

North Island Secondary Schools Athletics Championships



**Massey Park & Bruce Pulman Park Throws Centre,
Papakura &
Mount Smart, Penrose
28-29 March 2026**

Cover Photo: Scene from the NISSAA Championships, Porritt Stadium 2025

Play Hard, Play Fair!

Good sport is about positive attitude. You can set the right tone and help make the game a success.

Play your part – play fair.

- Respect that people are involved in sport for fun and enjoyment
- Support good play and applaud good performance from all competitors
- Learn the difference between supportive and abusive comments and rule out the latter
- Display self-control on the sideline. Always be positive. Never shout at or ridicule players or officials
- Attempt to understand the rules of the game
- Accept the decisions of officials and coaches
- Show your appreciation to people who volunteer their time to make sport happen
- Remember that we are all capable of making mistakes
- Give it heaps but don't get ugly

Participating Associations

NORTHLAND	NTH	Navy singlet, black shorts
NORTH HARBOUR	NHB	Maroon and black singlet; black shorts
AUCKLAND	AKL	White or Blue singlet, blue shorts
COUNTIES MANUKAU	CMA	Red, black and white singlet; black shorts
WAIKATO/BAY OF PLENTY	WBOP	Yellow, red and black singlet; black shorts
TARANAKI	TAR	Burnt orange, lime green and black tops, black shorts
EAST COAST NORTH ISLAND	ECN	White, red and black singlet; black shorts
MANAWATU	MAN	White and green singlet, black shorts
WHANGANUI	WAN	Blue or white singlet, black shorts
WAIRARAPA	WAR	Forest green and white singlet, green or black shorts
WELLINGTON	WEL	Gold singlet, black shorts

officials

Jury of Appeal	Tony Rogers, Ange Russek, Referee not involved
Meeting Managers	Terry Jensen, John Tylden, Daniel Lewis
Results	Brett Addison, Louisa Smith, Johanri Fourie.
Announcer	Terry Jensen
Photo finish	Rob Ward, Tim Keip
Starts team	Julian Castle, Bruce Woods, Rodney Thorne (Sat 8pm - 1pm)
Starters Assistants	John Tylden, Judith Stewart
Track Referee	John Tylden
Track Umpires	Malcolm Taylor, Jordyn Tukukino, Jayda Scanlan (Sat), Kevin Endres, Dianne Rodger (Sat)
Lap Count	Dianne Rodger (Sat)
Finish Line	Dianne Rodger (Sat), Jordyn Tukukino, Jayda Scanlan (Sat), Kevin Endres
Walks Judges	Grant Pepper, Karien Fourie, Tania Boyer, Mike Trathen, Tracey Walsh.
Field Referees	Daniel Lewis, Errol Flynn
Chief EDM Judge	Daniel Lewis

Equipment and Arena Setup Bruce Pulman - John Eden Massey Park – Mission Heights Junior College.

Hammer Chief / Referee – Daniel Lewis / Kat Saifiti (8am Hammer) - volunteers – Mark O’Brien (Sat) + 2 for Saturday.

Discus Chief / Referee - Daniel Lewis / Thelma Teesdale (Sunday) – volunteers – Mark O’Brien (Sat) + 2 for Saturday, Jason Myks (Sun), Cindy Myks (Sun), Daley Myks (Sun 11am), Apaula Lautua (Sun).

Shot Put Chief Kat Saifiti / Maxine Chappell (Sat am) – Volunteers – Aron Caffery, Jasmine Tukukino, Tui Kamo (Sat), Puna Kamo (Sun).

Javelin Chief Sarah Watson - Volunteers – Raymond Koole, Tim Campbell, Craig Seymour.

Long Jump Boys Chief Barrie Jennings – volunteers – Tianna De Jong (wind readings), Katherine Spence (Sat), Suanette Visagie, + 1 more for Saturday, 2 more for Sunday.

Long Jump Girls Chief Neil Bartlett – volunteers – Ella Scanlan (wind readings, Sat), Kaliyah Kamo, Amanda Munroe (Sat), Logan Potts, 1 more for Sunday 9am, Cynthia Garcia (Sunday 11am)

High Jump **Saturday** - Chief Errol Flynn – Volunteers – Amelia De Lautour, Melanie Thompson (Sat), Kirsten Garbutt (Sat)

Sunday – Chief Errol Flynn – Volunteers – Sharon Grass, 3x Puke High students, Amelia De Lautour.

Pole Vault Paul Curry, Paul Craddock, Thelma Teesdale, Geoff Haigh.

Technical Daniel Lewis

Hurdles Team – Mission Heights Junior College

Catering / General needs Officials – Massey Park - Nicola De Jong.

Bruce Pulman Park – Elizabeth Hudson

Counties Manukau Secondary School Athletics thanks all officials listed and any further officials and school volunteers for volunteering their time and assistance to conduct the championships which is gratefully acknowledged.

Officials will be provided with morning and afternoon tea and lunches catered by the Papakura Amateur Athletic & Harrier Club Inc.

order of events

North Island Secondary Schools Athletics Championships

Timetable of Events

Track Events

Saturday 28 March

9.00am	Girls	100m	Intermediate	Heats
9.10am	Girls	100m	Junior	Heats
9.20am	Boys	100m	Junior	Heats
9.30am	Boys	100m	Intermediate	Heats
9.40am	Girls	100m	Senior	Heats
9.50am	Boys	100m	Senior	Heats
10.00am	Girls	100m	Para Multi Class J/I/S	Final
10.05am	Boys	100m	Para Multi Class J/I/S	Heats or Finals
10.15am	Girls	3000m Run	Junior	Final
10.30am	Boys	3000m Run	Junior	Final
10.50am	Girls	80m Hurdles	Junior	Heats
11.00am	Boys	80m Hurdles	Junior	Heats
11.10am	Girls	80m Hurdles	Intermediate	Heats
11.20am	Girls	100m Hurdles	Senior	Heats
11.30am	Boys	100m Hurdles	Intermediate	Heats
11.40am	Boys	110m Hurdles	Senior	Heats
11.50am	Girls	300m	Junior	Graded Finals
12.00pm	Boys	300m	Junior	Graded Finals
12.10pm	Girls	400m	Intermediate	Graded Finals
12.20pm	Boys	400m	Intermediate	Graded Finals
12.30pm	Girls	400m	Senior	Graded Finals
12.40pm	Boys	400m	Senior	Graded Finals
12.50pm	Girls	400m	Para Multi Class J/I/S	Finals
12.55pm	Boys	400m	Para Multi Class J/I/S	Finals
1.00pm	Lunch			
2.00pm	Girls	3000m Run	Intermediate	Final
2.15pm	Girls	100m	Junior	Final
2.20pm	Boys	100m	Junior	Final
2.25pm	Girls	100m	Intermediate	Final
2.30pm	Boys	100m	Intermediate	Final
2.35pm	Boys	100m	Senior	Final
2.40pm	Boys	100m	Para Multi Class J/I/S	Final if required
2.45pm	Girls	100m	Senior	Final
2.50pm	Boys	3000m Run	Intermediate	Final

