

Progressions

NZSSAA Progressions differ from IAAF Progressions for three major reasons

- 1 In almost all cases half the number running will qualify for a second round
- 2 Without accurate entry performances in most cases more athletes advance by time than with IAAF
- 3 In 4 x 100 Relays we have no accurate seeding times so a large number will advance by time

100m 200m

Entries	Round 1				Round 2				Round 3			
	Heats H	Position P	Time T	No To Qfy	H	P	T	Qfy	H	P	T	Qfy
81-88	11	3	7	40	5	4	4	24	3	2	2	8
73-80	10	3	10	40	5	4	4	24	3	2	2	8
65-72	9	3	5	32	4	4	0	16	2	4	0	8
57-64	8	3	8	32	4	4	0	16	2	4	0	8
49-56	7	3	11	32	4	4	0	16	2	4	0	8
41-48	6	4	8	32	4	4	0	16	2	4	0	8
33-40	5	3	9	24	3	2	2	8				
25-32	4	3	4	16	2	4	0	8				
17-24	3	3	7	16	2	4	0	8				
9-16	2	3	2	8								

400m NZSS Policy is that there will be a maximum of 3 rounds in 400m

81-88	11	2	2	24	3	2	2	8
73-80	10	2	4	24	3	2	2	8
65-72	9	2	6	24	3	2	2	8
57-64	8	2	8	24	3	2	2	8
49-56	7	2	10	24	3	2	2	8
41-48	6	3	6	24	3	2	2	8
33-40	5	3	9	24	3	2	2	8
25-32	4	3	4	16	2	4	0	8
17-24	3	3	7	16	2	4	0	8
9-16	2	3	2	8				

Hurdles

25-32	4	3	4	16	2	2	4	8
17-24	3	2	2	8				
9-16	2	3	2	8				

800m

41-48	6	3	6	24	3	2	2	8
33-40	5	4	4	24	3	2	2	8
25-32	4	3	4	16	2	3	2	8
17-24	3	4	4	16	2	3	2	8
9-16	2	3	2	16	2	3	2	8

4 x 100 Relays

25-32	4	1	4	8
17-24	3	1	5	8
9-16	2	2	4	8

4 x 400 will be run in divisions

1500m,3000m and Steeplechases

3	4	4	16
2	5	4	14

Straight finals will be run where possible but heats will be required if numbers are greater than guidelines

Guidelines for straightFinals. They can be exceeded at the Referees discretion

800m Juniors 12 and Seniors 10

1500m 18

2000m Steeplechase 20

3000m Juniors 24 Seniors 20