

## NZSSAA Track, Field and Road Race Championships Guideline Order of Events 2019

### Friday

|        |       |    |             |        |            |               |
|--------|-------|----|-------------|--------|------------|---------------|
| 1.00pm | 800m  | JG | Heats       | 1.00pm | Hammer     | JG            |
|        |       | JB | Heats       |        | Long Jump  | JG (Q Pool 1) |
|        |       | SG | Heats       |        | Long Jump  | JB (Q Pool 1) |
|        |       | SB | Heats       |        | Pole Vault | JB/SB         |
| 2.15pm | 200m  | SG | Heats       | 3.00pm | Javelin    | SG            |
|        |       | SB | Heats       |        | Long Jump  | JG (Q Pool 2) |
| 2.55pm | 3000m | JB | Heats/Final |        | Long Jump  | JB (Q Pool 2) |
|        |       | SB | Heats/Final |        |            |               |
| 3.45pm | 200m  | JG | Heats       |        |            |               |
|        |       | JB | Heats       |        |            |               |
| 4.25pm | 400m  | JG | Heats       |        |            |               |
|        |       | JB | Heats       |        |            |               |
| 5.10pm | 3000m | JG | Heats/Final | 5.00pm | Javelin    | SB            |
|        |       | SG | Heats/Final |        | Shot Put   | JB            |
| 6.00pm | 400m  | SG | Heats       |        | Long jump  | SG            |
|        |       | SB | Heats       |        |            |               |
| 6.30pm | End   |    |             |        |            |               |

### Saturday

|         |       |    |                    |         |             |                   |
|---------|-------|----|--------------------|---------|-------------|-------------------|
| 9.00am  | 110mH | SB | Heats              | 9.00am  | Shot Put    | SG                |
|         | 100mH | JB | Heats              |         | Long Jump   | JB (Final)        |
|         | 100mH | SG | Heats              |         |             |                   |
|         | 80mH  | JG | Heats              |         |             |                   |
| 9.50am  | 1500m | JG | Heats              |         | Long Jump   | SB (Q if needed)  |
|         |       | JB | Heats              |         | Hammer      | SB                |
| 10.25am | 100m  | SB | Heats              |         | Discus      | PA                |
|         |       | SG | Heats              |         |             |                   |
|         |       | JB | Heats              | 11.00am | Shot Put    | JG                |
|         |       | JG | Heats              |         | Javelin     | JB                |
| 11.50am | 3000m | SG | Final(if required) |         | Long Jump   | JG (Final)        |
|         |       | SB | Final(if required) |         | High Jump   | SB                |
| 12.15am | 300mh | SB | Heats              |         | Long Jump   | PA (separate pit) |
|         |       | SG | Heats              |         |             |                   |
|         |       | JB | Heats              |         |             |                   |
|         |       | JG | Heats              |         |             |                   |
| 12.50pm | LUNCH |    |                    |         |             |                   |
| 1.30pm  | 800m  | JG | Semis              | 1.30pm  | Discus      | SG                |
|         |       | JB | Semis              |         | Triple Jump | SB                |
|         |       | SG | Semis              |         | Shot put    | PA                |
|         |       | SB | Semis              |         | Pole Vault  | JG/SG             |
| 2.05pm  | 100m  | JG | 2nd round/semis    |         |             |                   |
|         |       | 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   | JG/PA Girls |
|        | 400m      | JB | Semis           |        | Discus      | JG          |
| 4.15pm | 200m      | JG | 2nd round/semis |        | Triple Jump | JB          |
|        |           | 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/PG           |
| 9.05 am    | 4000 m | JB/PB           |
| 9.30 am    | 4000 m | SG              |
| 9.55 am    | 6000 m | SB              |
| With JG/JB | 2000m  | PA(All Classes) |

