

DOMINION POST



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Where sports stars unfold

# North Island Secondary School Athletics Championships 2009

**\* Please note: click on the 2 tabs below for Program of events**

## **Reporting times:**

Track Events: 20 minutes before the start time.

Field Events: 15 minutes before the start time.

## **Heats/finals:**

For laned individual track events, there will be heats for events with registered entries of more than 8.

For 800m: fields of up to 12 will be allowed (for 13+ entries heats will take place).

For all events over 800m, these will be straight finals.

## **Relays:**

4x100m (if necessary) will be over two races with graded fields, positions decided on times.

Open 4x400m (if necessary) will be over two races with graded fields, positions decided on times.

## **Field:**

All field events are straight finals.

# TRACK EVENTS



## North Island Secondary School Athletics Championships Programme of Events - Track

**Saturday 4th April, 2009**

9.00am	Girls	100m	Intermediate	Heats
9.10am	Girls	800m	Junior	Heats
9.15am	Boys	800m	Junior	Heats
9.20am	Girls	800m	Intermediate	Heats
9.25am	Boys	800m	Intermediate	Heats
9.30am	Girls	800m	Senior	Heats
9.35am	Boys	800m	Senior	Heats
9.40am	Boys	100m	Junior	Heats
9.50am	Girls	100m	Junior	Heats
10.00am	Boys	100m	Intermediate	Heats
10.10am	Girls	100m	Senior	Heats
10.20am	Boys	100m	Senior	Heats
10.30am	Girls	100m	AWD Intellectual	Finals
	Boys	100m	AWD Intellectual	Finals
	Girls	100m	AWD Physical	Finals
	Boys	100m	AWD Physical	Finals
	Girls	100m	AWD Wheelchair	Finals
	Boys	100m	AWD Wheelchair	Finals
	Girls	100m	AWD Vision Impairment	Finals
	Boys	100m	AWD Vision Impairment	Finals
10.50am	Girls	3000m Run	Junior	Final
11.05am	Boys	3000m Run	Junior	Final
11.20am	Girls	70m Hurdles	Junior	Heats
11.30am	Boys	80m Hurdles	Junior	Heats
11.40am	Girls	80m Hurdles	Intermediate	Heats
11.50am	Girls	100m Hurdles	Senior	Heats
12.00am	Boys	100m Hurdles	Intermediate	Heats
12.10am	Boys	110m Hurdles	Senior	Heats
12.20pm	Girls	3000m Run	Intermediate	Final
12.35pm	Boys	3000m Run	Intermediate	Final
12.50pm	Girls	300m	Junior	Heats
1.02pm	Boys	300m	Junior	Heats
1.14pm	Girls	400m	Intermediate	Heats
1.26pm	Boys	400m	Intermediate	Heats
1.38pm	Girls	400m	Senior	Heats
1.50pm	Boys	400m	Senior	Heats
2.02pm	Girls	400m	AWD Intellectual	Finals
	Boys	400m	AWD Intellectual	Finals
	Girls	400m	AWD Physical	Finals
	Boys	400m	AWD Physical	Finals
	Girls	400m	AWD Wheelchair	Finals
	Boys	400m	AWD Wheelchair	Finals
	Girls	400m	AWD Vision Impairment	Finals
	Boys	400m	AWD Vision Impairment	Finals

**Lunch**

# TRACK EVENTS



**Saturday 4th April, 2009**

2.30pm	Girls	100m	Senior	Final
2.33pm	Boys	100m	Junior	Final
2.36pm	Girls	100m	Junior	Final
2.40pm	Girls	100m	Intermediate	Final
2.43pm	Boys	100m	Intermediate	Final
2.46pm	Boys	100m	Senior	Final
2.50pm	Girls	800m	Junior	Final
2.55pm	Boys	800m	Junior	Final
3.00pm	Girls	800m	Intermediate	Final
3.05pm	Boys	800m	Intermediate	Final
3.10pm	Girls	800m	Senior	Final
3.15pm	Boys	800m	Senior	Final
3.20pm	Girls	3000m Run	Senior	Final
3.40pm	Girls	70m Hurdles	Junior	Final
3.45pm	Boys	80m Hurdles	Junior	Final
3.50pm	Girls	80m Hurdles	Intermediate	Final
3.55pm	Girls	100m Hurdles	Senior	Final
4.00pm	Boys	100m Hurdles	Intermediate	Final
4.05pm	Boys	110m Hurdles	Senior	Final
4.15pm	Boys	3000m Run	Senior	Final
4.35pm	Girls	300m	Junior	Final
4.38pm	Boys	300m	Junior	Final
4.43pm	Girls	400m	Intermediate	Final
4.46pm	Boys	400m	Intermediate	Final
4.49pm	Girls	400m	Senior	Final
4.52pm	Boys	400m	Senior	Final
4.55pm	Mixed	3000m Walk	Open	Final
5.20pm	Girls	4x100m Relay	Junior	Finals
5.25pm	Boys	4x100m Relay	Junior	Finals
5.30pm	Girls	4x100m Relay	Intermediate	Finals
5.35pm	Boys	4x100m Relay	Intermediate	Finals
5.40pm	Girls	4x100m Relay	Senior	Finals
5.45pm	Boys	4x100m Relay	Senior	Finals