3.04pm	Girls	800m	Junior	Finals (A/B)
3.12pm	Boys	800m	Junior	Finals (A/B)
3.20pm	Girls	800m	Intermediate	Finals (A/B)
3.28pm	Boys	800m	Intermediate	Finals (A/B)
3.36pm	Girls	800m	Senior	Finals (A/B)
3.44pm	Boys	800m	Senior	Finals (A/B)
3.52pm	Girls	800m	Para Multi Class J/I/S	Final
3.56pm	Boys	800m	Para Multi Class J/I/S	Final
4.00pm	Girls	3000m Run	Senior	Final
4.15pm	Girls	80m Hurdles	Junior	Final
4.20pm	Boys	80m Hurdles	Junior	Final
4.25pm	Girls	80m Hurdles	Intermediate	Final
4.30pm	Girls	100m Hurdles	Senior	Final
4.35pm	Boys	100m Hurdles	Intermediate	Final
4.45pm	Boys	110m Hurdles	Senior	Final
4.55pm	Boys	3000m Run	Senior	Final
5.10pm	Mixed	4x100m Relay	Para	Finals
5.15pm	Girls	4x100m Relay	Junior	Finals
5.20pm	Boys	4x100m Relay	Junior	Finals
5.25pm	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
Sunday 29 March				
9.00am	Girls	200m Hurdles	Junior	Graded Finals
9.05am	Boys	200m Hurdles	Junior	Graded Finals
9.10am	Girls	300m Hurdles	Intermediate	Graded Finals
9.20am	Boys	300m Hurdles	Intermediate	Graded Finals
9.30am	Girls	300m Hurdles	Senior	Graded Finals
9.40am	Boys	300m Hurdles	Senior	Graded Finals
9.50am	Girls/Boys	2km/3km Walk	Open	Final
10.10am	Girls	200m	Junior	Heats
10.20am	Boys	200m	Junior	Heats
10.30am	Girls	200m	Intermediate	Heats
10.40am	Boys	200m	Intermediate	Heats
10.50am	Girls	200m	Senior	Heats
11.00am	Boys	200m	Senior	Heats
11.10am	Girls	200m	Para Multi Class J/I/S	Final
11.15am	Boys	200m	Para Multi Class J/I/S	Heats or Final
11.25am	Girls	2000m Stp/ch	Under 17/Senior	Final
11.35am	Boys	2000m Stp/ch	Under 17	Final
11.45am	Boys	2000m Stp/ch	Senior	Final
11.55am	Girls	1500m	Junior	Final

12.02pm	Boys	1500m	Junior	Final
12.09pm	Girls	1500m	Intermediate	Final
12.16pm	Boys	1500m	Intermediate	Final
12.16pm	Boys/Girls	1500m	Para Multi Class J/I/S	Final
12.25pm	Girls	200m	Junior	Final
12.28pm	Boys	200m	Junior	Final
12.31pm	Girls	200m	Intermediate	Final
12.34 pm	Boys	200m	Intermediate	Final
12.37 pm	Girls	200m	Senior	Final
12.40pm	Boys	200m	Senior	Final
12.43pm	Boys	200m	Para Multi Class J/I/S	Final if required
12.46pm	Girls	1500m	Senior	Final
12.52pm	Boys	1500m	Senior	Final
1.05pm	Girls	4x400m Relay	Under 17	Final
1 15pm	Boys	4x400m Relay	Under 17	Final
1.25pm	Girls	4x400m Relay	Senior	Final
1.35pm	Boys	4x400m Relay	Senior	Final

FIELD EVENTS

Saturday 28 March

8.00am	Boys	Intermediate/Senior	Hammer	Final BP Park
9.30am	Girls/Boys	Under 17/Senior	Pole Vault	Final Mt Smart
9.30am	Boys	Junior	Discus	Final BP Park
9.30am	Boys	Junior Para	Discus	Final BP Park
9.30am	Boys	Intermediate	High Jump	Final
9.30am	Boys	Intermediate Para	High Jump	Final
9.30am	Girls	Intermediate	Long Jump	Final
9.30am	Girls	Intermediate Para	Long Jump	Final
9.30am	Girls	Senior	Javelin	Final
9.30am	Girls	Senior Para	Javelin	Final
9.30am	Girls	Junior	Shot Put	Final BP Park
9.30am	Girls	Junior Para	Shot Put	Final BP Park
9.30am	Boys	Senior	Long Jump	Final
9.30am	Boys	Senior Para	Long Jump	Final
11.30am	Boys	Senior	Discus	Final BP Park
11.30am	Boys	Senior Para	Discus	Final BP Park
11.30am	Girls	Senior	Shot Put	Final BP Park
11.30am	Girls	Senior Para	Shot Put	Final BP Park
11.30am	Boys	Junior	High Jump	Final
11.30am	Boys	Junior Para	High Jump	Final
11.30am	Boys	Intermediate	Long Jump	Final
11.30am	Boys	Intermediate Para	Long Jump	Final
11.30am	Girls	Intermediate	Javelin	Final
11.30am	Girls	Intermediate Para	Javelin	Final
11.30am	Girls	Junior	Long Jump	Final
11.30am	Girls	Junior Para	Long Jump	Final
12.30pm	Girls/Boys	Junior	Hammer	Final BP Park

