

## Programme

12.45 PM

### NZSSAA Championships Opening

#### Friday Afternoon Track

1:00 PM	Girls 800 Metre Junior	Prelims
1:16 PM	Boys 800 Metre Junior	Prelims
1:32 PM	Girls 800 Metre Senior	Prelims
1:44 PM	Boys 800 Metre Senior	Prelims
2:10 PM	Girls 200 Metre Senior	Prelims
2:30 PM	Boys 200 Metre Senior	Prelims
3:00 PM	Boys 3000 Metre Junior	Prelims
3:15 PM	Boys 3000 Metre Senior	Prelims
3:40 PM	Girls 200 Metre Junior	Prelims
4:00 PM	Boys 200 Metre Junior	Prelims
4:25 PM	Girls 400 Metre Junior	Prelims
4:40 PM	Boys 400 Metre Junior	Prelims
5:00 PM	Girls 3000 Metre Junior	Finals
5:10 PM	Girls 3000 Metre Senior	Finals
5:20 PM	Girls 400 Metre Senior	Prelims
5:35 PM	Boys 400 Metre Senior	Prelims

#### Friday Afternoon Field

1:00 PM	Girls Hammer Throw 3kg Junior	Finals
1:00 PM	Girls Long Jump Junior	Prelims 1
1:00 PM	Boys Long Jump Junior	Prelims 1
1:00 PM	Boys Pole Vault Junior	Finals
1:00 PM	Boys Pole Vault Senior	Finals
3:00 PM	Girls Long Jump Junior	Prelims 2
3:00 PM	Boys Long Jump Junior	Prelims 2
3:00 PM	Girls Javelin Throw 500g Senior	Finals
5:00 PM	Boys Javelin Throw 700g Senior	Finals
5:00 PM	Boys Shot Put 5kg Junior	Finals
5:00 PM	Girls Long Jump Senior	Finals

#### Saturday Morning Track

9:00 AM	Boys 110 Metre Hurdles 914 Senior	Prelims
9:10 AM	Boys 100 Metre Hurdles 838 Junior	Prelims
9:20 AM	Girls 100 Metre Hurdles 762 Senior	Prelims
9:35 AM	Girls 80 Metre Hurdles 762 Junior	Prelims
9:50 AM	Girls 1500 Metre Junior	Prelims
10:05 AM	Boys 1500 Metre Junior	Prelims
10:30 AM	Boys 100 Metre Senior	Prelims
10:50 AM	Girls 100 Metre Senior	Prelims
11:15 AM	Boys 100 Metre Junior	Prelims
11:40 AM	Girls 100 Metre Junior	Prelims
12:05 PM	Boys 3000 Metre Senior	Finals
12:20 PM	Boys 300 Metre Hurdles 838 Senior	Prelims
12:30 PM	Girls 300 Metre Hurdles 762 Senior	Prelims
12:40 PM	Boys 300 Metre Hurdles 762 Junior	Prelims
12:50 PM	Girls 300 Metre Hurdles 762 Junior	Prelims

### Saturday Morning Field

9:00 AM	Girls Shot Put 3kg Senior	Finals
9:00 AM	Boys Long Jump Junior	Finals
9:00 AM	Boys Hammer Throw 5kg Senior	Finals
9:00 AM	Boys Long Jump Senior	Prelims 1
9:00 AM	Girls/Boys Discus Throw Para Junior/Senior	Finals
10:30 AM	Boys Long Jump Senior	Prelims 2
11:00 AM	Girls Shot Put 3kg Junior	Finals
11:00 AM	Boys Javelin Throw 700g Junior	Finals
11:00 AM	Girls Long Jump Junior	Finals
11:00 AM	Boys High Jump Senior	Finals

