

NZSSAA TRACK AND FIELD / ROAD RACE GUIDELINE PROGRAMME

Saturday: 8.30 am – 12 noon

| | |
|------|----|
| 300H | OB |
| 300H | OG |
| 800 | JG |
| 800 | JB |
| 800 | SG |
| 800 | SB |
| 400 | JG |
| 400 | JB |
| 200 | JG |
| 200 | JB |

Saturday: 12 noon – 6 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 |
| 800 | JG |
| 800 | JB |
| 200 Qtrs for grades requiring 4 rounds | |
| 800 | SG |
| 800 | SB |
| 100 | JG |
| 100 | JB |
| 100 | SG |
| 100 | SB |
| 1500 | JG |
| 1500 | JB |
| 1500 | SB |
| 1500 | SG |

Saturday: 6 pm – 7.30 pm

| | |
|-------|----|
| 4x100 | JG |
| 4x100 | JB |
| 4x100 | SB |
| 4x100 | SG |
| 3000 | JG |
| 3000 | SB |

Events for Athletes with Disabilities at senior event time or at the age grade time for the athlete concerned:

| | |
|-----------|-------------------|
| 100m | Categories |
| 200m | AWDWC |
| 400m | AWDPD |
| Shot Put | AWDVI |
| Discus | AWDID |
| Javelin | |
| Long Jump | |
| Road Race | |

Sunday: 8.45 am – 12 noon

| | |
|------|----|
| 110H | SB |
| 100H | JB |
| 100H | SG |
| 80H | JG |
| 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 30pm

| | |
|--------|----|
| 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 |
| 4x400 | JG |
| 4x400 | JB |
| 4x400 | SG |
| 4x400 | SB |

Announcement of Athletes of the Meet / NZSSAA Team / Closing Ceremony

SATURDAY FIELD

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

SUNDAY FIELD

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