

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

Friday

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	Finals (timed)			
		JG	Finals (timed)	2.30pm	Javelin	SB
2.35pm	400m	SG	Heats		Long Jump	JG(Qualifying Pool B)
		SB	Heats		Long Jump	JB(Qualifying Pool B)
		JG	Heats		Shotput	JB
		JB	Heats		Discus	PA
3.45pm	200m	JG	Heats			
		JB	Heats			
4.30pm	3000m	SB	Finals A (timed)			
		SB	Finals B (timed)			
		SG	Finals (timed)			
5.10pm	4x100m	SG	Heats	5.30pm	Hammer	JG/SG
		SB	Heats			
		JG	Heats			
		JB	Heats			
5.50pm	Track End					

Saturday

9.00am	110mH	SB	Heats	9.00am	Shot Put	SB
	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)			
		SB	Heats	11.00am	Javelin	JG
		SG	Heats		Triple Jump	SG
		JB	Heats		Long Jump	SB(Qualifying Pool B)
		JG	Heats			
11.50am	1500m	PA	Finals	11.15am	Shot Put	PA
		SG	Heats			
		SB	Heats			
12.30pm	LUNCH					
1.20pm	300mh	SB	Heats	1.30pm	Discus	SG
		SG	Heats		High Jump	SB/PA Boys
		JB	Heats		Shot Put	JG
		JG	Heats		Javelin	JB

2.00pm	100m	JG	2nd round/semis		Pole Vault	JG/SG
		JB	2nd round/semis			
		SG	2nd round/semis	2.00pm	Long Jump	JG Final
		SB	2nd round/semis			
2.45pm	800m	JG	Semis			
		JB	Semis			
		SG	Semis			
		SB	Semis			
3.30pm	2km/3km TW	JG/SG	Finals			
4.00pm	400m	PA	Heats (if required)			
		SG	Semis			
		SB	Semis	3.30pm	Long Jump	JB Final
		JG	Semis		Discus	JG(Final if reqd)
		JB	Semis		Long Jump	PA
4.50pm	200m	JG	2nd round/semis			
		JB	2nd round/semis			
		SG	2nd round/semis			
		SB	2nd round/semis			
		PA	Finals (if required)			
5.40pm	Track End			5.50pm	Hammer	JB/SB

Sunday

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	SG
		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			
12.25pm	LUNCH					
1.10pm	100m	SG	Final	1.30pm	Javelin	PA
		SB	Final		High Jump	SG
		JG	Final		Long Jump	SB Final
		JB	Final		Discus	SB
1.30pm	300mH	SB	Final			
		JB	Final			
		SG	Final			
		JG	Final			
1.50pm	1500m	JG	Final			
		JB	Final			
2.10pm	200m	SG	Final			
		SB	Final			
		JG	Final			
		JB	Final			
2.30pm	400m	JG	Final			
		JB	Final			
2.40pm	1500m	SG	Final			
		SB	Final			
3.00pm	400m	PA	Finals			
		SG	Final			
		SB	Final			
3.20pm	4x100m	JG	Finals			
		JB	Finals			
		SG	Finals			
		SB	Finals			
		PA Mixed	Final			
3.50pm	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		
5.00pm	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 4x100 relay heats have been moved to Friday afternoon.

The 3000m races will be run as timed finals on Friday afternoon. There is the likelihood of A and B finals being required particularly in the Senior Boys and it will be essential that accurate performances are supplied when entering athletes as they will be graded on their times.

The Steeplechase races will be straight finals. The JG and SG races may be run together if the numbers entered allow it.

The close proximity of the 200/400 race for Juniors is in order to dissuade younger athletes from attempting both of these anerobic 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 Saturday afternoon and the JB 2000m and Senior Boys 3000m on Sunday 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 Friday beginning at 4.30pm and the Junior and Senior Boys will be on Saturday beginning at 5.40pm.

There will be additional Para events available in the programme for fully classified athletes: 800m, 1500m, Triple Jump. The Para mixed 4x100m relay teams can be a combination of classifications and gender.