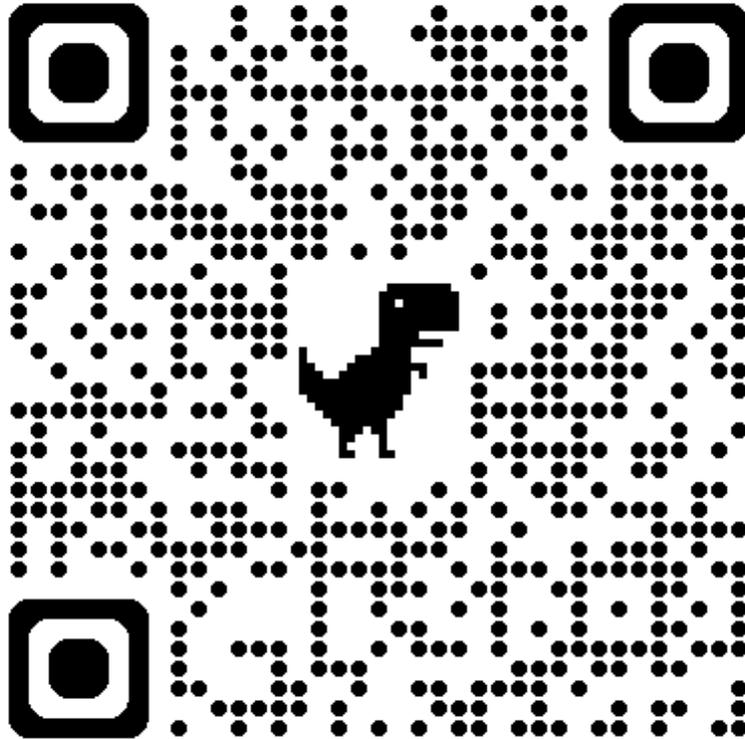
1.00 pm	Lunch			
1.45pm	Boys	Intermediate	Discus	Final BP Park
1.45pm	Boys	Intermediate Para	Discus	Final BP Park
1.45pm	Boys	Senior	High Jump	Final
1.45pm	Boys	Senior Para	High Jump	Final
1.45pm	Boys	Junior	Long Jump	Final
1.45pm	Boys	Junior Para	Long Jump	Final
1.45pm	Girls	Senior	Long Jump	Final
1.45pm	Girls	Senior Para	Long Jump	Final
1.45pm	Girls	Intermediate	Shot Put	Final BP Park
1.45pm	Girls	Intermediate Para	Shot Put	Final BP Park
2.00pm	Girls	Junior	Javelin	Final
2.00pm	Girls	Junior Para	Javelin	Final
3.45pm	Girls	Senior	Discus	Final BP Park
3.45pm	Girls	Senior Para	Discus	Final BP Park
3.45pm	Boys	Intermediate	Shot Put	Final BP Park
3.45pm	Boys	Intermediate Para	Shot Put	Final BP Park
3.45pm	Girls	Intermediate	Triple Jump	Final
3.45pm	Girls	Intermediate Para	Triple Jump	Final
3.45pm	Boys	Senior	Triple Jump	Final
3.45pm	Boys	Senior Para	Triple Jump	Final
3.45pm	Girls	Junior	High Jump	Final
3.45pm	Girls	Junior Para	High Jump	Final
3.45pm	Boys	Junior	Javelin	Final
3.45pm	Boys	Junior Para	Javelin	Final
5.00pm	Girls	Intermediate/Senior	Hammer	Final BP Park

Sunday 29 March

9.00am	Girls	Intermediate	Discus	Final BP Park
9.00am	Girls	Intermediate Para	Discus	Final BP Park
9.00am	Girls	Senior	High Jump	Final
9.00am	Girls	Senior Para	High Jump	Final
9.00am	Boys	Intermediate	Triple Jump	Final
9.00am	Boys	Intermediate Para	Triple Jump	Final
9.00am	Boys	Senior	Javelin	Final
9.00am	Boys	Senior Para	Javelin	Final
9.00am	Boys	Junior	Shot Put	Final BP Park
9.00am	Boys	Junior Para	Shot Put	Final BP Park
9.00am	Girls	Junior	Triple Jump	Final
9.00am	Girls	Junior Para	Triple Jump	Final
11.00am	Girls	Junior	Discus	Final BP Park
11.00am	Girls	Junior Para	Discus	Final BP Park
11.00am	Girls	Intermediate	High Jump	Final
11.00am	Girls	Intermediate Para	High Jump	Final
11.00am	Boys	Senior	Shot Put	Final BP Park
11.00am	Boys	Senior Para	Shot Put	Final BP Park
11.00am	Boys	Junior	Triple Jump	Final
11.00am	Boys	Junior Para	Triple Jump	Final

11.00am	Girls	Senior	Triple Jump	Final
11.00am	Girls	Senior Para	Triple Jump	Final
11.00am	Boys	Intermediate	Javelin	Final
11.00am	Boys	Intermediate Para	Javelin	Final

Live Results



<https://athleticswbop.anet.live/meets/64850>

GENERAL INFORMATION

MANAGERS MEETING followed by the NISS AGM

This will be held in Papakura Athletics Clubrooms, Massey Park, Ron Keat Drive, Papakura at 7 00 pm Friday 27 March.

Venue for Shot Put, Discus and Hammer Throws:

These will be held at **Bruce Pulman Park** approximately 5 minutes' drive from Massey Park at the times in the programme. Hammer will be completed on the Saturday. The rest will run both days as per the programme.

Venue For Pole Vault:

This is planned for Saturday morning at **Mt Smart Stadium** but may have to be transferred to Sunday morning if the Stadium is required for another event.

Stadium Entry and Parking:

Everyone will be able to enter the stadium via the main entrance off Ron Keat Drive. Athletes can enter free of charge. Managers are to use their Managers' passes and Coaches will have complimentary entry if they have their Athletics NZ Coaches Card. There will be no gate charges at Bruce Pulman Park or Mt Smart.

Gate charges are:

Saturday/Sunday: Adults (20 plus) \$5.00 per day

Parking:

There is car and bus parking available on and beside Ron Keat Drive. There is plenty of parking available at Bruce Pulman Park and Mt Smart.

ENTRY INFORMATION

Online entries open on **Monday 9 March** and athletes must be entered by **5.00 pm on Sunday 22 March**.

Online entries are to be made via www.nzssaa.org.nz. **Full instructions for the filling in of entries are on the website** and will not be repeated here. But the following points need to be reinforced.

Entries are done ONLY by each Regional Team Coordinator only (not teachers in charge of athletics/sports coordinators or individual athletes).

Late entries will not be accepted.

Dates of Birth:

Date of Birth must be provided for every entered athlete. Please check that each date of birth is correct, and that an athlete qualifies by age for the nominated grade. **Athletes nominated without a date of birth or who do not qualify for the nominated age group will not be accepted.**

Grades:

Please note that an athlete's age is as at **31 December 2026**.

- | | | |
|------------------------------|-------------------------|--------------------------|
| • Junior | Under 15 on 31 December | (ie. born 2012 or 2013) |
| • Intermediate | Under 17 on 31 December | (ie. born 2010 or 2011) |
| • Senior | Under 20 on 31 December | (ie. born 2007 to 2009) |
| • Junior Para Athletes | Under 15 on 31 December | (ie. born 2012 or 2013) |
| • Intermediate Para Athletes | Under 17 on 31 December | (ie. born 2010 to 2011) |
| • Senior Para Athletes | Under 20 on 31 December | (ie. born 2007 to 2009)* |
| • *ORS funded athletes | Under 22 on 31 December | (ie. born 2005 or 2006) |

Entry Regulations:

- **Athletes may enter a maximum of 4 individual events plus relays.**
- **Athletes may enter no more than 2 individual track events over 200m.** These events are: 300m, 400m, 800m, 1500m, 3000m, Steeplechase, 3000/2000m Walk, 300m Hurdles.
- **Junior athletes entering in the sprints can do any 2 of 100m, 200m or 300m.**
- **No more than 3 competitors from the same region may compete in any event (excluding relays) unless dispensation is sought for an extra very well performed athlete who has met the standard.** This will only be granted where it does not increase the number of heats required.
- **Associations may enter only one relay team per grade.**

Rules:

This meeting is conducted under the rules of World Athletics, World Para Athletics and Athletics NZ, except as provided for below and in the by-laws.

