

## Programme 2020

### 12.35 NZSSAA Championships Opening

#### Friday Afternoon Track

			Entries	Heats
1:00pm	Girls 800 Metre Junior	Prelims	48	6
1:24pm	Boys 800 Metre Junior	Prelims	40	5
1:44pm	Girls 800 Metre Senior	Prelims	25	4
2:00pm	Boys 800 Metre Senior	Prelims	34	5
2.25pm	Girls 200 Metre Senior	Prelims	38	5
2.40pm	Boys 200 Metre Senior	Prelims	61	8
3.10pm	Boys 3000 Metre Junior*	Prelims	35	2
3.35pm	Boys 3000 Metre Senior	Prelims	48	3
4.15pm	Girls 200 Metre Junior	Prelims	47	6
4.35pm	Boys 200 Metre Junior	Prelims	53	7
5.00pm	Girls 400 Metre Junior	Prelims	33	5
5.20pm	Boys 400 Metre Junior	Prelims	44	6
5.40pm	Girls 3000 Metre Junior*	Prelims	38	2
6.10pm	Girls 3000 Metre Senior*	Prelims	32	2
6.40pm	Girls 400 Metre Senior	Prelims	36	5
7.00pm	Boys 400 Metre Senior	Prelims	39	5

#### Friday Afternoon Field

1.00pm	Girls Hammer Throw 3kg Junior	Final	14	
1.00pm	Girls Javelin Throw 500g Senior	Final	18	
1.00pm	Boys Long Jump Junior	Qualifying Pools 44/Final		
1.00pm	Boys Pole Vault Junior	Final	4	
1.00pm	Boys Pole Vault Senior	Final	8	
3.30pm	Boys Javelin Throw 700g Senior	Final	28	
3.30pm	Girls Long Jump Junior	Qualifying Pools 59/Final		
3.30pm	Boys Shot Put 5kg Junior	Final	26	
3.30pm	Boys Discus Throw Multi Class Para Junior	Final		
3.30pm	Boys Discus Throw Multi Class Para Senior	Final		
3.30pm	Girls Discus Throw Multi Class Para Junior	Final		
3.30pm	Girls Discus Throw Multi Class Para Senior	Final		
3.30pm	Boys Discus Throw F20 1kg Junior	Final		
3.30pm	Boys Discus Throw F20 1.5kg Senior	Final		
3.30pm	Girls Discus Throw F20 1kg Junior	Final		
3.30pm	Girls Discus Throw F20 1kg Senior	Final		

#### Saturday Morning Track

9.00am	Boys 110 Metre Hurdles 914 Senior	Prelims	13	2
9.10am	Boys 100 Metre Hurdles 838 Junior	Prelims	20	3
9.25am	Girls 100 Metre Hurdles 762 Senior	Prelims	23	3
9.40am	Girls 80 Metre Hurdles 762 Junior	Prelims	30	4
9.55am	Girls 1500 Metre Junior	Prelims	60	3

10.20am	Boys 1500 Metre Junior	Prelims	41	2
10.35am	Boys 100 Metre Senior	Prelims	58	8
11.00am	Girls 100 Metre Senior	Prelims	40	5
11.15am	Boys 100 Metre Junior	Prelims	69	9
11.45am	Girls 100 Metre Junior	Prelims	66	9
12.15pm	Girls 3000 Metre Senior	Final	14	
12.30pm	Boys 3000 Metre Senior	Final	16	
12.45pm	Boys 300 Metre Hurdles 838 Senior	Prelims	12	2
12.55pm	Girls 300 Metre Hurdles 762 Senior	Prelims	19	3
1.05pm	Boys 300 Metre Hurdles 762 Junior	Prelims	12	2
1.15pm	Girls 300 Metre Hurdles 762 Junior	Prelims	15	2

### Saturday Morning Field

9.00am	Girls Shot Put 3kg Senior	Final	21	
9.00am	Boys Long Jump Senior	Qualifying Pools/Final	38	
9.00am	Boys Hammer Throw 5kg Senior	Final	11	
9.00am	Boys Discus Throw 1.25kg Junior	Qualifying Pools	34	
11.00am	Girls Shot Put 3kg Junior	Final	30	
11.00am	Boys Javelin Throw 700g Junior	Final	19	
11.00am	Girls Triple Jump Senior	Final	25	
11.00am	Boys Long Jump Multi Class Para Junior	Final		
11.00am	Girls Long Jump Multi Class Para Junior	Final		
11.00am	Boys Long Jump T20 Junior	Final		
11.00am	Boys Long Jump T20 Senior	Final		
11.00am	Girls Long Jump T20 Junior	Final		
11.00am	Girls Long Jump T20 Senior	Final		
11.00am	Boys Long Jump Multi Class Para Senior	Final		
11.00am	Girls Long Jump Multi Class Para Senior	Final		

