

NZSSAA Track, Field and Road Championships Guideline Programme Hastings 201

FRIDAY

TRACK

2.00pm	800m	JG	Heats
		JB	Heats
		SG	Heats
		SB	Heats
3.15pm	200m	SB	Heats
		SG	Heats
3.55pm	3000m	JB	Heats or Final
		SB	Heats or Final
4.45pm	200m	JB	Heats
		JG	Heats
5.25pm	400m	JB	Heats
		JG	Heats
6.10pm	3000m	JG	Heats or Final
		SG	Heats or Final
7.00pm	400m	SG	Heats
		SB	Heats

FIELD

1.00pm	Hammer	JB
	Long Jump	JG (Q or F)
	Pole Vault	JB/ SB
3.00pm	Javelin	SG
	Long Jump	JB (Q or F)

SATURDAY

TRACK

9.00am	110mH	SB	Heats
	100mH	JB	Heats
	100mH	SG	Heats
	80mH	JG	Heats
9.50am	1500m	JG	Heats
		JB	Heats
10.25am	100m	SB	Heats
		SG	Heats
		JB	Heats
		JG	Heats
11.50am	3000m	SG	Final if required
		SB	Final if required
12.15am	300mH	SB	Heats
		SG	Heats
		JB	Heats
		JG	Heats
12.50pm	LUNCH		
1.30pm	800m	JG	Semis
		JB	Semis
		SG	Semis
		SB	Semis
2.05pm	100m	JG	2nd round/Semis

FIELD

9.00am	Shot Put	SG
	Long Jump	JG Final if required
	Long Jump	PA separate pit
	Hammer	SB
11.00am	Discus	PA
	Shot Put	JG
	Javelin	JB
	Triple Jump	SG
	Long Jump	SB (Q or F)

1.30pm	Discus	SG
	Long Jump	JB Final if required
	Shot Put	PA
	Pole Vault	JG/ SG

		JB	2nd round/Semis			
		SG	2nd round/Semis			
		SB	2nd round/Semis			
2.55pm	1500m	SG	Heats			
3.05pm	1500m	SB	Heats			
3.25pm	400m	SG	Semis	3.30pm	High Jump	JB/ PA Boys
		SB	Semis			
		JG	Semis			
		JB	Semis			
					Discus	JG
					Triple Jump	SB
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 if required			
		JB	Heats if required			
		SG	Heats if required			
		SB	Heats if required			

SUNDAY

ROAD RACE

8.00am	3000m	Y9	G
	2000m	PA	G
8.20am	3000m	Y9	B
	2000m	PA	B
8.40am	4000m	JG	
	2000m	PA	G
9.05am	4000m	JB	
	2000m	PA	B
9.30am	4000m	SG	
	2000m	PA	G
9.55am	6000m	SB	
	2000m	PA	B

Para Athletes compete in their grade over 2000m or full distance

TRACK

				FIELD		
				8.00am	Hammer	JG
9.00am	100m	SB	Semis	9.00am	Shot Put	SB
		SG	Semis		Triple Jump	JB
		JB	Semis		High Jump	JG/ PA Girls
		JG	Semis			
		PA	Heats or Finals			
9.30am	3000m	JG	Final			
		JB	Final			
10.00am	110mH	SB	Semis	10.00am	Hammer	SG
	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	High Jump	SB
		JB	Final		Long Jump	SG
		SG	Final			
		SB	Final			
11.20am	3000m TW	OB	Final			
	2000m TW	OG	Final			
11.45am	110mH	SB	Final			
	100mH	JB	Final			
	100mH	SG	Final	12.00pm	Javelin	JG
	80mH	JG	Final		Discus	JB
12.05pm	LUNCH					
1.00pm	100m	JG	Final			
		JB	Final			
		SG	Final			
		SB	Final			
1.25pm	300mH	SB	Final	1.30pm	Triple Jump	JG
		JB	Final		High Jump	SG
		SG	Final		Long Jump	SB
		JG	Final			Final if required
1.45pm	1500m	JG	Final			
		JB	Final			
		SG	Final	2.00pm	Discus	SB
		SB	Final		Javelin	PA
2.15pm	200m	SG	Final			
		SB	Final			
		PA	Final			
		JG	Final			
		JB	Final			
2.35pm	400m	JG	Final			
		JB	Final			
2.45pm	2000m s/c	SB	Final			
		JB	Final			
		SG	Final			
		JG	Final			
3.25pm	400m	PA	Final			
		SG	Final			
		SB	Final			
3.40pm	4x100m	JG	Final			
		JB	Final			
		SG	Final			
		SB	Final			
4.00pm	4x400m	JG	Final			
		JB	Final			
		SG	Final			
		SB	Final			

4.50pm NZSSAA Team and Athletes of the Meet announcement

5.10pm Finish