INSTRUCTIONS FOR ATHLETES

Uniform:

Competitors must compete in the uniform of their **Regional representative team**, not that of their individual school.

Competition Area:

Only competitors currently involved in an event or under the control of a specific event marshal will be permitted into the competition area.

Warming-up for Events:

Warming-up for Track and Jumps events can be done in the main arena in the parts of the track that are not being used for races or jumps. Generally, this will be both bends and the back straight.

Starting:

- Starting blocks must be used in all events up to and including 400m.
- Athletes must use the blocks as supplied. No personal blocks will be permitted to be used. All questions concerning the start will be at the absolute discretion of the Starter and Starts Referee. If in their opinion, the start is not a fair one, the start will be recalled.
- If a competitor false starts they will be disqualified but if an athlete or advocate for the athlete considers there **are genuine** grounds for a protest the athlete may be allowed by the Starts Referee to run under protest. The protest will then be considered by the Starts Referee and if necessary can proceed to the Jury of Appeal (see below).

REPORTING

Track Events: All Competitors must report to their event location **15 minutes** before the scheduled time of the race for **Heats** and **10 minutes for Finals**. If an athlete has a clash with a field Event please notify the Starters Assistants of this prior to going to the Field event.

Field Events: All Competitors must report to their event site 30 minutes before the scheduled start of their event so that they have time for final preparations and practice. They will be advised when they can commence supervised warm up.

On completion of the competition all athletes must leave the competition arena. Warm-downs must be done outside the competition arena.

Equipment:

Personal throwing implements may be used by competitors provided they are approved by the Technical Team.

Hammers needed for Saturday morning must be handed in at the Managers Meeting on Friday or by 8.30am at the equipment container located at Bruce Pulman Park Throws Centre. Javelins required in the first round of both days should be in for checking the evening before ie Friday at the Managers Meeting, Saturday at Massey Park TIC.

All personal implements may be used by any competitor for the duration of that event. Implements can be collected from the Equipment Shed after competition. No athlete is to take their implement from the event site after competition concludes.

Qualifying:

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

- 100m, 200m, all Hurdle events - **Please note that 300m/400m and 200m/300m hurdles are seeded timed finals.**
- 4 heats: First athlete in each heat plus the next 4 fastest.
- 3 heats: First 2 athletes in each heat plus the next 2 fastest.
- 2 heats: First 3 athletes in each heat plus the next 2 fastest

800m:

- Fields of up to 13 will be allowed but for 14 entries or more timed finals will take place with the A Final run followed by the B Final.
- Track events of 1500m and longer will be straight finals

Field events:

Except Pole Vault and High Jump, the top eight competitors after three rounds will receive three more attempts **unless this is reduced by the Competition Director because of time constraints.**

Athletes Qualifying for a Final:

- If an athlete who qualifies for a track final does not compete in the final, the athlete is automatically disqualified from competing again in the championships (see **scratchings** below), including in relays.

Relays:

- Depending on the number of associations entered the 4x100m may consist of two races with graded fields and with final placings decided on times across the two races.
- The 4x 400m events will be single races.

Entry Confirmation Times:

4x100 relays must be confirmed by team managers by noon on Saturday,

4x400 relays must be confirmed by team managers by 10.00 am on Sunday

Protests:

Protests must be made in the first instance by the athlete or his/her manager to the relevant referee. If the protest is turned down an appeal to the jury of appeal can be lodged within 30 minutes of the official result of any event being posted on the results board (rule 146) along with a deposit of \$50 which may be forfeited if the appeal is unsuccessful.

Spikes:

- Must not be more than 6mm in length except for Javelin and High Jump competitors who may use 9mm.

Scratchings/Replacements:

These should be submitted on the appropriate form signed by athletes or their managers at the **Managers Meeting** or to the **Technical Information Centre** as soon as possible, but at least **90 minutes** before the event start time. Athletes who have been scratched can be replaced by another member of that team. No athlete who has retired from competition due to ill health will be able to re-enter competition (relay teams included) unless the athlete supplies a medical certificate and clearance has been obtained from the Competition Director.

PARA ATHLETES

(Athletes with Physical, Visual and Intellectual Impairments)

- Events offered are **100m, 200m, 300/400m, 800m, 1500m, 4x100m Relay (mixed classification/age/gender), discus, shot put, javelin, high jump, triple jump and long jump.**

Para Athlete Classification

Athletes with Physical, Visual and Intellectual Impairments competing at the 2026 North Island Secondary Schools Athletics Championships in Papakura **are required** to have a Provisional or National Classification. Classification ensures that athletes meet impairment eligibility and have an activity limitation. For further information on Classification please contact the Athletics New Zealand Classification Coordinator, Rebecca Foulsham, at rebecca@athletics.org.nz or 021 0223 7776 or John Tylden oe@nzssaa.org.nz

technical information

North Island Secondary Schools Implement Weights and Hurdle Heights/Distances

Implement Weights:

		Javelin	Discus	Shot	Hammer
Boys	Snr	700g	1.50kg	5.00kg	5.00kg
	Int	700g	1.25kg	5.00kg	4.00kg
	Jnr	600g	1.00kg	4.00kg	4.00kg
Girls	Snr	500g	1.00kg	3.00kg	3.00kg
	Int	500g	1.00kg	3.00kg	3.00kg
	Jnr	500g	1.00kg	3.00kg	3.00kg

Hurdle Heights/Distances:

Boys	Distance	Height (mm)	Colour mark	Number of hurdles	Distance to 1 st hurdle	Distance between hurdles	Run off distance
Snr	110m	914	Blue	10	13.72m	9.14m	14.02m
Int	100m	838	Yellow	10	13.00m	8.50m	10.50m
Jnr	80m	762	Orange	8	12.00m	7.50m	15.50m
Jnr	200m	762	Green	5	20.00m	35.00m	40.00m
Int	300m	762	Green	7	50.00m	35.00m	40.00m
Senior	300m	838	Green	7	50.00m	35.00m	40.00m

Girls	Distance	Height (mm)	Colour mark	Number of hurdles	Distance to 1 st hurdle	Distance between hurdles	Run off distance
Snr	100m	762	Yellow	10	13.00m	8.50m	10.50m
Int	80m	762	Green	8	12.00m	8.00m	12.00m
Jnr	80m	686	Orange	8	12.00m	7.50m	15.50m
Jnr	200m	686	Green	5	20.00m	35.00m	40.00m
Int	300m	762	Green	7	50.00m	35.00m	40.00m
Senior	300m	762	Green	7	50.00m	35.00m	40.00m

2000m Steeplechase

All Girls: 762mm

Under 17{Jun & Int} Boys: 762 mm/Senior Boys: 838mm

NI Secondary Schools High Jump: Suggested Starting Heights and Lifts. Please discuss with athletes. It is hoped that athletes will clear at least one height.

