

## 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 (2 qualifying pools to final)
		SB	Heats		Pole Vault	JB/SB
		PA	Final			
1.15pm	200m	SG	Heats			
		SB	Heats			
		PA	Finals (heats if reqd)			
2.00pm	3000m	JB	Finals (timed)	2.00pm	Javelin	SB
		JG	Finals (timed)		Long Jump	JB (2 qualifying pools to final)
2.35pm	400m	SG	Heats		Shotput	JB
		SB	Heats		Discus	PA
		JG	Heats			
		JB	Heats			
3.45pm	200m	JG	Heats	2.45pm	High Jump	JG
		JB	Heats			
4.30pm	3000m	SB	Finals A (timed)			
		SB	Finals B (timed)			
		SG	Finals (timed)			
5.10pm	4x100m	SG	Heats	3.00pm	Hammer	JG/SG (If field is too large the JG Hammer will be at 9am Sunday)
		SB	Heats			
		JG	Heats			
		JB	Heats			
5.50pm	Track End					

### Saturday

9.00am	110mH	SB	Heats	9.00am	Shot Put	SB
	100mH	SG	Heats		Discus	JB(Q Pools or Final)
	100mH	JB	Heats	9.20am	Long Jump	SB (2 qualifying pools to final)
	80mH	JG	Heats	9.30am	High Jump	SG/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	11.30am	Triple Jump	SG
		JB	Heats			
		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			
		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)	3.00pm	JB Triple Jump	
		SG	Semis			
		SB	Semis	3.30pm	Discus	JG( Final if reqd)
		JG	Semis		Long Jump	PA
		JB	Semis		Hammer	JB/SB (if the field too large the JB Hammer will be on Sunday at 1.30pm)
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

### 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)
		SB	Semis
		SG	Semis
		JB	Semis
		JG	Semis

9.00am	Triple Jump	SB/PA Boys
	High Jump	JB
	Shot Put	SG
	Hammer	JG (if required)

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

11.00am	Triple Jump	JG/PA Girls
	Long Jump	SG
	Discus	JB (Final if reqd)

10.55am	800m	JG	Final
		JB	Final
		SG	Final
		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
		SB	Final
		JG	Final
		JB	Final

1.30pm	Javelin	PA
	Discus	SB
	Hammer	JB (if required)

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
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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. Be prepared for quite significant changes to track times on Sunday with 100m and possibly 300m Hurdles occurring before lunch and the championships concluding closer to 4pm.

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 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 the pit they have been using unless the Technical Delegate determines otherwise. 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.

Para athletes will all be placed using the percentage of world record or calculated standard system (this includes T20/F20 athletes). Please note Para events are 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.