

NZSSAA TRACK AND FIELD GUIDELINE PROGRAMME

Saturday am			Sunday am		
8.30am – 12 noon	300H	OB	8.45am-12noon	100H	SB
	300H	OG		100H	JB
	1500	JB		100H	SG
	1500	JG		80H	JG
	800	SG		200	JG,JB,SG,SB
	800	SB		Round 2 if required	
	400	JG		800	JG
	400	JB		800	JB
	200	JG		3000	SG
	200	JB		100	JG,JB,SG,SB
				Round 3if required	
				400	SG
				400	SB
Saturday pm				400	JG
12noon – 6pm	2000ST	OB		400	JB
	2000ST	OG		200	JG
	200	SG		200	JB
	200	SB		200	JB
	3000	JB		3000	SB
	110H	SB		200	SG
	100H	JB		200	SB
	100H	SG		3000	JG
	80H	JG		110H	SB
	400	SG		100H	JB
	400	SB		100H	SG
	100	JG		80H	JG
	100	JB	Sunday pm	3000	JB
	100	SG	12noon – 5pm	800	SG
	100	SB		800	SB
	300H	OB		800	JG
	300H	OG		800	JB
	1500	SB		100	SG
	1500	SG		100	SB
	800	JG		100	JG
	800	JB		100	JB
	100	JG		2000W	OG
	100	JB		300H	OG
	100	SG		300H	OB
	100	SB		1500	SG
	800	SG		1500	SB
	800	SB		200	SG
				200	SB
				200	JG
Saturday pm				200	JB
6pm – 7.30pm	3000	SB		400	JG
(These events may	3000	JG		400	JB
be advanced	4X100	JG		3000W	OB
depending on	4X100	JB		400	SG
numbers competing)	4X100	SB		400	SB
	4X100	SG		2000ST	OG
				2000ST	OB
Events for Athletes with Disabilities at senior event				1500	JG
time or at the age grade time for the athlete concerned.:				1500	JB
100m	Catagories			4X100	JG
200m	AWDWC			4X100	JB
400m	AWDPD			4X100	SG
Shot Put	AWDVI			4X100	SB
Discus	AWDID			4X400	JG
Javelin				4X400	JB
Long Jump				4X400	SG
Road Race				4X400	SB

NZSS Field Event Programme 2007												
Saturday 8th December						Sunday 9th December						
	Horizontal	High Jump	Pole Vault	Long Throw	Shot		Horizontal	High Jump	Pole Vault	Long Throw	Shot	
9-00 am	TJ / SB			JT / JG		9-00 am	LJ / SG			DT / JB		
9-30 am	▼			▼		9-30 am	▼			▼		
10-00 am	▼	SG		▼		10-00 am	▼			▼		
10-30 am	▼	▼		▼		10-30 am	▼	JB		▼	SG	
11-00am	TJ / JB	▼	OG	DT / SG		11-00am	▼	▼		JT / SB	▼	
11-30 am	▼	▼	▼	▼		11-30 am	TJ / JG	▼		▼	▼	
12-00 pm	▼	▼	▼	▼	JG	12-00 pm	▼	▼		▼	▼	
12-30 pm	▼	▼	▼	▼	▼	12-30 pm	▼	▼		HT JG/SG		
1-00 pm	LJ JG		▼	HT JB/SB	▼	1-00 pm	▼			▼		
1-30 pm	▼		▼	▼	▼	1-30 pm	▼			▼		
2-00pm	▼		▼	▼		2-00pm	LJ / SB	JG		▼	JB	
2-30 pm	▼	SB		▼		2-30 pm	▼	▼		DT / SB	▼	
3-00 pm	▼	▼	OB	JT / SG		3-00 pm	▼	▼		▼	▼	
3-30 pm	TJ / SG	▼	▼	▼		3-30 pm	▼	▼		▼	▼	
4-00 pm	▼	▼	▼	▼	SB	4-00 pm		▼		▼		
4-30 pm	▼	▼	▼	DT / JG	▼	4-30 pm						
5-00 pm	▼		▼	▼	▼	5-00 pm						
5-30 pm	LJ / JB		▼	▼	▼							
6-00 pm	▼			JT / JB								
▼	▼			▼								
Notes	Cooks Ground lay out makes it difficult and dangeroust to have two long throws on concurrently											
	We have attempted to allow all Horizontal jumps to be able to have a tail wind											
						Road Race						
							Road	Distance				
						7-45 am	Y9 Boys	3000m				
						8-05 am	Y 9 Girls	3000m				
						8-25 am	Jun Girls	4000m				
						8-50 am	Jun Boys	4000m				
						9-15 am	Sen Girls	4000m				
						9-40 am	Sen Boys	6000m				