Junior Boys: SH 1.45. 3 x 5cm lifts to 1.60 then 2 x 4cm to 1.68 then 3cm

Intermediate Boys: SH 1.60. 3 x 5cm to 1.75 then 3 x 4cm to 1.87 then 3cm

Senior Boys: SH 1.65. 3 x 5cm to 1.80 then 2 x 4cm to 1.88, then 3cm

Junior Girls: SH 1.35. 3 x 5cm to 1.50, 3x 4cm to 1.62, then 3 cm

Intermediate Girls: SH 1.40. 3 x 5cm to 1.55, 3 x 4cm to 1.67 then 3cm

Senior Girls: SH 1.40. 3 x 5cm to 1.55, 3 x 4cm to 1.67 then 3cm

Pole Vault: Suggested Starting Heights and Lifts. Please discuss with athletes. It is hoped that athletes will clear at least one height.

Senior Boys: Start at **2.85 m** goes up in **15 cm** rises until **3.15 m** thereafter **10 cm** rises
 U17 Boys: Start at **2.40 m** goes up in **15 cm** rises until **3.15 m** thereafter **10 cm** rises
 Senior Girls: Start at **2.35 m** goes up in **15 cm** rises until **2.80 m** thereafter **10 cm** rises
 U17 Girls: Start at **2.05 m** goes up in **15 cm** rises until **2.80 m** thereafter **10 cm** rises

NISSAA Para Athlete Implement Weights

Under 20

Classes	Discus Male	Discus Female	Javelin Male	Javelin Female	Shot Put Male	Shot Put Female	Club Male & Female
F11-13	1.75kg	1.00kg	800gr	600gr	6.00kg	4.00kg	
F20	1.75kg	1.00kg	800gr	600gr	6.00kg	4.00kg	
F31							397gr
F32	1.00kg	1.00kg	NE	NE	2.00kg	2.00kg	397gr
F33	1.00kg	1.00kg	600gr	600gr	3.00kg	3.00kg	
F34	1.00kg	1.00kg	600gr	600gr	4.00kg	3.00kg	
F35	1.00kg	1.00kg	600gr	600gr	4.00kg	3.00kg	
F36	1.00kg	1.00kg	600gr	600gr	4.00kg	3.00kg	
F37	1.00kg	1.00kg	600gr	600gr	5.00kg	3.00kg	
F38	1.50kg	1.00kg	800gr	600gr	5.00kg	3.00kg	
F40,F41	1.00kg	750gr	600gr	400gr	4.00kg	3.00kg	
F42	1.50kg	1.00kg	800gr	600gr	6.00kg	4.00kg	
F43,F44	1.50kg	1.00kg	800gr	600gr	6.00kg	4.00kg	
F45,F46	1.50kg	1.00kg	800gr	600gr	6.00kg	4.00kg	
F51	1.00kg	1.00kg					397gr
F52	1.00kg	1.00kg	600gr	600gr	2.00kg	2.00kg	
F53	1.00kg	1.00kg	600gr	600gr	3.00kg	3.00kg	
F54	1.00kg	1.00kg	600gr	600gr	4.00kg	3.00kg	
F55	1.00kg	1.00kg	600gr	600gr	4.00kg	3.00kg	
F56	1.00kg	1.00kg	600gr	600gr	4.00kg	3.00kg	
F57	1.00kg	1.00kg	600gr	600gr	4.00kg	3.00kg	
F61,F63	1.50kg	1.00kg	800gr	600gr	6.00kg	4.00kg	
F62,F64	1.50kg	1.00kg	800gr	600gr	6.00kg	4.00kg	

Under 17

Classes	Discus Male	Discus Female	Javelin Male	Javelin Female	Shot Put Male	Shot Put Female	Club Male & Female
F11-13	1.50kg	1.00kg	700gr	500gr	5.00kg	3.00kg	
F20	1.50kg	1.00kg	700gr	500gr	5.00kg	3.00kg	
F31							397gr
F32	750gr	750gr			1.00kg	1.00kg	397gr
F33	750gr	750gr	500gr	500gr	2.00kg	2.00kg	
F34	750gr	750gr	500gr	500gr	3.00kg	2.00kg	
F35	750gr	750gr	500gr	500gr	3.00kg	2.00kg	
F36	750gr	750gr	500gr	500gr	3.00kg	2.00kg	
F37	750gr	750gr	500gr	500gr	4.00kg	2.00kg	
F38	1.00kg	750gr	600gr	500gr	4.00kg	2.00kg	
F40,F41	1.00kg	750gr	500gr	400gr	3.00kg	2.00kg	
F42,	1.00kg	1.00kg	700gr	500gr	5.00kg	3.00kg	
F43,F44	1.00kg	1.00kg	700gr	500gr	5.00kg	3.00kg	
F45,F46	1.00kg	1.00kg	700gr	500gr	5.00kg	3.00kg	
F51	750gr	750gr					397gr
F52	750gr	750gr	500gr	500gr	2.00kg	2.00kg	

F53	750gr	750gr	500gr	500gr	2.00kg	2.00kg	
F54	750gr	750gr	500gr	500gr	3.00kg	2.00kg	
F55	750gr	750gr	500gr	500gr	3.00kg	2.00kg	
F56	750gr	750gr	500gr	500gr	3.00kg	2.00kg	
F57	1.00kg	750gr	500gr	500gr	3.00kg	2.00kg	
F61,F63	1.00kg	1.00kg	700gr	500gr	5.00kg	3.00kg	
F62,F64	1.00kg	1.00kg	700gr	500gr	5.00kg	3.00kg	

