

2024 NZSSA Track, Field and Road Race Championships

Trust Aoraki All Weather Track, Timaru

GUIDELINE ORDER of EVENTS and NOTES

ALL TIMES are INDICATIVE ONLY until entries close

Note in some cases 2nd round or semis may not be required as scheduled

3000m races will be run as timed finals , seeded times are important for likleyhood of A & B races in **SB**

Steeplechase races will be run as straight finals. **JG & SG may be** run together depending on numbers

Close proximity of **200/400m** is to discourage younger athletes attemptng both these anaerobic events

Pole vault for Juniors & Seniors will be run by Gender groups together unless numbers dictate otherwise

Horizontal Jumps [LJ & TJ] will be run concurrently in split pools if require. Any such horizontal 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.

Other Field Events: 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: All para eventswill be placed using the percentage of world record or calculated standard system (this includes T20/F20 athletes). The Para mixed 4x100m relay teams can be a combination of classifications and gender.

Friday Track & Field Championships - Afternoon Session

12.00pm	800m	PA	Final	12.00pm	Pole Vault	JB/SB
		JG	Heats		Discus	JG(Q pools or Final)
		JB	Heats		Javelin	SG
		SG	Heats			
		SB	Heats			
1.15pm	200m	JG	Heats			
		JB	Heats			
		PA	Finals (heats if reqd)			
2.00pm	3000m	JB	Finals (timed)	2.00pm	Pole Vault	JG/SG
		JG	Finals (timed)		Javelin	SB
2.35pm	400m	SG	Heats		Shotput	JB
		SB	Heats		Discus	PA
		JG	Heats		High Jump	JG
		JB	Heats			
3.45pm	200m	SG	Heats			
		SB	Heats	4.00pm	Long Jump	JB (2 qualifying pools to final)
4.30pm	3000m	SB	Finals B (timed)			
		SG	Finals (timed)			
		SB	Finals A (timed)			
5.10pm	4x100m	SG	Heats			
		SB	Heats			
		JG	Heats			
		JB	Heats			

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Saturday Track & Field Championships - Morning Session

9.00am	80mH	JG	Heats	9.00am	Long Jump	JG (2 qualifying pools to final)
	100mH	SG	Heats		Discus	JB(Q Pools or Final)
	100mH	JB	Heats			
	110mH	SB	Heats			
9.50am	1500m	JG	Heats	9.30am	Shot Put	SB
		JB	Heats			
10.25am	100m	PA	Finals (heats if reqd)	10.00am	High Jump	SG/PA Girls
		SB	Heats			
		SG	Heats	11.00am	Javelin	JG
		JB	Heats	11.15am	Shot Put	PA
11.50am	1500m	JG	Heats	11.30am	Triple Jump	SG
		SG	Heats			
		SB	Heats			
		PA	Finals			

Saturday Track & Field Championships - Afternoon Session

12.30pm	LUNCH					
1.15pm	300mh	JB	Heats	1.15pm	Discus	SG
		JG	Heats		High Jump	SB/PA Boys
		SB	Heats		Shot Put	JG
		SG	Heats			
2.00pm	100m	SB	2nd round/semis	2.00pm	Long Jump	SB (2 qual. pools to final)
		SG	2nd round/semis			
		JG	2nd round/semis			
		JB	2nd round/semis			
2.45pm	800m	JG	Semis	3.00pm	Discus	JG (Final if reqd)
		JB	Semis	3.00pm	Javelin	JB
		SG	Semis			
		SB	Semis			
3.30pm	2km/3km TW	JG/SG	Finals	3.30pm	Long Jump	PA
4.00pm	400m	PA	Heats (if required)	4.00pm	JB Triple Jump	
		SG	Semis			
		SB	Semis			
		JG	Semis	4.30pm	Hammer	JB/SB (*i)
		JB	Semis			
4.50pm	200m	PA	Finals (if required)			
		SG	2nd round/semis			
		SB	2nd round/semis			
		JG	2nd round/semis			
		JB	2nd round/semis			

** If the field too large JB Hammer will be on Sunday at 1.30pm*

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Sunday: Road Race Championships

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	
	2000m	PA	(All Classes will run with JG/JJB)

Sunday Track & Field Championships - Morning Session

9.00am	100m	PA	Finals (if required)	9.00am	Triple Jump	JG/PA Girls
		JB	Semis		Hammer	SG/JG
		JG	Semis			
		SB	Semis			
		SG	Semis			
9.30am	2km/3km TW	JB/SB	Finals			
9.50am	110mH	SB	Semis			
	100mH	JB	Semis	10.00am	High Jump	JB
	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	SB/PA Boys
		JB	Final		Discus	JB (Final if reqd)
		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

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Sunday Track & Field Championships - Afternoon Session

1.15pm	100m	SG	Final	1.15pm	Long Jump	SG
		SB	Final		Javelin	PA
		JG	Final		Discus	SB
		JB	Final			
1.30pm	300mH	JG	Final	1.30pm	Hammer	<i>JB (if required)</i>
		JB	Final			
		SG	Final			
		SB	Final			
1.50pm	1500m	JG	Final	2.00pm	Shot Put	SG
		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	PA Mix	Final			
		JG	Finals			
		JB	Finals			
		SB	Finals			
		SB	Finals			
3.50pm	4x400m	JG	Finals (timed)	2		
		JB	Finals (timed)	2		
		J Mix	Finals (timed)	2		
		S Mix	Finals (timed)	2		
		SG	Finals (timed)	2		
		SB	Finals (timed)	3		
5.00pm	NZSS Team and Athletes of the Meet announcement and Closing					

