

NZSSA and Athletics NZ U16/U18 Track, Field and Road Race Championships Guideline Order of Events

Thursday

12.00 noon	800m	JG	Heats	12.00 noon	Discus	JG(Q pools or Final)
		JB	Heats		Javelin	SG
		SG	Heats		Long Jump	JG (Qualifying Pool A)
		SB	Heats		Long Jump	JB(Qualifying Pool A)
		PA	Final			
1.15pm	200m	SG	Heats		Pole Vault	JB/SB
		SB	Heats			
		PA	Finals (heats if reqd)			
2.00pm	3000m	JB	Heats/Final	2.30pm	Javelin	SB
		SB	Heats/Final		Long Jump	JG(Qualifying Pool B)
		JG	Heats/Final		Long Jump	JB(Qualifying Pool B)
		SG	Heats/Final		Shotput	JB
3.15pm	400m	SG	Heats		Discus	PA
		SB	Heats			
		JG	Heats			
		JB	Heats	4.30pm	Hammer	JG/SG
4.25pm	200m	JG	Heats			
		JB	Heats			
5.30pm	Track End					

Friday

9.00am	110mH	SB	Heats	9.00am	Shot Put	SG
	100mH	JB	Heats		Long Jump	SB(Qualifying Pool A)
	100mH	SG	Heats		Discus	JB(Q Pools or Final)
	80mH	JG	Heats		High Jump	JG/PA Girls
9.50am	1500m	JG	Heats			
		JB	Heats			
10.25am	100m	PA	Finals (heats if reqd)	11.00am	Javelin	JG
		SB	Heats		Triple Jump	SG
		SG	Heats		Long Jump	SB(Qualifying Pool B)
		JB	Heats			
		JG	Heats			
11.50am	3000m	SG	Final(if required)	11.15am	Shot Put	PA
		SB	Final(if required)			
12.15pm	300mh	SB	Heats			
		SG	Heats			
		JB	Heats			
		JG	Heats			
12.50pm	LUNCH					
1.30pm	800m	JG	Semis	1.30pm	Discus	SG

		JB	Semis		High Jump	SB/PA Boys
		SG	Semis		Shot Put	JG
		SB	Semis		Javelin	JB
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	3000m	JG	Final(if required)			
		JB	Final(if required)			
3.00pm	1500m	PA	Finals			
		SG	Heats			
		SB	Heats	2.00pm	Long Jump	JG Final
3.30pm	400m	PA	Heats (if required)			
		SG	Semis			
		SB	Semis			
		JG	Semis	3.30pm	Long Jump	JB Final
		JB	Semis		Discus	JG(Final if reqd)
4.30pm	200m	JG	2nd round/semis		Long Jump	PA
		JB	2nd round/semis			
5.00pm	2km/3km TW	JG/SG	Finals			
5.25pm	200m	SG	2nd round/semis			
		SB	2nd round/semis			
		PA	Finals (if required)			
5.25pm	2000m S/c	SB	Heats(if required)			
5.50pm	4x100m	Centre U18 G	Finals (timed)	6.10pm	Hammer	JB/SB
		Centre U18 B	Finals (timed)			
6.10pm	Track End					

Saturday

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	PA	Finals (if required)	9.00am	Triple Jump	SB
		SB	Semis		High Jump	JB
		SG	Semis		Triple Jump	JG/PA Girls
		JB	Semis		Shot Put	SB
		JG	Semis			
9.30am	2km/3km TW	JB/SB	Finals			

9.50am	110mH	SB	Semis			
	100mH	JB	Semis			
	100mH	SG	Semis			
	80mH	JG	Semis			
10.20am	200m	JG	Semis			
		JB	Semis			
		SG	Semis			
		SB	Semis			
10.55am	800m	JG	Final	11.00am	Triple Jump	JB/PA Boys
		JB	Final		Long Jump	SG
		SG	Final		Discus	JB (Final if reqd)
		SB	Final			
11.20am	110mH	SB	Final			
	100mH	JB	Final			
	100mh	SG	Final			
	80mH	JG	Final			
11.50am	2000mS/c	JG	Final			
		SG	Final			
		JB	Final			
		SB	Final			
12.30pm	100m	SB	Final			
		JB	Final			
		SG	Final			
		JG	Final			
12.50pm	LUNCH					
1.30pm	300mH	SB	Final	1.30pm	Javelin	PA
		JB	Final		High Jump	SG
		SG	Final		Long Jump	SB Final
		JG	Final		Discus	SB
1.50pm	1500m	JG	Final			
2.10pm	200m	JB	Final			
		SG	Final			
		SB	Final			
		JG	Final			
2.30pm	400m	JG	Final			
		JB	Final			
2.40pm	1500m	SG	Final			
3.00pm	400m	SB	Final			
		PA	Finals			
		SG	Final			
3.20pm	4x100m	SB	Final			
		JG	Finals (timed)			
		JB	Finals (timed)			
		SG	Finals (timed)			
		SB	Finals (timed)			

		PA Mixed	Final	
4.10pm	4x400m	J Mixed	Finals (timed)	2
		JG	Finals (timed)	2
		JB	Finals (timed)	2
		S Mixed	Finals (timed)	2
		SG	Finals (timed)	2
		SB	Finals (timed)	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 JB, JG and SG Steeplechase races have not been provided with the option of heats as they have always been straight finals. If necessary heats will be reinstated prior to possible SB heats on Friday. The JG and SG races may be run together depending on numbers.

Both Junior and Senior athletes can now do both the 3000m track final and the Road Race. Where there is a straight 3000m final this will be held at heats time on Thursday. If heats are required the finals will be held on Friday.

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 Open Walks have now become 2000m for Juniors and 3000m for Seniors. The JG 2000m and SG 3000m finals will be held on Friday late afternoon and the JB 2000m and Senior Boys 3000m on Saturday morning.

The Pole Vault will be run concurrently.

Any Long Jump competition needing to be split into Pools A and B will be held in the same pit at the designated times eg JB Pool A at 1pm, Pool B at 3.30pm. Up to 12 competitors will qualify to contest the final the following day. In the Final all competitors will have 3 trials and then the top 8 placed athletes will have an additional 3 trials. Should qualifying pools not be required it is likely the final will be brought forward to either the A or B qualifying pool time. In order to keep these events manageable please do not enter athletes unless they are close to the standard.

Should other field events exceed 30 entrants eg JG/JB Discus, qualifying pools may be held at the Technical Delegates discretion with finals scheduled at a later time.

Plans to upgrade the Hammer cage to meet safety requirements have not been possible. As a result the hammer will now be run in 2 late afternoon/early evening time slots (under lights if necessary) when there are no track events using the full track and no field events occurring in the vicinity of the throwing circle.

The Junior and Senior Girls will be on Thursday beginning at 4.30pm and the Junior and Senior Boys will be on Friday beginning at 6.10pm.

There will be additional Para events available in the programme for fully classified athletes: 800m, 1500m, Triple Jump.

Relays

Centre Under 18 4x100m relays will be held on Friday late afternoon as timed finals. Under 18 4x400m relays will be held as virtual relays in the Centres prior to the championships with medals being presented, based on times, at the championships. There are no Centre Under 16 relays.

Schools 4x100m and 4x 400m Relays will be held as timed finals on Saturday afternoon.