Under 15

Classes	Discus Male	Discus Female	Javelin Male	Javelin Female	Shot Put Male	Shot Put Female	Club Male & Female
F11-13	1.00kg	1.00kg	600gr	500gr	4.00kg	3.00kg	
F20	1.00kg	1.00kg	600gr	500gr	4.00kg	3.00kg	
F31							397gr
F32	750gr	750gr			1.00kg	1.00kg	397gr
F33	750gr	750gr	500gr	500gr	2.00kg	2.00kg	
F34	750gr	750gr	500gr	500gr	3.00kg	2.00kg	
F35	750gr	750gr	500gr	500gr	3.00kg	2.00kg	
F36	750gr	750gr	500gr	500gr	3.00kg	2.00kg	
F37	750gr	750gr	500gr	500gr	4.00kg	2.00kg	
F38	1.00kg	750gr	600gr	500gr	4.00kg	2.00kg	
F40,F41	1.00kg	750gr	500gr	400gr	3.00kg	2.00kg	
F42,	1.00kg	1.00kg	600gr	500gr	4.00kg	3.00kg	
F43,F44	1.00kg	1.00kg	600gr	500gr	4.00kg	3.00kg	
F45,F46	1.00 kg	1.00kg	600gr	500gr	4.00kg	3.00kg	
F51	750gr	750gr					397gr
F52	750gr	750gr	500gr	500gr	2.00kg	2.00kg	
F53	750gr	750gr	500gr	500gr	2.00kg	2.00kg	
F54	750gr	750gr	500gr	500gr	3.00kg	2.00kg	
F55	750gr	750gr	500gr	500gr	3.00kg	2.00kg	
F56	750gr	750gr	500gr	500gr	3.00kg	2.00kg	
F57	1.00kg	750gr	500gr	500gr	3.00kg	2.00kg	
F61,F63	1.00kg	1.00kg	600gr	500gr	4.00kg	3.00kg	
F62,F64	1.00kg	1.00kg	600gr	500gr	4.00kg	3.00kg	

Para Classifications

T11 – T13 and F11 – F13

T20 and F20

T32 – T38 and F31 – F38

T40/41 and F40/41

T42 – T47 and F42 – F46

T51 – T54 and F51 – F57

T61 – T64 and F61-64

T71 – T72

Visual Impairment (VI)

Intellectual Impairment(II)

Cerebral Palsy and Neurological Impairments(CP)

Short Stature(SS)

Amputees and Other Impairments (AO)

Wheelchair and throwing frame user (WC)

Athletes who compete using prosthetic lower limbs (PL)

Frame running for coordination impairments (PI)

records

NORTH ISLAND SECONDARY SCHOOLS CHAMPIONSHIPS BOYS RECORDS

OPEN BOYS				
3000m Walk	Tony Sargisson	HBG	12.43.7h	1993
SENIOR BOYS				
100m	Rylan Noome	ECNI	10.73	2023
200m	Cory Chase	WBOP	21.58	1995
400m	Oliver Miller	AKL	48.45	2017
800m	Brad Mathas	WAN	1.51.42	2011
1500m	Kieron McDonald	WEL	3.53.15	2012
3000m	Will Anthony	WEL	8.16.31	2021
2000 Steeplechase	Joseph Clark	NHB	5.58.08	2017
110m Hurdles	Mattheus Pio	WBOP	14.19	2019
300m Hurdles	Nicholas O'Brien	WBOP	36.88	1997
4 x 100m Relay	Waikato Bay of Plenty		42.13	1984
4 x 400m Relay	Whanganui		3.19.77	2011
Shot Put (5.00kg)	Ryan Ballantyne	WBOP	19.61	2016
Discus (1.5kg)	Connor Bell	NHB	63.34	2019
Javelin (700gm)	C Greening	WEL	69.66	1984
Hammer (5.00kg)	Matthew Bloxham	NHB	69.91	2013
High Jump	M Wooley	WBOP	2.04	1979
	O Leonard	WBOP	2.04	1979
Long Jump	N Park	NHB	7.23	1990
Triple Jump	Mark Ranby	MAN	14.35	1995
Pole Vault	Pascal Kethers	NHB	4.85	2013
INTERMEDIATE BOYS				
100m	James Guthrie-Croft	AKL	10.91	2016
200m	H Townsend	MAN	21.93	2000
400m	J. Vandemade	AKL	49.53	2003
800m	Sam Ruthe	WBOP	1.55.28	2024
1500m	Sam Ruthe	WBOP	3.59.21	2024
3000m	George Wyllie	WBOP	8:32.14	2023
2000 Steeplechase	Finn Seeds	WEL	6.15.66	2018
100m Hurdles	Rianco Haggard	CMA	13.01	2025
300m Hurdles	Rianco Haggard	CMA	38.75	2024
4 x 100m	Wellington		43.65	2015
4 x 400m Relay	Wellington		3.31.23	2021
Shot Put (5.00kg)	Jacko Gill	NHB	20.85	2010
Discus (1.25kg)	Connor Bell	NHB	68.41	2017
Javelin (700gm)	Kyle Van der Merwe	TARA	60.82	2011
Hammer (4.kg)	Canon Puriri	AKL	62.79	2023
High Jump	Jayden Williamson	NHB	1.99	2019
Long Jump	Jeremy Thumath	AKL	6.87	2001
Triple Jump	J Verbury	AKL	13.60	2007
Pole Vault	Josh Woodhead	ECN	3.50	2019
JUNIOR BOYS				
100m	Yaride Rosario	ECN	11.18	2007
200m	Blake Gordon	WBOP	23.01	2010
300m	Nova Tupai	WEL	36.96	2025
800m	Brad Mathas	WAN	2.00.91	2007
1500m	Brad Mathas	WAN	4.10.47	2007
3000m	Christian de Vaal	CMA	9.16.38	2019
80m Hurdles	Dominic Overend	AKL	11.03	2016
4 x 100m	Wellington		44.80	2012
Shot Put (4.00kg)	Jacko Gill	NHB	16.03	2008
Discus (1.00kg)	Leyon Caffery	AKL	55.95	2024
Javelin (600gm)	W. Brunton	WEL	52.36	2008
High Jump	Jayden Williamson	NHB	1.90	2017

Long Jump	Dominic Overend	AKL	6.40	2016
Triple Jump	Marcus Scott Lucas	WLG	12.43	2014
Hammer (4.kg)	Canon Puriri	NTH	49.17	2021

