

NZSSAA TRACK AND FIELD / ROAD RACE GUIDELINE PROGRAMME

Saturday: 9.00 am – 12 noon

300H	OB
300H	OG
1500	JB
1500	JG
800	SG
800	SB
400	JG
400	JB
200	JG
200	JB

Saturday: 12 noon – 6 pm

2000ST (heats)	OB
2000ST (heats)	OG
200	SG
200	SB
3000	JB
110H	SB
100H	JB
100H	SG
80H	JG
400	SG
400	SB
100	JG
100	JB
100	SG
100	SB
300H	OB
300H	OG
800	SB
800	SG
200 Qtrs for grades requiring 4 rounds	
800	JG
800	JB
100	JG
100	JB
100	SG
100	SB
1500	SB
1500	SG

Saturday: 6 pm – 7.30 pm

4x100	JG
4x100	JB
4x100	SB
4x100	SG
3000	JG
3000	SB

Events for Athletes with Disabilities at senior event time or at the age grade time for the athlete concerned:

100m	Categories
200m	AWDWC
400m	AWDCP
Shot Put	AWDAMP/OTHER
Discus	AWDVI
Javelin	AWDID
Long Jump	
Road Race(part of non disabled races or separate AWD combined race)	

Sunday: 9.00 am – 12 noon

110H	SB
100H	JB
100H	SG
80H	JG
800	JG
800	JB
3000	SG
100	JG
100	JB
100	SG
100	SB
400	SG
400	SB
400	JG
400	JB
200	JG
200	JB
3000	SB
200	SG
200	SB
3000	JG
110H	SB
100H	JB
100H	SG
80H	JG

Sunday: 12 noon – 5 30pm

3000	JB
800	SG
800	SB
800	JG
800	JB
100	SG
100	SB
100	JG
100	JB
2000W	OG
300H	OG
300H	OB
1500	SG
1500	SB
200	SG
200	SB
200	JG
200	JB
400	JG
400	JB
3000W	OB
400	SG
400	SB
2000ST	OG
2000ST	OB
1500	JG
1500	JB
4x100	JG
4x100	JB
4x100	SG
4x100	SB
4x400	JG
4x400	JB
4x400	SG
4x400	SB

Announcement of Athletes of the Meet / NZSSAA Team / Closing Ceremony

SATURDAY FIELD

9.00 am		11.30 am		1.30 pm		2.30 pm		3.30 pm	
Discus	SB	Discus	JG	Pole Vault	OG	High Jump	SB	Pole Vault	OB
Javelin	JG	Triple Jump	SB	Hammer	JG	Javelin	JB	Triple Jump	SG
High Jump	SG	Hammer	SG	Shot Put	JB	Long Jump	JG	Shot Put	SB
Long Jump	JB					Discus	SG		

SUNDAY FIELD

9.00 am		11.30 am		1.00 pm		2.30 pm	
Javelin	SB	Shot Put	JG	Hammer	SB	Javelin	SG
Shot Put	SG	Long Jump	SG	Triple Jump	JG	Long Jump	SB
High Jump	JG	Hammer	JB			Discus	JB
Triple Jump	JB					High Jump	JB

ROAD RACE

8.00 am	3000 m	Y9 Girls
8.20 am	3000 m	Y9 Boys
8.40 am	4000 m	Junior Girls
9.05 am	4000 m	Junior Boys
9.30 am	4000 m	Senior Girls
9.55 am	6000 m	Senior Boys
10.30 am	2000m	AWD combined