

NZSSAA Track, Field and Road Race Championships Guideline Order of Events

Friday

| | | | | | | |
|--------|-------|----|-------|--------|------------|-------------|
| 3.00pm | 800m | JG | Heats | 3.00pm | Long Jump | JG (Q or F) |
| | | JB | Heats | | Pole Vault | JB/SB |
| | | SG | Heats | | Javelin | SG |
| | | SB | Heats | | | |
| 4.15pm | 200m | SB | Heats | | | |
| | | SG | Heats | | | |
| 4.55pm | 3000m | JB | Heats | 5.00pm | Long Jump | JB (Q or F) |
| | | SB | Heats | | Javelin | SB |
| 5.45pm | 200m | JB | Heats | | | |
| | | JG | Heats | | | |
| 6.25pm | 400m | JG | Heats | | | |
| | | JB | Heats | | | |
| 7.10pm | 3000m | JG | Heats | | | |
| | | SG | Heats | | | |
| 8.00pm | 400m | SG | Heats | | | |
| | | SB | Heats | | | |
| 8.30pm | End | | | | | |

Saturday

| | | | | | | |
|---------|-------|----|-------------------------|---------|-------------|-------------------|
| 9.00am | 110mH | SB | Heats | 9.00am | Shot Put | SG |
| | 100mH | JB | Heats | | Long Jump F | JG (if required) |
| | 100mH | SG | Heats | | Long Jump | PA (separate pit) |
| | 80mH | JG | Heats | | Hammer | JB/SB |
| 9.50am | 1500m | JG | Heats | | | |
| | | JB | Heats | | | |
| 10.25am | 100m | SB | Heats | 11.00am | Discus | PA |
| | | SG | Heats | | Shot Put | JG |
| | | JB | Heats | | Javelin | JB |
| | | JG | Heats | | Triple Jump | SG |
| 11.50am | 3000m | SG | Final | | Long Jump | SB |
| | | SB | Final | | | |
| 12.15am | 300mh | SB | Heats | | | |
| | | SG | Heats | | | |
| | | JB | Heats | | | |
| | | JG | Heats | | | |
| 12.50pm | LUNCH | | | | | |
| 1.30pm | 800m | JG | Semis | 1.30pm | Discus | SG |
| | | JB | Semis | | Long Jump F | JB (if required) |
| | | SG | Semis | | Triple Jump | SB |
| | | SB | Semis | | Shot Put | PA |
| 2.05pm | 100m | JG | 2nd round/ semis | | Pole Vault | JG/SG |
| | | JB | 2nd round/ semis | | | |
| | | SG | 2nd round/ semis | | | |

| | | | | | | |
|--------|-----------|----|-----------------|--------|-----------|------------|
| | | SB | 2nd round/semis | | | |
| 2.35pm | 1500m | SG | Heats | | | |
| 2.50pm | | SB | Heats | | | |
| 3.05pm | 400m | SG | Semis | | | |
| | 400m | SB | Semis | | | |
| | 400m | JG | Semis | 3.30pm | High Jump | JB/PA Boys |
| | 400m | JB | Semis | | Discus | JG |
| 4.15pm | 200m | JG | 2nd round/semis | | | |
| | | JB | 2nd round/semis | | | |
| | | SG | 2nd round/semis | | | |
| | | SB | 2nd round/semis | | | |
| 4.50pm | 2000m S/c | JB | Heats | | | |
| | | JG | Heats | | | |
| | | SG | Heats | | | |
| | | SB | Heats | | | |
| 5.20pm | 4x100m | JG | Heats | | | |
| | | JB | Heats | | | |
| | | SG | Heats | | | |
| | | SB | Heats | | | |

