

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

Friday

1.00pm	800m	JG	Heats	1.00pm	Hammer	JG
		JB	Heats		Javelin	SG
		SG	Heats		Long Jump	JB
		SB	Heats		Pole Vault	JB/SB
2.15pm	200m	SG	Heats			
		SB	Heats			
		PA	Heats (if required)	3.30pm	Javelin	SB
2.55pm	3000m	JB	Heats/Final		Long Jump	JG
		SB	Heats/Final		Shotput	JB
3.45pm	200m	JG	Heats		Discus	PA
		JB	Heats			
4.25pm	400m	JG	Heats			
		JB	Heats			
5.10pm	3000m	JG	Heats/Final			
		SG	Heats/Final			
6.00pm	400m	SG	Heats			
		SB	Heats			
6.30pm	End					

Saturday

9.00am	110mH	SB	Heats	9.00am	Shot Put	SG
	100mH	JB	Heats		Long Jump	SB
	100mH	SG	Heats		Hammer	SB
	80mH	JG	Heats		Discus	JB(qualifying pools if required)
9.50am	1500m	JG	Heats			
		JB	Heats			
10.25am	100m	SB	Heats	11.00am	Shot Put	JG
		SG	Heats		Javelin	JB
		JB	Heats		Triple Jump	SG
		JG	Heats		Long Jump	PA
		PA	Heats(if required)			
11.50am	3000m	SG	Final(if required)			
		SB	Final(if required)			
12.15am	300mh	SB	Heats			
		SG	Heats			
		JB	Heats			
		JG	Heats			
12.50pm	LUNCH					
1.30pm	800m	JG	Semis	1.30pm	Discus	SG
		JB	Semis		Hammer	JB
		SG	Semis		Triple Jump	SB
		SB	Semis		Shot Put	PA
2.05pm	100m	JG	2nd round/semis		Pole Vault	JG/SG
		JB	2nd round/semis			
		SG	2nd round/semis			
		SB	2nd round/semis			
2.35pm	1500m	SG	Heats			
		SB	Heats			

3.05pm	400m	SG	Semis	3.30pm	High Jump	JB/PA Boys
	400m	SB	Semis			
	400m	JG	Semis			
	400m	JB	Semis			
4.15pm	200m	JG	2nd round/semis	Discus	JG	
		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	4000 m	JG/PG
8.20 am	4000 m	JB/PB
8.40 am	3000 m	Y9 G
9.05 am	3000 m	Y9 B
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	Shot Put	SB
		SG	Semis			
		JB	Semis			
		JG	Semis			
		PA	Finals			
9.30am	3000m	JG	Final(if required)	Triple Jump	JB	
	3000m	JB	Final(if required)			
10.00am	110mH	SB	Semis	High Jump	JG/PA Girls	
	100mH	JB	Semis			
	100mH	SG	Semis			
	80mH	JG	Semis			
10.30am	200m	JG	Semis	Hammer	SG	
		JB	Semis			
		SG	Semis			
		SB	Semis			
		PA	Finals			
11.00am	800m	JG	Final	11.00am	Discus	JB (Final)
		JB	Final			
		SG	Final			
		SB	Final			
11.20am	3000m TW	OB	Final	High Jump	SB	
	2000m TW	OG	Final			
11.45am	110mH	SB	Final	Javelin	JG	
	100mH	JB	Final			
	100mh	SG	Final			
	80mH	JG	Final			
				Long Jump	SG	

12.05pm	LUNCH					
1.00pm	100m	JG	Final	1.00pm	Discus	SB
		JB	Final		Triple Jump	JG
		SG	Final		Javelin	PA
		SB	Final		High Jump	SG
1.30pm	300mH	SB	Final			
		JB	Final			
		SG	Final			
		JG	Final			
2.00pm	1500m	JG	Final			
		JB	Final			
		SG	Final			
		SB	Final			
2.30pm	200m	SG	Final			
		SB	Final			
		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	JMixed	Final		2	
		JG	Final		2	
		JB	Final		2	
		S Mixed	Final		2	
		SG	Final		2	
		SB	Final		3	
5.15pm	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 anaerobic events.

The Pole Vault will be run concurrently.

Any Long Jump competition needing to be split into Pools A and B will be held in adjacent pits at the same time for the first 3 trials. The top 8 qualifiers will have 3 additional trials in one of the pits. Time will be provided for those needing to reestablish their run ups.

Please note the changed Road Race order of events with the Junior/Para and Year 9 races swaping time slots.