### Saturday Afternoon Track

1:40 PM	Girls 800 Metre Junior	Semis
1:50 PM	Boys 800 Metre Junior	Semis
2:00 PM	Girls 800 Metre Senior	Semis
2:10 PM	Boys 800 Metre Senior	Semis
2:20 PM	Girls 100 Metre Junior	Qtrs
2:30 PM	Boys 100 Metre Junior	Qtrs
2:45 PM	Girls 100 Metre Senior	Qtrs
3:00 PM	Boys 100 Metre Senior	Qtrs
3:20 PM	Girls 1500 Metre Senior	Prelims
3:35 PM	Boys 1500 Metre Senior	Prelims
3:55 PM	Girls 400 Metre Senior	Semis
4:05 PM	Boys 400 Metre Senior	Semis
4:15 PM	Girls 400 Metre Junior	Semis
4:25 PM	Boys 400 Metre Junior	Semis
4:40 PM	Girls 200 Metre Junior	Semis
4:55 PM	Boys 200 Metre Junior	Qtrs
5:10 PM	Girls 200 Metre Senior	Qtrs
5:25 PM	Boys 200 Metre Senior	Qtrs
5:40 PM	Girls 4x100 Metre Relay Junior	Prelims
5:50 PM	Boys 4x100 Metre Relay Junior	Prelims
6:05 PM	Girls 4x100 Metre Relay Senior	Prelims
6:15 PM	Boys 4x100 Metre Relay Senior	Prelims

### Saturday Afternoon Field

12:00 PM	Girls/Boys Long Jump Para Junior/Senior	Finals
1:30 PM	Girls Discus Throw 1.00kg Senior	Finals
1:30 PM	Girls Pole Vault Junior	Finals
1:30 PM	Girls Pole Vault Senior	Finals
1:30 PM	Boys Triple Jump Senior	Finals
2:00 PM	Girls/Boys Shot Put Multi Class Junior/Senior	Finals
3:30 PM	Girls High Jump Junior	Finals
3:30 PM	Girls Discus Throw 1.00kg Junior	Finals
3:30 PM	Boys Triple Jump Junior	Finals
3:30 PM	Girls/Boys Shot Put F20 Para Junior/Senior	Finals

### Sunday Morning Road Race

8:00 AM	Girls 3k RR Year 9	Finals
8:20 AM	Boys 3k RR Year 9	Finals
8:40 AM	Girls 4k RR Junior	Finals
9:05 AM	Boys 4k RR Junior	Finals
9:05 AM	Boys 2000 Metre RR Para Junior/ Senior	Finals
9:30 AM	Girls 4k RR Senior	Finals
9:55 AM	Boys 6k RR Senior	Finals

### Sunday Morning Field

9:00 AM	Boys Long Jump Senior	Finals
9:00 AM	Boys High Jump Junior	Finals
9:00 AM	Boys High Jump Multi Class Para Junior/Senior	Finals
9:00 AM	Boys Hammer Throw 4kg Junior	Finals
11:00 AM	Girls Triple Jump Junior	Finals
11:00 AM	Girls Hammer Throw 3kg Senior	Finals
11:00 AM	Boys Shot Put 5kg Senior	Finals

### Sunday Morning Track

9:00 AM	Boys 100 Metre Senior	Semis
9:10 AM	Girls 100 Metre Senior	Semis
9:20 AM	Boys 100 Metre Junior	Semis
9:30 AM	Girls 100 Metre Junior	Semis
9:40 AM	Boys 100 Metre T20 Senior	Prelims
9:50 AM	Girls 100 Metre Para Junior/Senior	Finals
9:55 AM	Boys 100 Metre Para Junior/Senior	Finals
10:05 AM	Boys 3000 Metre Junior	Finals
10:20 AM	Girls 80 Metre Hurdles 762 Junior	Semis
10:30 AM	Boys 200 Metre Junior	Semis
10:40 AM	Girls 200 Metre Senior	Semis
10:50 AM	Boys 200 Metre Senior	Semis
11:00 AM	Boys 200 Metre Para Junior/Senior	Finals
11:10 AM	Girls 200 Metre Para Junior/Senior	Finals
11:20 AM	Girls 800 Metre Junior	Finals
11:24 AM	Boys 800 Metre Junior	Finals
11:28 AM	Girls 800 Metre Senior	Finals
11:32 AM	Boys 800 Metre Senior	Finals
11:40 AM	Boys 3000 Metre Race Walk Open	Finals
11:40 AM	Girls 2000 Metre Race Walk Open	Finals
12:00 PM	Boys 110 Metre Hurdles 914 Senior	Finals
12:05 PM	Boys 100 Metre Hurdles 838 Junior	Finals
12:10 PM	Girls 100 Metre Hurdles 762 Senior	Finals
12:15 PM	Girls 80 Metre Hurdles 762 Junior	Finals

