

NZSSAA TRACK AND FIELD / ROAD RACE GUIDELINE PROGRAMME, Timaru 2009

Saturday: 9.00 am – 12 noon

300H OB
300H OG

800 JB
800 JG
800 SB
800 SG
400 JB
400 JG
200 JB
200 JG
2000ST OB
2000ST OG

Saturday: 12 noon – 6 pm

200 SG
200 SB
3000 JB

LUNCH BREAK - track

80H JG
100H SG
100H JB
110H SB
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

Sunday: 9.00 am – 12 noon

80H JG
100H SG
100H JB
110H SB
100 SG
100 SB
100 JB
100 JG
400 SG
400 SB
400 JG
400 JB
200 JG
200 JB
3000 SG
3000 SB
200 SG
200 SB
3000 JG
80H JG
100H SG
100H JB
110H SB
3000 JB

Sunday: 12 noon – 5 30pm

LUNCH BREAK - track

800 SG
800 SB
800 JG
800 JB
100 SG
100 SB
100 JG
100 AWD/G - all categories
100 JB
100 AWD/B – all categories
2000W OG
300H OG
300H OB
1500 SG
1500 SB
200 SG
200 SB
200 JG
200 AWD/G – all categories
200 JB
200 AWD/B – all categories
400 JG
400 JB
3000W OB
400 SG
400 SB
400 AWD – all categories
2000ST OG
2000ST OB

ROAD RACE - SUNDAY

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

AWD RR at appropriate time

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****Relay organisation 5.30pm Saturday and 3.30pm Sunday (proxies to be used if athlete in field event)****Saturday – Field Events**

9.00	11.00	1.00	3.00	3.45
JG Shot Put SG Javelin Throw AWD/G Javelin SB Long Jump AWD/B Long Jump	JB/SB Hammer Throw OG Pole Vault AWD-WC Javelin 11.15 JB Long Jump	JB Discus Throw SB High Jump JG Javelin Throw SG Long Jump AWD/G Long Jump	SG Discus Throw AWD/G Discus SB Shot Put AWD/B Shot Put	JB High Jump JG Long Jump AWD-WC Discus

Sunday – Field Events

9.00	11.00	1.00	2.00	2.30
SB Javelin Throw AWD/B Javelin JG High Jump SG Triple Jump JB Triple Jump	JG Discus Throw JB Javelin Throw OB Pole Vault SG Shot Put AWD/G Shot Put SB Triple Jump	JG/SG Hammer Throw JB Shot Put AWD-WC Shot Put	SG High Jump JG Triple Jump	SB Discus Throw AWD/B Discus (Discus begins later if HT runs over time)

N.B. Officials application form will be posted on the web site on Monday 7th September.