### Saturday Afternoon Track

2.00pm	Girls 800 Metre Junior	semis	24	3
2.15pm	Boys 800 Metre Junior	semis	24	3
2.30pm	Girls 800 Metre Senior	semis	16	2
2.40pm	Boys 800 Metre Senior	semis	24	3
2.55pm	Girls 100 Metre Junior	Qtrs	32	4
3.10pm	Boys 100 Metre Junior	Qtrs	32	4
3.25pm	Boys 100 Metre Senior	Qtrs	32	4
3.45pm	Girls 100 Metre Senior	Semis	24	3
4.00pm	Girls 1500 Metre Senior	Prelims	25	2
4.15pm	Boys 1500 Metre Senior	Prelims	51	3
4.40pm	Girls 400 Metre Senior	semis	24	3
4.55pm	Boys 400 Metre Senior	semis	24	3
5.10pm	Girls 400 Metre Junior	semis	24	3
5.20pm	Boys 400 Metre Junior	semis	24	3
5.35pm	Girls 200 Metre Junior	Qtrs	32	4
5.50pm	Boys 200 Metre Junior	Qtrs	32	4
6.05pm	Girls 200 Metre Senior	semis	24	3
6.20pm	Boys 200 Metre Senior	Qtrs	32	4

6.40pm	Girls 4x100 Metre Relay Junior	Prelims	21	3
6.55pm	Boys 4x100 Metre Relay Junior	Prelims	15	2
7.05pm	Girls 4x100 Metre Relay Senior	Prelims	14	2
7.15pm	Boys 4x100 Metre Relay Senior	Prelims	16	2

### **Saturday Afternoon Field**

1.30pm	Girls Discus Throw 1.00kg Senior	Final	22	
1.30pm	Boys Hammer Throw 4kg Junior	Final	8	
1.30pm	Boys Triple Jump Senior	Final	28	
1.30pm	Girls Shot Put Multi Class Para Junior	Final		
1.30pm	Boys Shot Put Multi Class Para Junior	Final		
1.30pm	Girls Shot Put Multi Class Para Senior	Final		
1.30pm	Boys Shot Put Multi Class Para Senior	Final		
1.30pm	Girls Shot Put F20 3kg Junior	Final		
1.30pm	Boys Shot Put F20 4kg Junior	Final		
1.30pm	Girls Shot Put F20 3kg Senior	Final		
1.30pm	Boys Shot Put F20 5kg Senior	Final		
1.30pm	Girls Pole Vault Junior	Final	5	
1.30pm	Girls Pole Vault Senior	Final	9	
3.30pm	Boys High Jump Junior	Final	34	
3.30pm	Girls Discus Throw 1.00kg Junior	Final	36	

### **Sunday Morning Road Race**

8.00am	Girls 4k RR Junior	75	Finals
8.20am	Boys 4k RR Junior	75	Finals
8.20am	Boys 2000 Metre RR Junior/Senior	6	Finals
8.40am	Girls 3k RR Year 9	53	Finals
9.05am	Boys 3k RR Year 9	64	Finals
9.30am	Girls 4k RR Senior	60	Finals
9.55am	Boys 6k RR Senior	105	Finals

### **Sunday Morning Field**

9.00am	Boys Shot Put 5kg Senior	Final	18	
9.00am	Boys Triple Jump Junior	Final	24	
9.00am	Girls High Jump Junior	Final	26	
9.00am	Boys Discus Throw 1.25kg Junior	Final	12	
11.00am	Girls Hammer Throw 3kg Senior	Final	21	
11.00am	Boys High Jump Senior	Final	23	
11.00am	Girls Javelin Throw 500g Junior	Final	17	
11.00am	Girls Long Jump Senior	Final	32	

### **Sunday Morning Track**

9.00am	Boys 100 Metre Senior	Semis	16	2
9.07am	Boys 100 Metre Junior	Semis	16	2
9.14am	Girls 100 Metre Junior	Semis	16	2
9.21am	Boys 100 Metre T20 Junior/Senior	Final	2	

9.25am	Girls 100 Metre T20 Junior/Senior	Final	1	
9.29am	Boys 100 Metre Multi Class Para Junior/Senior	Final	5	
9.33am	Girls 100 Metre Multi Class Para Junior/Senior	Final	3	
9.40am	Girls 3000 Metre Junior	Final		
9.55am	Boys 3000 Metre Junior	Final		
10.15am	Girls 80 Metre Hurdles 762 Junior	Semis	16	2
10.25am	Boys 200 Metre Junior	Semis	16	2
10.32am	Girls 200 Metre Junior	Semis	16	2
10.39am	Boys 200 Metre Senior	Semis	16	2
10.46am	Boys 200 Metre Multi Class Para Junior/Senior	Final		
10.50am	Boys 200 Metre T20 Junior/Senior	Final		
10.54am	Girls 200 Metre Multi Class Para Junior/Senior	Final		
11.00am	Girls 800 Metre Junior	Final		
11.04am	Boys 800 Metre Junior	Final		
11.08am	Girls 800 Metre Senior	Final		
11.12am	Boys 800 Metre Senior	Final		
11.20am	Boys 3000 Metre Race Walk Open	Final	5	
11.20am	Girls 2000 Metre Race Walk Open	Final	8	
11.45am	Boys 110 Metre Hurdles 914 Senior	Final		
11.50am	Boys 100 Metre Hurdles 838 Junior	Final		
11.55am	Girls 100 Metre Hurdles 762 Senior	Final		
12.00pm	Girls 80 Metre Hurdles 762 Junior	Final		