# TRACK EVENTS



**Sunday 5th April, 2009**

9.30am	Girls	300m Hurdles	Open	Heats
9.40am	Boys	300m Hurdles	Open	Heats
9.50am	Girls	200m	Junior	Heats
9.57am	Boys	200m	Junior	Heats
10.04am	Girls	200m	Intermediate	Heats
10.11am	Boys	200m	Intermediate	Heats
10.18am	Girls	200m	Senior	Heats
10.25am	Boys	200m	Senior	Heats
10.32am	Girls	200m	AWD Intellectual	Finals
	Boys	200m	AWD Intellectual	Finals
	Girls	200m	AWD Physical	Finals
	Boys	200m	AWD Physical	Finals
	Girls	200m	AWD Wheelchair	Finals
	Boys	200m	AWD Wheelchair	Finals
	Girls	200m	AWD Vision Impairment	Finals
	Boys	200m	AWD Vision Impairment	Finals
10.45am	Girls	2000m Steeplechase	Open	Final
10.55am	Boys	2000m Steeplechase	Open	Final
11.05am	Girls	300m Hurdles	Open	Final
11.15am	Boys	300m Hurdles	Open	Final
11.24am	Girls	1500m	Junior	Final
11.32am	Boys	1500m	Junior	Final
11.40am	Girls	1500m	Intermediate	Final
11.48am	Boys	1500m	Intermediate	Final
11.56am	Girls	200m	Junior	Final
11.59am	Boys	200m	Junior	Final
12.02pm	Girls	200m	Intermediate	Final
12.05pm	Boys	200m	Intermediate	Final
12.08pm	Girls	200m	Senior	Final
12.11pm	Boys	200m	Senior	Final
12.14pm	Girls	1500m	Senior	Final
12.22pm	Boys	1500m	Senior	Final
12.30pm	Girls	4x400m Relay Open	Senior	Final
12.45pm	Boys	4x400m Relay Open	Senior	Final

# FIELD EVENTS

## North Island Secondary School Athletics Championships Programme of Events - Field

### Friday 3rd April 2009

5.30pm	Mixed	Open	Hammer	Finals
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### Saturday 4th April 2009

9.30am	Boys	Junior	Discus	Final
9.30am	Boys	Intermediate	High Jump	Final
9.30am	Girls	Intermediate	Long Jump	Final
10.30am	Girls	Senior	Javelin	Final
10.30am	Girls	Junior	Shot Put	Final
11.10am	Boys	Senior	Long Jump	Final
11.30am	Boys	Senior	Discus	Final
11.30am	Girls	Senior	Shot Put	Final
	Boys	AWD	Discus	Final
11.45am	Boys	Junior	High Jump	Final
12.20pm	Boys	Intermediate	Long Jump	Final
12.30pm	Girls	Intermediate	Javelin	Final
	Girls	AWD	Javelin	Final
1.00pm	Girls	Junior	Long Jump	Final
	Girls	AWD	Shot Put	Final
1.30pm	Boys	Intermediate	Discus	Final
2.00pm	Boys	Senior	High Jump	Final
2.30pm	Girls	Junior	Javelin	Final
2.30pm	Boys	Junior	Long Jump	Final
	Boys	AWD	Long Jump	Final
2.30pm	Girls	Senior	Long Jump	Final
	Girls	AWD	Long Jump	Final
2.30pm	Girls	Intermediate	Shot Put	Final
3.30pm	Girls	Senior	Discus	Final
3.30pm	Boys	Intermediate	Shot Put	Final
	Boys	AWD	Shot Put	Final
3.55pm	Girls	Intermediate	Triple Jump	Final
4.00pm	Boys	Senior	Triple Jump	Final
	Girls	AWD	Discus	Final
4.15pm	Girls	Junior	High Jump	Final
4.30pm	Boys	Junior	Javelin	Final
	Boys	AWD	Javelin	Final

### Sunday 5th April, 2009

9.00am	Girls	Intermediate	Discus	Final
9.00am	Girls	Senior	High Jump	Final
9.00am	Boys	Intermediate	Triple Jump	Final
9.30am	Mixed	Open	Pole Vault	Final
10.00am	Boys	Senior	Javelin	Final
10.00am	Boys	Junior	Shot Put	Final
10.10am	Girls	Junior	Triple Jump	Final
11.00am	Girls	Junior	Discus	Final
11.00am	Girls	Intermediate	High Jump	Final
11.00am	Boys	Senior	Shot Put	Final
11.20am	Boys	Junior	Triple Jump	Final
11.30am	Girls	Senior	Triple Jump	Final
12.00am	Boys	Intermediate	Javelin	Final