

North Island Secondary School Athletics Palmerston North 2023

Saturday 01/04

Track

Saturday April 01

9.00am	Girls	100m	Inter	Heats
9.10am	Girls	800m	Junior	Heats
9.18am	Boys	800m	Junior	Heats
9.26am	Girls	800m	Inter	Heats
9.34am	Boys	800m	Inter	Heats
9.40am	Girls	800m	Senior	Heats
9.48am	Boys	800m	Senior	Heats
9.56am	Boys	100m	Junior	Heats
10.04am	Girls	100m	Junior	Heats
10.12am	Boys	100m	Inter	Heats
10.20am	Girls	100m	Senior	Heats
10.28am	Boys	100m	Senior	Heats
10.35am	Girls	100m	Para T20	Finals
10.38am	Boys	100m	Para T20	Heats/Finals
10.41am	Girls	100m	Para P1 All Classifications	Finals
10.45am	Boys	100m	Para P1 All Classifications	Finals
10.50am	Girls	3000m	Junior	Final
11.05am	Boys	3000m	Junior	Final
11.25am	Girls	70mH	Junior	Heats
11.35am	Boys	80mH	Junior	Heats
11.45am	Girls	80mH	Inter	Heats
11.55am	Girls	100mH	Senior	Heats
12.05pm	Boys	100mH	Inter	Heats
12.15pm	Boys	110mH	Senior	Heats
12.25pm	Girls	300m	Junior	Graded Finals
12.35pm	Boys	300m	Junior	Graded Finals
12.45pm	Girls	400m	Inter	Graded Finals
12.55pm	Boys	400m	Inter	Graded Finals
1.05pm	Girls	400m	Senior	Graded Finals
1.15pm	Boys	400m	Senior	Graded Finals
1.25pm	Girls	400m	Para T20	Finals
1.28pm	Boys	400m	Para T20	Finals
1.31pm	Girls	400m	Para P1 All Classifications	
1.35pm	Boys	400m	Para P1 All Classifications	
1.40pm	Lunch Break			
2.15pm	Girls	3000m	Inter	Final
2.30pm	Girls	100m	Senior	Final
2.33pm	Boys	100m	Junior	Final
2.36pm	Girls	100m	Junior	Final
2.40pm	Girls	100m	Inter	Final

2.43pm	Boys	100m	Inter	Final
2.46pm	Boys	100m	Senior	Final
2.48pm	Boys	100m	Para T20	Final[If required]
2.51pm	Boys	3000m	Inter	Final
3.05pm	Girls	800m	Junior	Final
3.09pm	Boys	800m	Junior	Final
3.13pm	Girls	800m	Inter	Final
3.17pm	Boys	800m	Inter	Final
3.21pm	Girls	800m	Senior	Final
3.25pm	Boys	800m	Senior	Final
3.30pm	Girls	3000m	Senior	Final
3.45pm	Girls	70mH	Junior	Final
3.50pm	Boys	80mH	Junior	Final
3.55pm	Girls	80mH	Inter	Final
4.00pm	Girls	100mH	Senior	Final
4.05pm	Boys	100mH	Inter	Final
4.10pm	Boys	110mH	Senior	Final
4.15pm	Boys	3000m	Senior	Final
4.30pm	Mixed	4x100m	Para	Finals
4.40pm	Girls	4x100m	Junior	Finals
4.50pm	Boys	4x100m	Junior	Finals
5.00pm	Girls	4x100m	Inter	Finals
5.10pm	Boys	4x100m	Inter	Finals
5.20pm	Girls	4x100m	Senior	Finals
5.30pm	Boys	4x100m	Senior	Finals

Sunday April 02

9.00am	Girls/Boys	2000m/3000m WALK		Final
9.30am	Girls	300mH	Inter	Graded Finals
9.38am	Boys	300mH	Inter	Graded Finals
9.46am	Girls	300mH	Senior	Graded Finals
9.56am	Boys	300mH	Senior	Graded Finals
10.06am	Girls	200m	Junior	Heats
10.16am	Boys	200m	Junior	Heats
10.25am	Girls	200m	Inter	Heats
10.35am	Boys	200m	Inter	Heats
10.45am	Girls	200m	Senior	Heats
10.53am	Boys	200m	Senior	Heats
11.01am	Girls	200m	Para T20	Final
11.05am	Boys	200m	Para T20	Final
11.10am	Girls	200m	Para P1	All Classifications
11.15am	Boys	200m	Para P1	All Classifications
11.20am	Girls	2000m stch	Inter/Senior	Final
11.30am	Boys	2000m stch	Inter	Final