NORTH ISLAND SECONDARY SCHOOLS CHAMPIONSHIPS GIRLS RECORDS

OPEN GIRLS				
3000m Walk	Amanda Gorst	ECN	14.25.53	2004
2000m Walk	Yandri Fourie	AKL	10.15.81	2025
SENIOR GIRLS				
100m	Kendra Scally-Tu'i	AKL	11.79	2025
200m	Kendra Scally-Tu'i	AKL	23.87	2025
400m	Annalies Kalma	WBOP	55.02	2021
800m	Lynden Wilde	NTH	2.08.07	1979
1500m	Nina Chalmers	AKL	4.27.56	2025
3000m	Penelope Salmon	AKL	9.37.88	1985
2km Steeplechase	Charlie Miller	WBOP	6.35.11	2017
100m Hurdles	Jane Mitchell	WBOP	13.68	1982
300m Hurdles	Amy Robinson	WBOP	42.59	2013
4 x 100m Relay	North Harbour		47.78	1996
4 x 400m Relay	Waikato Bay of Plenty		3.49.55	2025
Shot Put (3.0kg)	Madison Wesche	AKL	16.24	2017
Discus (1.0kg)	Siositina Hakeai	AKL	51.20	2011
Javelin (600gm)	J Greatbatch	ECN	44.35	2001
Hammer (3.kg)	Elizabeth Hewitt	WEL	61.72	2021
High Jump	C Corbett	AKL	1.77	1989
Long Jump	C Brunner	WEL	5.99	1988
Triple Jump	Okpala Nneka	AKL	12.08	2005
Pole Vault	Eliza McCartney	NHB	3.90	2013
INTERMEDIATE GIRLS				
100m	Georgia Hulls	ECN	12.00	2015
	Gabriella Hayton	AKL	12.00	2016
200m	Sophie Williams	WAN	24.25	2019
400m	Annalies Kalma	WBOP	54.69	2019
	J Robson	AKL	56.5h	1979
800m	Boh Richie	WBOP	2.09.40	2023
1500m	Imogen Barlow	AKL	4.24:86	2023
3000m	Scarlett Robb	AKL	9.23.23	2024
2km Steeplechase	Charlie Miller	WBOP	6.35.11	2017
80m Hurdles	P. Symes	WAN	11.68	2008
300m Hurdles	Emke Joubert	CMA	44.62	2025
4 x 100m Relay	Waikato Bay of Plenty		48.32	2012
4 x 400m Relay	WBOP	WBOP	3.51:65	2023
Shot Put (3.00kg)	Madison Wesche	AKL	15.35	2015
Discus (1.00kg)	L Lealai-Salanoa	WEL	51.11	2009
Javelin (600gm)	Tanya Murray	CMA	42.41	2016
Hammer (3.00kg)	Paige Fletcher	AKL	59.18	2024
High Jump	Josephine Reeves	WEL	1.76	2017
Long Jump	Genna Maples	WAN	5.82	2019
Triple Jump	Marguerite Johansson	WBOP	11.88	2019
(best perf. no wind reading)	C O'Byrne	TAR	11.92	1997
Pole Vault	Aria Rhodes	NHB	3.62	2018
JUNIOR GIRLS				
100m	Briar Toop	ECN	12.10	1987
200m	Briar Toop	ECN	24.60	1987
300m	Tayla Brunger	WAN	40.65	2016
800m	Krystie Soloman	WBOP	2:14.32	2017
1500m	Boh Ritchie	WBOP	4.40.67	2021
3000m	Charlie Miller	WBOP	10:06.59	2016
70m Hurdles	M Gipson	NHB	11.44	2009
80m Hurdles	Gemma Kivell	AKL	12.49	2025
200m Hurdles	Unaisi Cava	AKL	29.47	2025
4 x 100m	Waikato Bay of Plenty		49.68	2024
Shot Put (3.25kg)	L Karena	AKL	13.09	2000
Shot Put (3kg)	Sina-Maria Su'a	AKL	14.73	2025

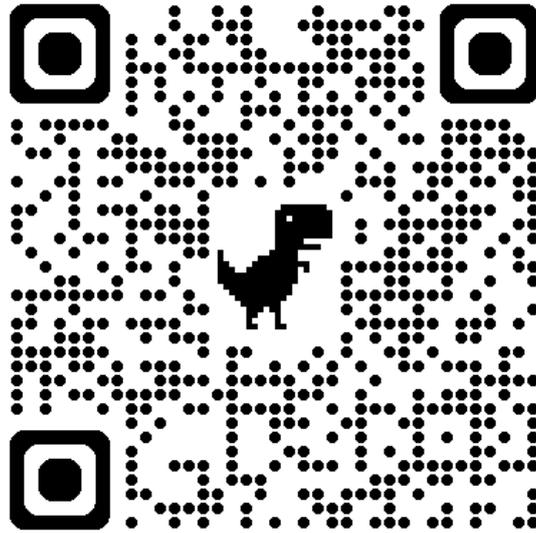
Discus (1.00kg)	Sina-Maria Su'a	AKL	47.78	2025
Javelin (600gm)	N Tuala	MKU	34.86	1999
High Jump	Jade Nomani	AKL	1.65	2019
Long Jump	Genna Maples	WAN	5.64	2017
Triple Jump	K Grant	TAR	11.08	2001
Hammer (3.kg)	Sacha Fu-oughton	NHR	48.27	2025