Sunday

Road Race

| | | | | | | |
|------------|--------|------|-----------------|---------|-------------|-------------|
| 8.00 am | 3000 m | Y9 G | | | | |
| 8.20 am | 3000 m | Y9 B | | | | |
| 8.40 am | 4000 m | JG | | | | |
| 9.05 am | 4000 m | JB | | | | |
| 9.30 am | 4000 m | SG | | | | |
| 9.55 am | 6000 m | SB | | | | |
| with JG/JB | 2000m | PA | | | | |
| 9.00am | 100m | SB | Semis | 9.00am | Shot Put | SB |
| | | SG | Semis | | Triple Jump | JB |
| | | JB | Semis | | High Jump | JG/PA Girls |
| | | JG | Semis | | Hammer | JG/SG |
| | | PA | heats or finals | | | |
| 9.30am | 3000m | JG | Final | | | |
| | 3000m | JB | Final | | | |
| 10.00am | 110mH | SB | Semis | | | |
| | 100mH | JB | Semis | | | |
| | 100mH | SG | Semis | | | |
| | 80mH | JG | Semis | | | |
| 10.30am | 200m | JG | Semis | | | |
| | | JB | Semis | | | |
| | | SG | Semis | | | |
| | | SB | Semis | | | |
| | | PA | heats or finals | | | |
| 11.00am | 800m | JG | Final | 11.00am | Discus | JB |
| | | JB | Final | | High Jump | SB |

| | | | | | | |
|---------|---|------|---------|--------|-------------|----|
| | | SG | Final | | Javelin | JG |
| | | SB | Final | | Long Jump | SG |
| 11.20am | 3000m TW | OB | Final | | | |
| 11.45am | 110mH | SB | Final | | | |
| | 100mH | JB | Final | | | |
| | 100mh | SG | Final | | | |
| | 80mH | JG | Final | | | |
| 12.05pm | LUNCH | | | | | |
| 1.00pm | 100m | JG | Final | | | |
| | | JB | Final | | | |
| | | SG | Final | | | |
| | | SB | Final | | | |
| | | Para | if req. | | | |
| 1.20pm | 2000m TW | OG | Final | 1.30pm | Discus | SB |
| 1.40pm | 300mH | SB | Final | | Triple Jump | JG |
| | | JB | Final | | Javelin | PA |
| | | SG | Final | | High Jump | SG |
| | | JG | Final | | Shot Put | JB |
| 2.00pm | 1500m | JG | Final | | | |
| | | JB | Final | | | |
| | | SG | Final | | | |
| | | SB | Final | | | |
| 2.30pm | 200m | SG | Final | | | |
| | | SB | Final | | | |
| | | PA | if req. | | | |
| | | JG | Final | | | |
| | | JB | Final | | | |
| 2.50pm | 400m | JG | Final | | | |
| | | JB | Final | | | |
| 3.00pm | 2000mS/c | SB | Final | | | |
| | | JB | Final | | | |
| | | SG | Final | | | |
| | | JG | Final | | | |
| 3.40pm | 400m | PA | Final | | | |
| | | SG | Final | | | |
| | | SB | Final | | | |
| 3.55pm | NZSS Team and Athletes of the Meet announcement | | | | | |
| 4.10pm | 4x100m | JG | final | | | |
| | | JB | final | | | |
| | | SG | final | | | |
| | | SB | final | | | |
| 4.30pm | 4x400m | JG | final | 2 | | |
| | | JB | final | 2 | | |
| | | SG | final | 2 | | |
| | | SB | final | 3 | | |
| 5.20pm | Finish | | | | | |

Notes

The Track programme retains the traditional conclusion with the great majority of finals on Sunday but

by using Friday afternoon for a significant number of prelims there is greater recovery time between rounds. The track start times are indicative only as some 2nd rounds and semis will not be required and field event start times could alter a little depending on the number entering. The times will be firmed up when entries close. The expectation is that quite a number of the Sunday morning 100, 200 and short hurdles semis will go and the afternoon programme will begin earlier.

The 300m Hurdles, 2000m Steeplechase and Pole Vault are now age graded not open events. The 300m and 2000 m Steeplechase hurdle heights for Junior Girls, Junior Boys and Senior girls will be 762mm and Senior Boys will do the original open boys heights of 838mm and 914mm respectively. The JG and SG Steeplechase races may be run together depending on numbers.

It is now possible for senior athletes to do both the 3000m track final and the Road Race but the 3000m/Road Race clash for the Juniors has been maintained as we are concerned that Junior distance athletes may take on too great a load. This will be reviewed next year.

The close proximity of the 200/400 race for Juniors has been maintained in order to dissuade younger athletes from attempting both of these anerobic events.

The field event programme has been checked to see that it suits the Waitakere arena. We will begin the Hammer at 9.00 am rather than 8.00 am as the Hammer will be held outside the arena on the upper field.

The Pole Vault will be run as 1 competition for the boys and 1 for the girls with the placings for Junior and Senior grades separated at the conclusion of the competition.