

NZSSAA Championships Programme 2023

Friday Afternoon Track

12:00pm	Girls 800 Metre Junior	Prelims
12:24pm	Boys 800 Metre Junior	Prelims
12:44pm	Girls 800 Metre Senior	Prelims
1:00pm	Boys 800 Metre Senior	Prelims
1.15pm	Boys 800 Multi Class Para Junior/Senior	Final
1.25pm	Girls 200 Metre Senior	Prelims
1.40pm	Boys 200 Metre Senior	Prelims
2.05pm	Boys/Girls 200 Metre Multi Class Para Junior/Senior	Final
2.10pm	Boys 3000 Metre Junior	Final A (timed)
2.24pm	Boys 3000 Metre Junior	Final B (timed)
2.36pm	Girls 3000 Metre Junior	Final
2.50pm	Girls 400 Metre Senior	Prelims
3.05pm	Boys 400 Metre Senior	Prelims
3.20pm	Girls 400 Metre Junior	Prelims
3.40pm	Boys 400 Metre Junior	Prelims
4.00pm	Girls 200 Metre Junior	Prelims
4.20pm	Boys 200 Metre Junior	Prelims
4.40pm	Girls 3000 Metre Senior	Final A (timed)
4.55pm	Girls 3000 Metre Senior	Final B (timed)
5.10pm	Boys 3000 Metre Senior	Final A (timed)
5.22pm	Boys 3000 Metre Senior	Final B (timed)
5.40pm	Girls 4x100 Metre Senior	Prelims
5.50pm	Boys 4x100 Metre Senior	Prelims
6.00pm	Girls 4x100 Metre Junior	Prelims
6.10pm	Boys 4x100 Metre Junior	Prelims

Friday Afternoon Field

12.00pm	Girls Long Jump Junior	2 Pools to Final
12.00pm	Girls Javelin Senior	Final
12.00pm	Girls Discus Junior	Final
12.00pm	Boys Pole Vault Junior/Senior	Final
2.00pm	Boys Javelin Throw 700g Senior	Final
2.00pm	Boys Shot Put 5kg Junior	Final
2.30pm	Boys/Girls Discus Throw Multi Class Para Junior/Senior	Final
2.30pm	Boys Long Jump Junior	Final
2.45pm	Girls High Jump Junior	Final
3.00pm	Girls Hammer Throw 3kg Junior	Final
3.00pm	Girls Hammer Throw 3kg Senior	Final

Saturday Morning Track

9.00am	Boys 110 Metre Hurdles 914 Senior	Prelims
9.15am	Girls 100 Metre Hurdles 762 Senior	Prelims
9.25am	Boys 100 Metre Hurdles 838 Junior	Prelims
9.40am	Girls 80 Metre Hurdles 762 Junior	Prelims

9.55am	Girls 1500 Metre Junior	Prelims
10.10am	Boys 1500 Metre Junior	Prelims
10.34am	Boys 100 Metre Multi Class Para Junior/Senior	Final
10.37am	Girls 100 Metre Multi Class Para Junior/Senior	Final
10.40am	Boys 100 Metre Senior	Prelims
11.05am	Girls 100 Metre Senior	Prelims
11.20am	Boys 100 Metre Junior	Prelims
11.45am	Girls 100 Metre Junior	Prelims
12.15pm	Girls 1500 Metre Senior	Prelims
12.35pm	Boys 1500 Metre Senior	Prelims
12.50pm	Girls/Boys 1500 Multi Class Para Junior/Senior	Final
1.00pm	Lunch	

Saturday Morning Field

9.00am	Boys Shot Put 5kg Senior	Final
9.00am	Boys Long Jump Senior/Para	Final
9.00am	Boys Discus Throw 1.25kg Junior	Final
9.30am	Girls High Jump Senior	Final
11.00am	Girls Javelin 500gm Junior	Final
11.30am	Girls Triple Jump Senior	Final
11.30am	Girls/Boys Shot Put Multi Class Para Junior/Senior	Final

1.05pm **NZSSAA Championships Opening**

Saturday Afternoon Track

1.40pm	Boys 300 Metre Hurdles 838 Senior	Prelims
1.50pm	Girls 300 Metre Hurdles 762 Senior	Prelims
2.00pm	Boys 300 Metre Hurdles 762 Junior	Prelims
2.10pm	Girls 300 Metre Hurdles 762 Junior	Prelims
2.25pm	Girls 100 Metre Junior	Qtrs
2.40pm	Boys 100 Metre Junior	Qtrs
2.55pm	Boys 100 Metre Senior	Qtrs
3.10pm	Girls 100 Metre Senior	Semis
3.20pm	Girls 800 Metre Junior	Semis
3.35pm	Boys 800 Metre Junior	Semis
3.50pm	Girls 800 Metre Senior	Semis
4.00pm	Boys 800 Metre Senior	Semis
4.15pm	Girls 2000 Metre Race Walk Junior	Final
4.15pm	Girls 3000 Metre Race Walk Senior	Final
4.35pm	Boys 400 Metre Senior	Semis
4.45pm	Girls 400 Metre Junior	Semis
4.55pm	Boys 400 Metre Junior	Semis
5.10pm	Girls 200 Metre Junior	Qtrs
5.20pm	Boys 200 Metre Junior	Semis
5.30pm	Girls 200 Metre Senior	Semis
5.40pm	Boys 200 Metre Senior	Semis