PARA RECORDS

100m					
PARA II	Junior Girls	Amelia Troke	WAR	15.96	2024
PARA II	Junior Boys	Israel Kohai	WBOP	14.06	2019
PARA II	Senior Girls	Nicole Martin	WBOP	14.79	2011
PARA II	Senior Boys	Kwamme Accra-Williams	WEL	12.53	2010
PARA CP	Junior Girls	Sionann Murphy	NHB	17.99	2018
PARA CP	Junior Boys	Jaxon Wooley	WBOP	13.15	2021
PARA CP	Senior Girls	Libby Leikis	WEL	16.31	2016
PARA CP	Senior Boys	Richard Nelson-Parker	AKL	13.70	2011
PARA WC	Junior Boys	Lucas Pedersen	WBOP	20.36	2025 BP
PARA WC	Senior Boys	Jaden Movold	NHB	21.15	2021
PARA WC	Senior Girls	Gabrielle Wright	AKL	23.65	2021
PARA AO	Junior Boys	Mason Pye	WAN	15.41	2021
PARA AO	Senior Girls	Anna Steven	NHB	15.91	2017
PARA AO	Senior Boys	Jono Brownjohn	TAR	13.38	2014
PARA VI	Senior Girls	Amy Ellis	TAR	15.42	2024
PARA VI	Senior Boys	Jamie Barr	WEL	17.26	2014
PARA PL	Senior Girls	Paddy Walsh	AKL	15.80	2021
200m					
PARA CP	Junior Girls	Sionann Murphy	NHB	37.94	2018
PARA CP	Junior Boys	Jack Lewington	WAI	34.18	2018
PARA II	Junior Girls	Amelia Troke	WAR	33.66	2024
PARA II	Junior Boys	Israel Kohai	WBOP	29.48	2019
PARA II	Senior Girls	Jessica Yeates	MAN	31.74	2024
PARA II	Senior Boys	Metuisela Tauaika	WBOP	25.00	2019
PARA CP	Senior Boys	Richard Nelson Parker	AKL	29.06	2012
PARA CP	Senior Girls	Libby Leikis	WEL	35.45	2015
PARA WC	Junior Boys	Lucas Pederson	WBOP	36.29	2024
PARA WC	Senior Boys	Shakti Krishnan	WBOP	44.62	2011
PARA AO	Senior Girls	Anna Steven	NHB	33.95	2017
PARA AO	Senior Boys	Anton Besseling	TAR	26.83	2018
PARA VI	Senior Girls	Amy Ellis	TAR	31.82	2024
PARA VI	Senior Boys	Dominic Faherty	WEL	42.80	2013
400					
PARA II	Junior Girls	Emma Foy	WBOP	1.29.12	2019
PARA II	Junior Boys	Joshua Taylor	WAI	65.50	2018
PARA II	Senior Girls	Nicole Martin	WBOP	74.30	2011
PARA II	Senior Boys	Sunil Fernandez-Ritchie	WBOP	59.37	2011
PARA CP	Junior Girls	Charli Gardiner-Hall	CMA	1.28.22	2021
PARA CP	Junior Boys	Daniel Kitts	WBOP	73.05	2023
PARA CP	Senior Boys	Cole Bailey	WEL	67.07	2019
PARA AO	Senior Boys	Anton Besseling	TAR	59.08	2018
PARA WC	Junior Boys	Lucas Pederson	WBOP	69.29	2024
PARA WC	Senior Girls	Gabrielle Wright	AKL	1.32.15	2021
PARA WC	Senior Boys	Jaden Movold	NHB	1.11.11	2021
800					
PARA II	Senior Boys	Luis Douglas	ECN	2.23.44	2025
PARA CP	Senior Boys	Daniel Kitts	WBOP	2.30.50	2025
1500					
PARA II	Senior Boys	Luis Douglas	ECN	4.51.45	2025
PARA CP	Junior Girls	Charli Gardiner-Hall	CMA	8.06.01	2023
PARA CP	Junior Boys	Daniel Kitts	WBOP	5.57.97	2023
PARA CP	Senior Boys	Daniel Kitts	WBOP	5.20.13	2025
PARA WC	Senior Boys	Jaden Movold	NHB	4.16.94	2021
LONG JUMP					

PARA CP	Junior Girls	Charli Gardiner-Hall	CMA	2.79	2021
PARA CP	Junior Boys	Jack Lewington	WAI	3.75	2019
PARA II	Junior Girls	Ruby Lasini	WEL	2.86	2024 BP
PARA II	Junior Boys	Israel Kohai	WBOP	4.63	2019
PARA II	Senior Girls	Jessia Yeates	MAN	2.97	2024 BP
PARA II	Senior Boys	Luke Hewitt	WBOP	5.23	2015
PARA AO	Junior Boys	Mason Pye	WAN	3.99	2021
PARA AO	Senior Girls	Anna Steven	NHB	3.48	2017
PARA AO	Senior Boys	Jono Brownjohn	TAR	4.90	2013
PARA CP	Senior Boys	Cameron Holland	MAN	3.60	2015
PARA II	Senior Girls	Teweia Matita	WEL	2.79	2013
HIGH JUMP					
PARA II	Junior Girls	Jessia Yeates	MAN	1.10	2024 BP
PARA II	Senior Boys	Aldrey Soria	WBOP	1.30	2019
PARA AO	Senior Girls	Anna Steven	NHB	1.20	2017
PARA AO	Senior Boys	Jono Brownjohn	TAR	1.73	2013
SHOTPUT					
PARA VI	Junior Boys	Corran Hanning	WEL	9.38	2019
PARA VI	Senior Boys	Corran Hanning	WEL	12.75	2021
PARA II	Junior Girls	Ruby Lasini	WEL	6.05	2024 BP
PARA II	Junior Boys	Dallas Hokai	WBOP	8.82	2015
PARA II	Senior Girls	Brandy Collins	WEL	9.28	2015
PARA II	Senior Boys	Jack Lewer	MAN	11.55	2017
PARA CP	Junior Girls	Charli Gardiner-Hall	CMA	8.05	2023
PARA CP	Junior Boys	Daniel Meyer	NTH	8.55	2018
PARA CP	Senior Girls	Charli Gardiner-Hall	CMA	8.67	2025
PARA CP	Senior Boys	Jayden Ah Hi	WEL	10.22	2010
PARA WC	Senior Boys	Otis Horne	ECN	2.60	2010
PARA AO	Senior Girls	Ashley Exeter	WAI	8.51	2012
PARA AO	Senior Boys	Harry Crawford	AKL	10.83	2014
DISCUS					
PARA VI	Junior Boys	Corran Hanning	WEL	37.33	2019
PARA VI	Senior Boys	Corran Hanning	WEL	39.37	2021
PARA II	Junior Boys	Brian Wilson	NHB	19.97	2024
PARA II	Senior Girls	Brandy Collins	WEL	25.44	2015
PARA II	Senior Boys	Jack Lewer	MAN	34.68	2016
PARA CP	Junior Girls	Charli Gardiner-Hall	CMA	22.24	2023
PARA CP	Junior Boys	Daniel Meyer	NTH	30.41	2018
PARA CP	Senior Girls	Charli Gardiner-Hall	CMA	23.46	2025
PARA CP	Senior Boys	Jacob Phillips	WBOP	27.55	2013
PARA WC	Junior Boys	Lucas Pederson	WBOP	18.42	2024 BP
PARA AO	Senior Girls	Ashley Exeter	WAI	23.55	2012
PARA AO	Senior Boys	Harry Crawford	AKL	39.60	2014
JAVELIN					
PARA VI	Junior Boys	Corran Hanning	WEL	22.51	2019
PARA II	Junior Boys	Joshua Edgar	WBOP	9.82	2019
PARA II	Senior Boys	Ben Taylor	WAI	29.05	2019
PARA II	Senior Girls	Patosina Mau'u	WEL	12.76	2013
PARA AO	Senior Girls	Ashley Exeter	MAN	17.85	2011
PARA CP	Junior Girls	Charli Gardiner-Hall	CMA	14.90	2023 BP
PARA CP	Senior Boys	Jacob Phillips	WBOP	18.11	2013
PARA CP	Senior Girls	Charli Gardiner-Hall	CMA	17.83	2025
HAMMER					
PARA VI	Junior Boys	Corran Hanning	WEL	30.45	2019
RELAYS					
Mixed Girls		Wellington		1:11.82	2013
Mixed Boys		Wellington		56.70	2010

Live Results:



<https://athleticswbop.anet.live/meets/64850>

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