

**New Zealand Secondary Schools Track & Field and Road Race
Championships 2003
Invercargill, Southland**

November 2003

To: All New Zealand Secondary Schools

Newsletter Number Three

Welcome to the 31st Track & Field and Road Race Championships

Venue Surrey Park Stadium, Invercargill
Date 5th - 7th December

Introduction

It is now countdown to the NZ Secondary Schools Athletics Championships. Here is the final newsletter containing the following information.

Timetable of Events

28 th November	Final date for Late Entries
24 th November	Newsletter Three,
3 rd December	Individual Scratchings closing date
5 th December	7.00pm Managers Meeting and NZSSAA AGM
5-7 th December	Track & Field and Road Race Championships

Information contained in this newsletter or published separately on the website

- Agenda for the weekend
- Programme of events
- Progressions
- Road Race Map and Race Times
- Field map of grounds

Agenda for the weekend

Friday 5th December 7.00pm Managers Meeting
Stadium Southland
Surrey Park
All Managers, support staff, officials and organizing
committee are expected to attend.

NZSSAA Annual General Meeting
This will follow the Managers Meeting, All are welcome. Refreshments will
follow the meeting.

PROGRESSIONS

LANED EVENTS: 100m, 200m, 400m, 80m-300m Hurdles

NB: 400m (all grades) will have a maximum of 3 rounds; i.e. the field will be reduced to a maximum of 24 for Round 2 and Round 3 qualifying will apply.

Entries	Number of Heats	Automatic	Provisional	Qualifiers
ROUND 1				
81-88	11 heats	1 st 3	Next fastest 7	40
73-80	10 heats	1 st 3	Next fastest 10	40
65-72	9 heats	1 st 3	Next fastest 5	32
57-64	8 heats	1 st 3	Next fastest 8	32
49-56	7 heats	1 st 3	Next fastest 11	32
41-48	6 heats	1 st 3	Next fastest 6	24
33-40	5 heats	1 st 3	Next fastest 9	24
25-32	4 heats	1 st 3	Next fastest 4	16
17-24	3 heats	1 st 3	Next fastest 7	16
9-16	2 heats	1 st 3	Next fastest 2	8

ROUND 2				
33-40	5 heats	1 st 4	Next fastest 4	24
25-32	4 heats	1 st 4		16
17-24	3 heats	1 st 4	Next fastest 4	16
9-16	2 heats	1 st 4		8

ROUND 3				
17-24	3 heats	1 st 3	Next fastest 2	8
9-16	2 heats	1 st 4		8

4 x 100 Relays				
25-32	4 heats	1 st	Next fastest 4	8
17-24	3 heats	1 st	Next fastest 5	8
9-16	2 heats	1 st 2	Next fastest 4	8

4 x 400m These relays are run in divisions – a maximum of 2 divisions per grade

800m

ROUND 1				
41-48	6 heats	1 st 3	Next fastest 6	24
33-40	5 heats	1 st 4	Next fastest 4	24
25-32	4 heats	1 st 3	Next fastest 4	16
17-24	3 heats	1 st 4	Next fastest 4	16
9-16	2 heats	1 st 3	Next fastest 2	8
ROUND 2				
17-24	3 heats	1 st 2	Next fastest 2	8
9-16	2 heats	1 st 3	Next fastest 2	8

1500m, 3000m, 2000m Steeplechase

If heats are required they should be restricted to 12 athletes per heat but can be larger at the Referee's discretion

3 heats	1 st 4	Next fastest 4	16
2 heats	1 st 5	Next fastest 4	14

Straight finals will be run where possible but heats are likely to be required if numbers are greater than the following guidelines. These guidelines can be exceeded at the Referee's discretion.

800m	Juniors	12	Seniors	10
1500m	Juniors	18	Seniors	16
2000m StpC			Open	18
3000m	Juniors	24	Seniors	20

We look forward to your participation.

Yours sincerely,

Fiona Ward / Brenda Pannett
Regional Sports Directors
Southland Secondary Schools Sport
rsdsouth@ihug.co.nz
03 2140720