is equal to or greater than **95%** of the IPC qualifying standard will be

**B Grade:** The remaining athletes will be placed in the B Grade pool and will receive **FOUR** attempts only for the event. If entry numbers exceed 40 then a further split may also be made to the B Grade.

**\*\*\*The Para Athletics 95% standard will only apply to the classifications and events**