

NZSSAA TRACK AND FIELD / ROAD RACE TIMED PROGRAMME, Timaru 4 – 6/11/2015

Saturday Track

9.00 am	300m Hurdles	OG	heats	(3)
9.15 am	300m Hurdles	OB	heats	(2)
9.25 am	800m	JG	heats	(4)
9.50 am	800m	JB	heats	(4)
10.10 am	800m	SG	heats	(2)
10.20 am	800m	SB	heats	(4)
10.40 am	400m	JG	heats	(3)
10.56 am	400m	JB	heats	(4)
11.15 am	200m	JB	heats	(6)
11.36 am	200m	JG	heats	(7) close to 6 heats
11.57 am	200m	SG	heats	(4)
12.10 am	200m	SB	heats	(6)

Welcome and Opening Ceremony

Track Lunch

12.50 pm	3000m	JB	heats	(2) almost a final
1.20 pm	3000m	SB	heats	(2)
1.45 pm	80m Hurdles	JG	heats	(4)
2.05 pm	100m Hurdles	SG	heats	(2)
2.15 pm	100m Hurdles	JB	heats	(3)
2.30 pm	110m Hurdles	SB	heats	(2)
2.40 pm	400m	SG	heats	(4) close to 3 heats
2.55 pm	400m	SB	heats	(5) close to 4 heats
3.15 pm	100m	JG	heats	(7)
3.35 pm	100m	JB	heats	(8)
3.55 pm	100m	SG	heats	(6) close to 5 heats
4.13 pm	100m	SB	heats	(7)
4.33 pm	300m Hurdles	OG	Semi Finals	(2) out
4.43 pm	300m Hurdles	OB	Semi Finals	(2) out
4.53 pm	800m	JG	Semi Finals	(3)
5.05 pm	800m	JB	Semi Finals	(2)
5.15 pm	400m	JG	Semi Finals	(2) out
5.23 pm	400m	JB	Semi Finals	(2)

N.B. events from now on may be held up to 20 minutes earlier, depending on scratchings – be aware and prepare.

5.35 pm	200m	JG	Quarter F	(4) may go
5.41 pm	200m	JB	Quarter F	(4) out
5.47 pm	800m	SG	Semi Finals	(2) out
5.55 pm	800m	SB	Semi Finals	(2)
6.07 pm	100m	JG	Quarter F	(4)
6.17 pm	100m	JB	Quarter F	(4)
6.27 pm	100m	SB	Quarter F	(4)
6.37 pm	1500m	JG	heats	(2)
6.51 pm	1500m	JB	heats	(2)
7.05 pm	400m	SG	Semi Finals	(2) may go
7.13 pm	400m	SB	Semi Finals	(3)
7.23 pm	1500m	SG	heats	(2) Final at final time
7.37 pm	1500m	SB	heats	(2)
7.49 pm	4x100m Relay	JG	heats	(2)
7.57 pm	4x100m Relay	JB	heats	(3)
8.09 pm	4x100m Relay	SG	heats	(2)
8.17 pm	4x100m Relay	SB	heats	(3)