#### Sunday Afternoon Field

1.00pm	Boys Discus Throw 1.50kg Senior	Final	27	
1.00pm	Girls Triple Jump Junior	Final	25	
1.00pm	Girls High Jump Senior	Final	21	
1.00pm	Boys Javelin Throw Multi Class Para Junior	Final		
1.00pm	Boys Javelin Throw F20 700g Senior	Final		
1.00pm	Girls Javelin Throw Multi Class Para Junior	Final		
1.00pm	Boys Javelin Throw Multi Class Para Senior	Final		
1.00pm	Boys Javelin Throw F20 700g Junior	Final		
1.00pm	Girls Javelin Throw F20 500g Senior	Final		

#### Sunday Afternoon Track

1.00pm	Girls 100 Metre Junior	Final		
1.04pm	Boys 100 Metre Junior	Final		
1.08pm	Girls 100 Metre Senior	Final		
1.12pm	Boys 100 Metre Senior	Final		
1.25pm	Boys 300 Metre Hurdles 838 Senior	Final		
1.30pm	Boys 300 Metre Hurdles 762 Junior	Final		
1.34pm	Girls 300 Metre Hurdles 762 Senior	Final		
1.38pm	Girls 300 Metre Hurdles 762 Junior	Final		
1.45pm	Girls 1500 Metre Junior	Final		
1.52pm	Boys 1500 Metre Junior	Final		
1.58pm	Girls 1500 Metre Senior	Final		
2.05pm	Boys 1500 Metre Senior	Final		
2.15pm	Girls 200 Metre Senior	Final		

2.19pm	Boys 200 Metre Senior	Final		
2.23pm	Girls 200 Metre Junior	Final		
2.27pm	Boys 200 Metre Junior	Final		
2.35pm	Girls 400 Metre Junior	Final		
2.39pm	Boys 400 Metre Junior	Final		
2.50pm	Boys 2000 Metre Steeplechase 762 Junior	Final	18	
3.00pm	Girls 2000 Metre Steeplechase 762 Junior	Final	12	
3.10pm	Girls 2000 Metre Steeplechase 762 Senior	Final	12	
3.20pm	Boys 400 Metre Multi Class Para Junior/Senior	Final		
3.20pm	Boys 400 Metre T20 Junior/Senior	Final		
3.25pm	Girls 400 Metre Multi Class Para Junior/Senior	Final		
3.30pm	Girls 400 Metre Senior	Final		
3.34pm	Boys 400 Metre Senior	Final		
3.40pm	Girls 4x100 Metre Relay Junior	Final		
3.45pm	Boys 4x100 Metre Relay Junior	Final		
3.50pm	Girls 4x100 Metre Relay Senior	Final		
3.55pm	Boys 4x100 Metre Relay Senior	Final		
4.00pm	Boys 4x100 Metre Relay T20 Senior	Final		
4.10pm	Boys 2000 Metre Steeplechase 838 Senior	Final	24	
4.20pm	Mixed 4x400 Metre Relay Junior	Final	12	2
4.30pm	Girls 4x400 Metre Relay Junior	Final	13	2
4.40pm	Boys 4x400 Metre Relay Junior	Final	9	1
4.45pm	Mixed 4x400 Metre Relay Senior	Final	13	2
4.55pm	Girls 4x400 Metre Relay Senior	Final	14	2
5.05pm	Boys 4x400 Metre Relay Senior	Final	18	2

#### **5.15pm NZSSAA Team and Athletes of the Meet Announcement and Close**

##### **Notes:**

Heats are required in all 3000m at this stage which means Junior Finals are likely to be on Sunday morning. \*If the fields drop to 26 they will become straight finals at heat time on Friday. Athletes originally intending to compete in the road race should withdraw if they qualify for the 3000m track final.

The Junior Boys Discus Final, following the qualifying pools on Saturday at 9am, was originally scheduled to be on Sunday at 11am. For safety reasons this event has been swapped with the Senior Girls Hammer and will now begin at 9.00am. This avoids a clash with the Junior Girls Javelin being thrown from the other end of the arena. The Senior Girls Hammer (outside the arena) will now begin at 11.00am on Sunday.

The Senior Boys 2000m Steeplechse will be a straight final on Sunday afternoon despite numbers being above the guideline for straight finals. As the water jump is in the inside of the track and the distance to the first hurdle is approximately 180m there is plenty of time for the runners to spread out and avoid too many arriving at the hurdle at the same time.

The Junior Boys 4x400m Relay has 9 entries and the Senior Boys 4x400m 18. They will be run as 1 and 2 Divisions respectively with 9 teams per race.