### Sunday Afternoon Field

12:00 PM	Girls Javelin Throw 500g Junior	Finals
12:00 PM	Boys Discus Throw 1.25kg Junior	Finals
12:00 PM	Girls High Jump Senior	Finals
2:00 PM	Boys Discus Throw 1.50kg Senior	Finals
2:00 PM	Girls/Boys Javelin Throw Para Junior/Senior	Finals
2:00 PM	Girls Triple Jump Senior	Finals

## Sunday Afternoon Track

1:00 PM	Girls 100 Metre Junior	Finals
1:03 PM	Boys 100 Metre Junior	Finals
1:06 PM	Girls 100 Metre Senior	Finals
1:09 PM	Boys 100 Metre Senior	Finals
1:12 PM	Boys 100 Metre T20 Senior T/F20	Finals
1:20 PM	Boys 300 Metre Hurdles 838 Senior	Finals
1:25 PM	Boys 300 Metre Hurdles 762 Junior	Finals
1:29 PM	Girls 300 Metre Hurdles 762 Senior	Finals
1:33 PM	Girls 300 Metre Hurdles 762 Junior	Finals
1:40 PM	Girls 1500 Metre Junior	Finals
1:46 PM	Boys 1500 Metre Junior	Finals
1:52 PM	Girls 1500 Metre Senior	Finals
1:58 PM	Boys 1500 Metre Senior	Finals
2:05 PM	Girls 200 Metre Senior	Finals
2:08 PM	Boys 200 Metre Senior	Finals
2:11 PM	Girls 200 Metre Junior	Finals
2:14 PM	Boys 200 Metre Junior	Finals
2:20 PM	Girls 400 Metre Junior	Finals
2:24 PM	Boys 400 Metre Junior	Finals
2:30 PM	Boys 2000 Metre Steeplechase 762 Junior	Finals
2:40 PM	Girls 2000 Metre Steeplechase 762 Junior	Finals
2:50 PM	Girls 2000 Metre Steeplechase 762 Senior	Finals
3:00 PM	Boys 400 Metre Para Junior/Senior	Finals
3:10 PM	Girls 400 Metre Para Junior/Senior	Finals
3:15 PM	Girls 400 Metre Senior	Finals
3:24 PM	Boys 400 Metre Senior	Finals
3:30 PM	Girls 4x100 Metre Relay Junior	Finals
3:35 PM	Boys 4x100 Metre Relay Junior	Finals
3:40 PM	Girls 4x100 Metre Relay Senior	Finals
3:45 PM	Boys 4x100 Metre Relay Senior	Finals
3:50 PM	Mixed 4x100 Metre Relay Para	Finals
4:00 PM	Boys 2000 Metre Steeplechase 838 Senior	Finals
4:10 PM	Mixed 4x400 Metre Relay Junior	Finals
4:20 PM	Girls 4x400 Metre Relay Junior	Finals
4:30 PM	Boys 4x400 Metre Relay Junior	Finals
4:40 PM	Mixed 4x400 Metre Relay Senior	Finals
4:50 PM	Girls 4x400 Metre Relay Senior	Finals
5:00 PM	Boys 4x400 Metre Relay Senior	Finals

## NZSSAA Team and Athletes of the Meet Announcement and Close

### Programme notes:

The Junior Girls and Senior Girls 3000m are straight finals on the Friday.

3000m heats remain for the Senior Boys and Junior boys with finals on Saturday and Sunday respectively.

Junior Boys who qualify for the 3000m final should not attempt to compete in the Road Race.

Junior Girls have only 3 rounds in the 200m. Their semi finals will be on Saturday afternoon.

All Steeplechase races are straight finals.

Only the Junior Girls 80m Hurdles require 3 rounds.

Qualifying pools are required in the Junior Girls and Junior Boys and Senior Boys Long jump.

The Senior Boys Long Jump pools are at 9.00 and 10.30 Saturday am.

The Senior Boys Long Jump pools will delay the Para Long jump to 12.00 pm Saturday.

The start of the Multi Class Para Shot Put will be delayed to 2.00pm Saturday.

The T20 Para Shot Put will be at 3.30pm Saturday.