Sunday Track

9.00 am	80m Hurdles	JG	Semi Finals	(2)
9.05 am	100m Hurdles	JB	Semi Finals	(2) out
9.10 am	3000m	SG	Final	
9.25 am	3000m	SB	Final	
9.40 am	100m	JG	Semi Finals	(2)
9.46 am	100m	JB	Semi Finals	(2)
9.52 am	100m	SG	Semi Finals	(3)
10.00 am	100m	SB	Semi Finals	(2)
10.06 am	3000m	JB	Final	
10.18 am	200m	JG	Semi Finals	(2)
10.24 am	200m	JB	Semi Finals	(3)
10.30 am	200m	SG	Semi Finals	(2)
10.39 am	200m	SB	Semi Finals	(3)
10.48 am	3000m	JG	Final	
11.05 am	80m Hurdles	JG	Final	
11.10 am	100m Hurdles	SG	Final	
11.15 am	100m Hurdles	JB	Final	
11.20 am	110m Hurdles	SB	Final	
11.30 am	800m	JG	Final	
11.35 am	800m	JB	Final	
11.40 am	800m	SG	Final	
11.45 am	800m	SB	Final	
	Track Lunch			
12.30 pm	100m	JG	Final	
12.33 pm	100m	JB	Final	
12.36 pm	100m	SG	Final	
12.40 pm	100m	PA II Jnr/Snr Girls	Final	
12.45 pm	100m	PA CP, A/O Jnr/Snr Girls	Final	
12.50 pm	100m	SB	Final	
12.53 pm	100m	PA II Jnr/Snr Boys	Final	
1.00 pm	100m	PA CP, A/O Jnr/Snr Boys	Final	
1.05 pm	3000m	Walk	OB	Final
1.25 pm	300m	Hurdles	OG	Final
1.30 pm	300m	Hurdles	OB	Final
1.35 pm	1500m	SG	Final	
1.42 pm	1500m	SB	Final	
1.50 pm	200m	JG	Final	
1.53 pm	200m	JB	Final	
1.56 pm	200m	SG	Final	
2.00 pm	200m	PA II Jnr/Snr Girls	Final	
2.05 pm	200m	PA CP, A/O Jnr/Snr Girls	Final	
2.10 pm	200m	SB	Final	
2.13 pm	200m	PA II Jnr/Snr Boys	Final	
2.18 pm	200m	PA CP, A/O Jnr/Snr Boys	Final	
2.25 pm	400m	JG	Final	
2.29 pm	400m	JB	Final	
2.33 pm	2000m	Walk	OG	Final
2.50 pm	400m	SG	Final	
2.53 pm	400m	SB	Final	
2.56 pm	400m	PA II Jnr/Snr Girls	Final	
3.00 pm	400m	PA CP, A/O Jnr/Snr Girls	Final	
3.04 pm	400m	PA II Jnr/Snr Boys	Final	
3.08 pm	400m	PA CP, A/O Jnr/Snr Boys	Final	
3.12 pm	2000m	Steeple Chase	OG	Final
3.22 pm	2000m	Steeple Chase	OB	Final
3.32 pm	1500m	JG	Final	
3.39 pm	1500m	JB	Final	
3.50 pm	4 x 100m Relay	JB	Final	
3.55 pm	4 x 100m Relay	JG	Final	
4.00 pm	4 x 100m Relay	SG	Final	
4.05 pm	4 x 100m Relay	SB	Final	
4.15 pm	4x400m Relay	JG	Final	(2)
4.25 pm	4x400m Relay	JB	Final	(2)
4.35 pm	4x400m Relay	SG	Final	(2)
4.45 pm	4x400m Relay	SB	Final	(3)
5.00 pm	Closing Ceremony			

[Mt 25/11/15

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Field Events & Road Race

Autographs

1.00pm Friday

Open Girls Pole Vault (8)
 Junior Boys & Senior Boys Hammer Throw (27)

3.30pm

Open Boys Pole Vault (8)
 Junior Girls & Senior Girls Hammer Throw (35)

9.00am Saturday

Para Athletes Discus Throw (all classifications) (14) Circle 2
 Senior Girls Javelin Throw(15)
 Senior Boys Long Jump (29) Pit 1
 Junior Boys Shot Put (29)

11.00am Saturday

Junior Girls Long Jump (Qualifying) (45) Pit 2
 Para Athletes Long Jump (all classifications) (16) Pit 1

1.00pm Saturday

Junior Girls Discus Throw (28) Circle 2
 Senior Boys High Jump (16)
 Junior Boys Javelin Throw(24)
 Senior Girls Long Jump (38) Pit 1
 Para Athletes Shot Put (all classifications)

3.30pm Saturday

Senior Girls Discus Throw (18) Circle 1
 Junior Girls High Jump (29)
 Para Athlete Girls High Jump (0)
 Junior Boys Long Jump (38) Pit 2
 Senior Boys Shot Put (18)
 (Junior Boys LJ begins after JB 100m heats)

8.00am Sunday ROAD RACE

8.00 3,000m Y9 Girls (30)
 8.20 3,000m Y9 Boys (67)
 8.40 4,000m Junior Girls (37) (+ PAg 2K)
 9.05 4,000m Junior Boys (80) (+ PAb 2K)
 9.30 4,000m Senior Girls (42)
 9.55 6,000m Senior Boys (110)
 PA 2,000m Road Race (9)
 (PA girls with JG, PA boys with JB)

9.00am Sunday

Junior Boys High Jump (40)
 Para Athlete Boys High Jump (0)
 Senior Boys Javelin Throw (27)
 Senior Girls Triple Jump (21) Pit 1
 Junior Girls Triple Jump (27) Pit 2

11.30am Sunday

Junior Boys Discus Throw (35) Circle 2
 Senior Girls High Jump (17)
 Junior Girls Javelin Throw (25)
 Senior Girls Shot Put (20)
 Senior Boys Triple Jump (29) Pit 1

2.00pm Sunday

Senior Boys Discus Throw (29) Circle 1
 Para Athletes Javelin Throw (2) (Northern runway)
 Junior Girls Long Jump Final (12)
 Junior Girls Shot Put (25)
 Junior Boys Triple Jump (24) Pit 2