Saturday Afternoon Field

1.30pm	Girls Discus Throw 1.00kg Senior	Final
1.30pm	Boys Javelin Throw 700g Junior	Final
1.30pm	Boys High Jump Senior	Final
1.30pm	Girls Shot Put 3kg Junior	Final
1.30pm	Girls Pole Vault Junior/Senior	Final
3.30pm	Boys Triple Jump Junior	Final
3.30pm	Boys Hammer Throw 4kg Junior/5kg Senior	Final

Sunday Morning Road Race

8.00am	Girls 3k RR Year 9
8.20am	Boys 3k RR Year 9
8.40am	Girls 4k RR Junior
9.05am	Boys 4k RR Junior
9.05am	Boys 2000 Metre RR Multi Class Para Junior/Senior
9.30am	Girls 4k RR Senior
9.55am	Boys 6k RR Senior

Sunday Morning Field

9.00am	Boys Triple Jump Senior	Final
9.00am	Boys High Jump Junior	Final
9.00am	Girls Shot Put 3kg Senior	Final
11.15am	Girls Triple Jump Junior	Final
11.40am	Girls Long Jump Senior	Final

Sunday Morning Track

9.00am	Boys 100 Metre Senior	Semis
9.10am	Girls 100 Metre Junior	Semis
9.20am	Boys 100 Metre Junior	Semis
9.30am	Boys 2000 Metre Race Walk Junior	Final
9.30am	Boys 3000 Metre Race Walk Senior	Final
9.50am	Girls 80 Metre Hurdles 762 Junior	Semis *
10.00am	Girls 800 Metre Junior	Final
10.05am	Boys 800 Metre Junior	Final
10.10am	Girls 800 Metre Senior	Final
10.15am	Boys 800 Metre Senior	Final
10.20am	Girls 200 Metre Junior	Semis *
10.30am	Boys 110 Metre Hurdles 914 Senior	Final
10.35am	Boys 100 Metre Hurdles 838 Junior	Final
10.40am	Girls 100 Metre Hurdles 762 Senior	Final
10.45am	Girls 80 Metre Hurdles 762 Junior	Final
10.50am	Boys 2000 Metre Steeplechase 762 Junior	Final
11.00am	Girls 2000 Metre Steeplechase 762 Junior	Final
11.10am	Girls 2000 Metre Steeplechase 762 Senior	Final
11.20am	Boys 2000 Metre Steeplechase 838 Senior	Final
11.30am	Girls 100 Metre Senior	Final
11.35am	Boys 100 Metre Senior	Final

11.40am	Girls 100 Metre Junior	Final
11.45am	Boys 100 Metre Junior	Final
11.55am	Boys 300 Metre Hurdles 838 Senior	Final
12.00pm	Boys 300 Metre Hurdles 762 Junior	Final
12.05pm	Girls 300 Metre Hurdles 762 Senior	Final
12.10pm	Girls 300 Metre Hurdles 762 Junior	Final
12.15pm	Lunch	

* **If semis not required events following will start earlier**
Sunday Afternoon Field

1.30pm	Boys Discus Throw 1.50kg Senior	Final
1.30pm	Girls/Boys Javelin Throw Multi Class Para Senior	Final

Sunday Afternoon Track

12.45pm	Girls 1500 Metre Junior	Final
12.51pm	Boys 1500 Metre Junior	Final
1.00pm	Girls 200 Metre Senior	Final
1.05pm	Boys 200 Metre Senior	Final
1.10pm	Girls 200 Metre Junior	Final
1.15pm	Boys 200 Metre Junior	Final
1.20pm	Girls 400 Metre Junior	Final
1.25pm	Boys 400 Metre Junior	Final
1.30pm	Girls 1500 Metre Senior	Final
1.36pm	Boys 1500 Metre Senior	Final
1.45pm	Boys 400 Metre Multi Class Para Senior	Final
1.50pm	Girls 400 Metre Senior	Final
1.55pm	Boys 400 Metre Senior	Final
2.05pm	Girls 4x100 Metre Relay Junior	Final
2.10pm	Boys 4x100 Metre Relay Junior	Final
2.15pm	Girls 4x100 Metre Relay Senior	Final
2.20pm	Boys 4x100 Metre Relay Senior	Final
2.25pm	Boys 4x100 Metre Relay T20 Senior	Final
2.40pm	Mixed 4x400 Metre Relay Junior	Final
2.50pm	Girls 4x400 Metre Relay Junior	Final (2 Divisions)
3.05pm	Boys 4x400 Metre Relay Junior	Final (2 Divisions)
3.20pm	Mixed 4x400 Metre Relay Senior	Final
3.30pm	Girls 4x400 Metre Relay Senior	Final (2 Divisions)
3.45pm	Boys 4x400 Metre Relay Senior	Final (2 Divisions)

4.00pm NZSSAA Team and Athletes of the Meet Announcement and Close