

NZSSAA TRACK AND FIELD / ROADRACE GUIDELINE PROGRAMME

Saturday: 8.30 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–7 pm

2000ST	OB
2000ST	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
1500	SB
1500	SG
800	JG
800	JB
100	JG
100	JB
100	SG
100	SB
800	SG
800	SB

Saturday: 7 pm–815 pm

(These events	3000	SB
may be	3000	JG
brought	4x100	JG
forward or not	4x100	JB
required)	4x100	SB
	4x100	SG

Events for Athletes with Disabilities

The following events will be offered:

100, 200, 400 m at senior event times

Shotput, Discus at a time to be determined

Javelin, Long Jump may be offered if interest is shown.

Sunday: 8.45 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 pm

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

Closing Ceremony

4x400	JG
4x400	JB
4x400	SG
4x400	SB

SATURDAY FIELD

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

SUNDAY FIELD

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