

SISSAC Order of Events 2019

TRACK EVENTS

Saturday Morning (9.00am – 12)		
300m Hdls	U16 G	F
300m Hdls	U19 G	F
300m Hdls	U16 B	F
300m Hdls	U19 B	F
3,000m	U15G	F
200m PA	All classes	F
200m	All grades	hts
3,000m	U19G	F
3,000m	U16G	F
400m	U14G+B	hts
400m	U15G+B	hts
3,000m	U19B	F
Sprint Hdls	All grades	hts
12.00 Lunch		
<i>N.B. 3,000m for U15G – U19G is likely to be combined and run as one race (if total entries low) but results are recorded by age group.</i>		

Saturday Afternoon (1.00 – 6.00)		
Sprint Hdls	All grades	F
3,000m	U16B	F
400m PA	All classes	F
400m	U16G+B	hts
400m	U19G+B	hts
3,000m	U15B	F
100m	All grades	hts
100m PA	All classes	F
3,000m	U14B	F
800m	U14G+B	F
800m	U15G+B	F
2,000m S/Ch	Open Girls	F
2,000m S/Ch	Open Boys	F
200m	All grades	F
3,000m	U14G	F
800m	U16G+B	F
800m	U19G+B	F
4 x 100 Relay	All grades	hts

Sunday Morning (9.00am - 12pm)		
100m	All Grades	F
1,500m	U14G+B	F
1,500m	U15G+B	F
400m	U14G+B	F
400m	U15G+B	F
400m	U16G+B	F
400m	U19G+B	F
1,500m	U16G+B	F
1,500m	U19G+B	F
4 x 100 Relay	All grades	F
2,000m Walk	Open Girls	F
3,000m Walk	Open Boys	F
4 x 400m Relay	U16 G	F
4 x 400m Relay	U16 B	F
4 x 400m Relay	U19 G	F
4 x 400m Relay	U19 B	F

FIELD EVENTS

Friday Afternoon (3.30 – 7.00pm)		
3:30pm		
Hammer	All Boys	F
5:15pm		
Hammer	All Girls	F
Saturday Morning		
9.00am		
Discus	U16G	F
High Jump 2	U14B	F
Long Jump 1	U15B	F
Long Jump 2	U14G	F
Shot Put	U19B	F
Javelin PA	All classes	F
10.00am		
Discus	U15B	F
High Jump 1	U19G	F
Javelin	U16B	F
Long Jump 1	U19B	F
Long Jump 2	U15G	F
Shot Put	U14G	F
11.00am		
High Jump 2	U15B	F
Long Jump 2	U16B	F
Shot Put	U14B	F
Discus PA	All classes	F
12.00 Lunch		

Saturday Afternoon		
12.30pm		
Discus	U14G	F
High Jump 2	U15G	F
Long Jump 1	U16G	F
Shot Put	U19G	F
Long J 2 PA	All classes	F
1.30pm		
High Jump 1	U19B	F
Javelin	U15B	F
Long Jump 1	U19G	F
Long Jump 2	U14B	F
Shot Put	U15G	F
2.30pm		
Discus	U16B	F
High Jump 2	U16G	F
Javelin	U19G	F
Triple Jump 2	U14G	F
Shot Put PA	All classes	F
3.30pm		
Discus	U14B	F
High Jump 1	U16B	F
Javelin	U19B	F
Triple Jump 1	U15B	F
Triple Jump 2	U15G	F
4.30pm		
Javelin	U15G	F
Shot Put	U16G	F
Triple Jump 1	U19B	F

Sunday Morning		
9.00am		
Discus	U15G	F
Javelin	U14B	F
Shot Put	U15B	F
Triple Jump 1	U16G	F
Triple Jump 2	U16B	F
10.00am		
Discus	U19B	F
High Jump 2	U14G	F
Javelin	U16G	F
Shot Put	U16B	F
Triple Jump 1	U19G	F
Triple Jump 2	U14B	F
11.00am		
Javelin	U14G	F
Discus	U19G	F
Key (for track and field events)		
U = Under O = Open		
B = Boys G = Girls		
Jnr Boys = U16 and younger		
Snr Boys = Age 16 and over		
PA = Para Athlete events		
hts = heats F = Final		
S/Ch = Steeple Chase		

Thursday Afternoon 28th March	
4:00pm	
Pole Vault	All Boys All Girls

Note: Pole Vault is being held in Christchurch on Thursday, 28th March as we do not have the capacity to do so here in Nelson. It is being held on the Thursday to give athletes the opportunity to enter other events for the following days. Each region also have the opportunity to hold their own Pole Vault event if they have the capacity to do so. Event location for each region is being organised and we will update you when we can.