|         |          |    |                    |         |             |            |
|---------|----------|----|--------------------|---------|-------------|------------|
| 9.00am  | 100m     | SB | Semis              | 9.00am  | Long Jump   | SB         |
|         |          | SG | Semis              |         | High Jump   | JB/PA Boys |
|         |          | JB | Semis              |         | Hammer      | JB         |
|         |          | JG | Semis              |         |             |            |
|         |          | PA | Heats/Finals       |         |             |            |
| 9.30am  | 3000m    | JG | Final(if required) |         |             |            |
|         | 3000m    | 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              |         |             |            |
|         |          | PA | Heats/Finals       |         |             |            |
| 11.00am | 800m     | JG | Final              | 11.00am | Triple Jump | JG         |
|         |          | JB | Final              |         | Hammer      | SG         |
|         |          | SG | Final              |         | Shot Put    | SB         |
|         |          | SB | Final              |         |             |            |
| 11.20am | 3000m TW | OB | Final              |         |             |            |

|         |   |             |               |         |             |    |
|---------|---|-------------|---------------|---------|-------------|----|
|         | 2000m TW  | OG          | Final         |         |             |    |
| 11.45am | 110mH   | SB          | Final         |         |             |    |
|         | 100mH   | JB          | Final         |         |             |    |
|         | 100mh   | SG          | Final         |         |             |    |
|         | 80mH  | JG          | Final         |         |             |    |
| 12.05pm | LUNCH   |             |               |         |             |    |
| 1.00pm  | 100m  | JG          | Final         | 12.00pm | Javelin     | JG |
|         |   | JB          | Final         |         | Discus      | JB |
|         |   | SG          | Final         |         | High Jump   | SG |
|         |   | SB          | Final         |         |             |    |
|         |   | Para        | (if required) |         |             |    |
| 1.30pm  | 300mH   | SB          | Final         | 2.00pm  | Discus      | SB |
|         |   | JB          | Final         |         | Javelin     | PA |
|         |   | SG          | Final         |         | Triple Jump | SG |
|         |   | JG          | Final         |         |             |    |
| 2.00pm  | 1500m   | JG          | Final         |         |             |    |
|         |   | JB          | Final         |         |             |    |
|         |   | SG          | Final         |         |             |    |
|         |   | SB          | Final         |         |             |    |
| 2.30pm  | 200m  | SG          | Final         |         |             |    |
|         |   | SB          | Final         |         |             |    |
|         |   | PA          | (if required) |         |             |    |
|         |   | JG          | Final         |         |             |    |
|         |   | JB          | Final         |         |             |    |
| 2.50pm  | 400m  | JG          | Final         |         |             |    |
|         |   | JB          | Final         |         |             |    |
| 3.00pm  | 2000mS/c  | JB          | Final         |         |             |    |
|         |   | SG          | Final         |         |             |    |
|         |   | JG          | Final         |         |             |    |
| 3.20pm  | 400m  | PA          | Final         |         |             |    |
|         |   | SG          | Final         |         |             |    |
|         |   | SB          | Final         |         |             |    |
| 3.40pm  | 4x100m  | JG          | Final         |         |             |    |
|         |   | JB          | Final         |         |             |    |
|         |   | SG          | Final         |         |             |    |
|         |   | SB          | Final         |         |             |    |
|         |   | PA Mixed    | Final         |         |             |    |
| 4.10pm  | 2000mS/c  | SB          | Final         |         |             |    |
| 4.20pm  | 4x400m  | JB/G Mixed  | Final         | 2       |             |    |
|         |   | JG          | Final         | 2       |             |    |
|         |   | JB          | Final         | 2       |             |    |
|         |   | SB/SG Mixed | Final         | 2       |             |    |
|         |   | SG          | Final         | 2       |             |    |
|         |   | SB          | Final         | 3       |             |    |
| 5.35pm  | NZSS Team and Athletes of the Meet announcement and Close |             |               |         |             |    |

**Notes**

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 JG and SG Steeplechase races may be run together depending on numbers.

It is 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, unless their events become straight finals on Friday, to avoid Junior distance athletes taking on too great a load in too short a time for adequate recovery.

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

The Junior and Senior Pole Vaults will be run concurrently.