

Progressions

100m 200m

Entries	Round 1				Round 2				Semi Finals			
	Heats	Position	Time	Q	H	P	T	Q	H	P	T	Q
81-88	11	3	7	40	5	4	4	24	3	2	2	8
73-80	10	3	10	40	5	4	4	24	3	2	2	8
65-72	9	3	5	32	4	3	4	16	2	3	2	8
57-64	8	3	8	32	4	3	4	16	2	3	2	8
49-56	7	3	11	32	4	3	4	16	2	3	2	8
41-48	6	3	6	24					3	2	2	8
33-40	5	3	9	24					3	2	2	8
25-32	4	3	4	16					2	3	2	8
17-24	3	2	2	8					2	3	2	8
9-16	2	3	2	8								

400m NZSS Policy is that there will be a maximum of 3 rounds in 400m

81-88	11	2	2	24					3	2	2	8
73-80	10	2	4	24					3	2	2	8
65-72	9	2	6	24					3	2	2	8
57-64	8	2	8	24					3	2	2	8
49-56	7	2	10	24					3	2	2	8
41-48	6	3	6	24					3	2	2	8
33-40	5	3	9	24					3	2	2	8
25-32	4	3	4	16					2	3	2	8
17-24	3	1	5	8								
9-16	2	2	4	8								

Hurdles

25-32	4	3	4	16					2	3	2	8
17-24	3	2	2	8								
9-16	2	3	2	8								

800m

49-56	7	2	10	24					3	2	2	8
41-48	6	3	6	24					3	2	2	8
33-40	5	4	4	24					3	2	2	8
25-32	4	3	4	16					2	3	2	8
17-24	3	4	4	16					2	3	2	8
9-16	2	3	2	8								

At the Referee's discretion, where there are 17-20 competitors in the 800m, there can be 2 heats of up to 10 competitors

3 3 9

4 x 100 Relays

25-32	4	1	4	8
17-24	3	1	5	8
9-16	2	2	4	8

4 x 400 Relays will be run in up to a maximum of 3 divisions per grade

1500m,3000m and Steeplechases

37-54	3	4	4	16
19-36	2	5	4	14

Straight finals will be run where possible but heats will be required if numbers are greater than the guidelines.

Guidelines for straight finals. These can be exceeded at the Referee's discretion.

800m Juniors 12; Seniors 10

1500m 18

2000m Steeplechase 20

3000m Juniors 26; Seniors 22