

# 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								
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
21-24	3	4	4	16					2	3	2	8
*17-20	2	3	3	9								
9-16	2	3	2	8								

\*Where there are 17-20 competitors in the 800m, there can be 2 heats of up to 10 competitors with 9 to qualify for the final

## 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 Technical Delegate's discretion taking into consideration the likely significant range of ability of the field.

800m 10

1500m 18

\*2000m Steeplechase 20

\*Tracks with an outside water jump, athletes start in 2 rows based on personal best performance unless 2 hurdles are available for the first hurdle.

3000m 26 (echelon start over 20)