

# NZSSAA Track, Field and Road Championships Guideline Programme Dunedin 2018

## FRIDAY

### TRACK

1.00pm	800m	JG	Heats
		JB	Heats
		SG	Heats
		SB	Heats
2.15pm	200m	SB	Heats
		SG	Heats
2.55pm	3000m	JB	Heats/final
		SB	Heats/final
3.45pm	400m	SG	Heats
		SB	Heats
		JB	Heats
		JG	Heats
5.10pm	200m	JB	Heats
		JG	Heats
		PA	Heats
6.00pm	3000m	JG	Heats/final
		SG	Heats/final

### FIELD

1.00pm	Hammer	JG
	Long Jump	JG (Q pool 1)
	Long Jump	JB (Q pool 1)
	Pole Vault	JB/ SB
3.00pm	Javelin	SG
	Long Jump	JB (Q pool 2)
	Long Jump	JG (Q pool 2)
	Shot Put	PA
5.00pm	Javelin	SB
	Shot Put	JB

## 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	SG	Heats
		SB	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

### FIELD

9.00am	Shot Put	SG
	Long Jump	JG Final
	Long Jump	SB (Q if needed)
	Hammer	SB
11.00am	Shot Put	JG
	Javelin	JB
	Long Jump	SG
	High Jump	SB
	Long Jump	PA separate pit

### 12.50pm

### LUNCH

1.30pm	800m	JG	Semis
		JB	Semis
		SG	Semis
		SB	Semis
2.05pm	100m	JG	2nd round/Semis
		JB	2nd round/Semis
		SG	2nd round/Semis
		SB	2nd round/Semis
		PA	Heats

1.30pm	Discus	SG
	Long Jump	JB Final
	Discus	PA
	Pole Vault	JG/ SG

2.55pm	1500m	SG	Heats			
3.05pm	1500m	SB	Heats			
3.25pm	400m	SG	Semis			
		SB	Semis	3.30pm	High Jump	JB/
		JG	Semis		High Jump	PA Boys
		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			
		PA	Finals			
4.50pm	2000m S/C	JG	Heats			
		SG	Heats			
		JB	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
8.20am	3000m	Y9 B
8.40am	4000m	JG
	2000m	PA G
9.05am	4000m	JB
	2000m	PA B
9.30am	4000m	SG
9.55am	6000m	SB

Para Athletes compete with the JG/JB runners over 1 lap (2000m) or over the full distance in their age grade

### TRACK

### FIELD

9.00am	100m	SB	Semis	9.00am	Long Jump	SB	Final
		SG	Semis		High Jump	JG/	
		JB	Semis		High Jump	PA	Girls
		JG	Semis		Hammer	JB	
		PA	Finals				
9.30am	3000m	JG	Final(if required)				
		JB	Final(if required)				
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				
11.00am	800m	JG	Final	11.00am	Triple Jump	JB	
		JB	Final		Hammer	SG	
		SG	Final		Shot Put	SB	
		SB	Final				
11.20am	110mH	SB	Final				

100mH	JB	Final
100mH	SG	Final
80mH	JG	Final

11.45am LUNCH

12.40pm	100m	JG	Final	12.00pm	Javelin	JG
		JB	Final		Discus	JB
		SG	Final		High Jump	SG
		SB	Final			
1.05pm	300mH	SB	Final			
		JB	Final			
		SG	Final			
		JG	Final			
1.20pm	1500m	JG	Final	1.30pm	Triple Jump	JG
		JB	Final			
		SG	Final			
		SB	Final			
1.50pm	400m	SG	Final			
		SB	Final			
2.00pm	400m	JG	Final	2.00pm	Discus	SB
		JB	Final		Javelin	PA
		PA	Final		Triple Jump	SG
2.10pm	200m	JG	Final			
		JB	Final			
		SG	Final			
		SB	Final			
2.35pm	2000m s/c	SB	Final			
2.50pm	2000m s/c	JB	Final			
		SG	Final			
		JG	Final			
3.20pm	4x100m	JG	Final			
		JB	Final			
		SG	Final			
		SB	Final			
3.40pm	3000m TW	OB	Final			
	2000m TW	OG	Final			
4.05pm	4x400m	JG	Final			
		JB	Final			
		SG	Final			
		SB	Final			
4.50pm	NZSSAA Team and Athletes of the Meet announcement					
5.10pm	Finish					