

**NZSSAA TRACK AND FIELD / ROAD RACE GUIDELINE PROGRAMME**  
**7/8 December 2013**

**Saturday: 9.00 am – 12 noon**

300H	OB Heats
300H	OG Heats
800	JG Heats
800	JB Heats
800	SG Heats
800	SB Heats
400	JG Heats
400	JB Heats
200	JG Heats
200	JB Heats
200	SG Heats
200	SB Heats
200	PA Heats

**Saturday: 12.30pm – 6 pm**

3000	JG Heats
3000	JB Heats
3000	SG Heats
3000	SB Heats
110H	SB Heats
100H	JB Heats
100H	SG Heats
80H	JG Heats
400	SG Heats
400	SB Heats
400	PA Heats
100	JG Heats
100	JB Heats
100	SG Heats
100	SB Heats
100	PA Heats
300H	OB Semi
300H	OG Semi
800	JG Semi
800	JB Semi
400	JG Semi
400	JB Semi
200 Qtrs for grades requiring 4rounds	
800	SG Semi
800	SB Semi
100 Qtrs for grades requiring 4rounds	
1500	JG Heats
1500	JB Heats
400	SG Semi
400	SB Semi
1500	SG Heats
1500	SB Heats

**Saturday: 6 pm – 7.30 pm**

4x100	JG Heats
4x100	JB Heats
4x100	SB Heats
4x100	SG Heats
2000 STP	OB Heats
2000 STP	OG Heats

**Events for Para-Athletes (PA)**

100m  
 200m  
 400m  
 4x 100 relay  
 Shot Put  
 Discus  
 Javelin  
 Long Jump  
 High Jump  
 Road Race(either part of non para races or a combined race for both Para- Athletics Divisions)

**Physically/Visually Impaired Athletes**

**Intellectually Impaired Athletes**

**Sunday: 9.00 am – 12 noon**

110H	SB Semi
100H	JB Semi
100H	SG Semi
80H	JG Semi
3000	SG Final
3000	SB Final
100	SB Semi
100	SG Semi
100	JB Semi
100	JG Semi
3000	JB Final
200	SB Semi
200	SG Semi
200	JB Semi
200	JG Semi
3000	JG Final
110H	SB Final
100H	JB Final
100H	SG Final
80H	JG Final

**Sunday: 12.30pm – 5 30pm**

800	SG Final
800	SB Final
800	JG Final
800	JB Final
100	SG Final
100	SB Final
100	JG Final
100	JB Final
100	PA Final
3000W	OB Final
300H	OB Final
300H	OG Final
1500	SG Final
1500	SB Final
200	SG Final
200	SB Final
200	JG Final
200	JB Final
200	PA Final
400	JG Final
400	JB Final
2000W	OG Final
400	SG Final
400	SB Final
400	PA Final
2000ST P	OB Final
2000ST P	OG Final
1500	JG Final
1500	JB Final
4x100	PA Final
4x100	JG Final
4x100	JB Final
4x100	SG Final
4x100	SB Final
4x400	JG Final
4x400	JB Final
4x400	SG Final
4x400	SB Final

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

**SATURDAY FIELD**

9.00 am	11.30 am	1.30 pm	2.30 pm	4.00 pm
Discus SB	Discus JG	Pole Vault OG	High Jump SB	Pole Vault OB
Javelin JG	Triple Jump SB	Hammer JG	Javelin JB/PAB	Triple Jump SG
High Jump SG	Hammer SG	Shot Put JB	Discus SG/PAG	Shot Put SB
Long Jump JB	Shot Put PAB/G	Long Jump JG		
Long Jump PAB/G				

**SUNDAY FIELD**

9.00 am	11.30 am	1.00 pm	2.30 pm
Hammer SB	Shot Put JG	Javelin SB	Javelin SG/PAG
Shot Put SG	Long Jump SG	Triple Jump JG	Long Jump SB
High Jump JG/PAG	Hammer JB	High Jump JB/PAB	Discus JB/PAB
Triple 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
with one of above	2000m	PA combined