11.40am	Boys	2000m stch	Senior	Final
11.50am	Girls	1500m	Junior	Final
11.57am	Boys	1500m	Junior	Final
12.04pm	Girls	1500m	Inter	Final
12.11pm	Boys	1500m	Inter	Final
12.18pm	Girls	200m	Junior	Final
12.21pm	Boys	200m	Junior	Final
12.24pm	Girls	200m	Inter	Final
12.27pm	Boys	200m	Inter	Final
12.30pm	Girls	200m	Senior	Final
12.33pm	Boys	200m	Senior	Final
12.36pm	Girls	1500m	Senior	Final
12.45pm	Boys	1500m	Senior	Final
12.55pm	Girls	4x400m	Inter	Final
1.05pm	Boys	4x400m	Inter	Final
1.15pm	Girls	4x400m	Senior	Final
1.25pm	Boys	4x400m	Senior	Final

Field Events

Saturday April 01

7.30am	Boys	Hammer	Inter
7.30am	Boys	Hammer	Senior
9.30am	Boys	Discus	Junior
9.30am	Boys	High Jump	Inter
9.30am	Girls	Long Jump	Inter
9.30am	Girls	Long Jump	Para Junior
9.30am	Girls	Javelin	Senior
9.30am	Girls	Javelin	Para Senior
9.30am	Girls	Shot Put	Junior
9.30am	Boys	Long Jump	Senior
9.30am	Boys	Long Jump	Para Senior
11.30am	Boys	Discus	Senior
11.30am	Boys	Discus	Para Senior
11.30pm	Girls	Shot Put	Senior
11.30am	Girls	Shot Put	Para Senior
11.30am	Boys	Long Jump	Inter
11.30am	Girls	Javelin	Inter
11.30am	Girls	Long Jump	Junior
11.40am	Boys	High Jump	Junior
11.40am	Boys	High Jump	Para Junior
1.45pm	Boys	Discus	Inter
1.45pm	Boys	Discus	Para Junior
1.45pm	Boys	High Jump	Senior
1.45pm	Boys	High Jump	Para Senior
1.45pm	Boys	Long Jump	Junior

1.45pm	Boys	Long Jump	Para Junior
1.45pm	Girls	Long Jump	Senior
1.45pm	Girls	Long Jump	Para Senior
1.45pm	Girls	Shot Put	Inter
1.45pm	Girls	Shot Put	Para Junior
2.00pm	Girls	Javelin	Junior
2.00pm	Girls	Javelin	Para Junior
3.45pm	Girls	Discus	Senior
3.45pm	Girls	Discus	Para Senior
3.45pm	Boys	Shot Put	Inter
3.45pm	Girls	Triple Jump	Inter
3.45pm	Boys	Triple Jump	Senior
3.45pm	Girls	High Jump	Junior
3.45pm	Boys	Javelin	Junior
3.45pm	Boys	Javelin	Para Junior
5.45pm	Girls	Hammer	Junior
5.45pm	Boys	Hammer	Junior
5.45pm	Girls	Hammer	Inter

Sunday April 02

7.30am	Girls	Hammer	Senior
9.00am	Girls	Discus	Inter
9.00am	Girls	Discus	Para Junior
9.00am	Girls	High Jump	Senior
9.00am	Girls	High Jump	Para Senior
9.00am	Boys	Triple Jump	Inter
9.00am	Boys/Girls	Pole Vault	Inter/Senior
9.00am	Boys	Javelin	Senior
9.00am	Boys	Javelin	Para Senior
9.00am	Boys	Shot Put	Junior
9.00am	Boys	Shot Put	Para Junior
9.00am	Girls	Triple Jump	Junior
11.00am	Girls	Discus	Junior
11.00am	Girls	High Jump	Inter
11.00am	Girls	High Jump	Para Junior
11.00am	Boys	Shot Put	Senior
11.00am	Boys	Shot Put	Para Senior
11.00am	Boys	Triple Jump	Junior
11.00am	Girls	Triple Jump	Senior
11.00am	Boys	Javelin	Inter