

NZSSAA Track, Field and Road Race Guideline Programme, Timaru December 4,5,6 2015

Saturday Track	Sunday Track	Field Events & Road Race
9.00 – 12.00	9.00 - 12.00	1.00pm Friday
300H OG hts	80H JG SF	OG Pole Vault
300H OB hts	100H SG SF	JB & SB Hammer Throw
800 JG hts	100H JB SF	
800 JB hts	110H SB SF	3.30pm
800 SG hts	3000 SG F	OB Pole Vault
800 SB hts	3000 SB F	JG & SG Hammer Throw
400 JG hts	100 JG SF	-----
400 JB hts	100 JB SF	
200 JB hts	100 SG SF	9.00am Saturday
200 JG hts	100 SB SF	PA Discus Throw
200 SG hts	3000 JB F	SG Javelin Throw
	200 PA hts (if required)	SB Long Jump
12.00 – 3.00pm	200 JG SF	JB Shot Put
200 SB hts	200 JB SF	
Welcome/Opening Cerem. (12.30)	200 SG SF	11.00am Saturday
TRACK LUNCH	200 SB SF	JG Long Jump (Qualif. or Final)
3000 JG hts (12.50)	3000 JG F	PA Long Jump (separate pit)
3000 JB hts	80H JG F	
3000 SG hts	100H SG F	1.00pm Saturday
3000 SB hts	100H JB F	JG Discus Throw
80H JG hts	110H SB F	SB High Jump
100H SG hts	800 JG F	JB Javelin Throw
100H JB hts	800 JB F	SG Long Jump
110H SB hts	800 SG F	PA Shot Put
400 SG hts	800 SB F	
400 SB hts		3.30pm Saturday
400 PA hts (if required)	12.00 – 3.00	SG Discus Throw
	TRACK LUNCH (12.15 – 12.40)	JG High Jump &
3.00 – 6.00	100 JG F (12.45)	PA girls High Jump
100 JG hts	100 JB F	JB Long Jump
100 JB hts	100 SG F	SB Shot Put
100 SG hts	100 PA girls F all categories	(JB LJ begins after JB 100m heats)
100 SB hts	100 SB F	-----
100 PA hts (if required)	100 PA boys F all categories	
300H OG SF	3000W OB F	8.00am Sunday ROAD RACE
300H OB SF	300H OG F	8.00 3,000m Y9 Girls
800 JG SF	300H OB F	8.20 3,000m Y9 Boys
800 JB SF	1500 SG F	8.40 4,000m JG (+ PAg 2K)
400 JG SF	1500 SB F	9.05 4,000m JB (+ PAb 2K)
400 JB SF	200 JG F	9.30 4,000m SG
	200 JB F	9.55 6,000m SB
<i>N.B. events from now on may be held up to 20 minutes earlier.</i>	200 SG F	PA 2,000m Road Race
200 Qtrs for grades requiring 4 rnds	200 PA girls F all categories	(girls with JG, boys with JB)
800 SG SF	200 SB F	-----
800 SB SF	200 PA boys F all categories	
100 Qtrs for grades requiring 4 rnds	400 JG F	9.00am Sunday
	400 JB F	JB High Jump &
6.00 – 8.00	2000W OG F	PA boys High Jump
1500 JG hts		SB Javelin Throw
1500 JB hts	3.00 – 5.30	SG Triple Jump
400 SG SF	400 SG F	JG Triple Jump
400 SB SF	400 SB F	
1500 SG hts	400 PA F all categories	
1500 SB hts	2000 SC OG F	11.30am Sunday
4x100 JG hts	2000 SC OB F	JB Discus Throw
4x100 JB hts	1500 JG F	SG High Jump
4x100 SG hts	1500 JB F	JG Javelin Throw
4x100 SB hts	4 x 100 JB F	SG Shot Put
2000 SC OG hts (if required)	4 x 100 JG F	SB Triple Jump
2000 SC OB hts (if required)	4 x 100 SG F	
	4 x 100 SB F	2.00pm Sunday
	4 x 100 PA F all categories	SB Discus Throw
	4x400 JG F	PA Javelin Throw
	4x400 JB F	JG Long Jump FINAL (if rqud)
	4x400 SG F	JG Shot Put
	4x400 SB F	JB Triple Jump
	Closing Ceremony (5.30)	