

DICK QUAX MEMORIAL MEET 2020 PROGRAMME**LLOYD ELSMORE PARK, PAKURANGA SATURDAY NOVEMBER 28, 2020**

12.00pm	200m H (0.686m)		12.00pm	Discus	10-14 B
	300m H (0.762m)			Discus	10-14 G
	300m H (0.838m)				
	400m H (0.762m)				
	400m H (0.914m)				
12.30pm	100m	Men			
	100m	Women			
12.55pm	100m	10-14 B			
	100m	10-14 G			
			1.00pm	High Jump	Women
			1.00pm	Triple Jump	Men
1.20pm	400m	2-6 B			
	400m	2-6 G			
1.40pm	800m	7-9 B			
	800m	7-9 G			
2.00pm	2000m Community Fun Run		2.00pm	Javelin	Men
				Javelin	Women
			2.00pm	Long Jump	10-14 B
				Long Jump	10-14 G
2.30pm	200m	Men			
	200m	Women			
3.00pm	200m	10-14 B	3.00pm	High Jump	Men
	200m	10-14 G		Triple Jump	Women
				Shot Put	10-14 B
3.10pm	2000m Race Walk	10-14 B		Shot Put	10-14 G
	2000m Race Walk	10-14 G			
	2000m Race Walk	Men			
	2000m Race Walk	Women			
3.40pm	2000m	10-11 B	4.00pm	High Jump	10-14 B
	2000m	10-11 G		High Jump	10-14 G
4.00pm	3000m	12-14 B			
	3000m	12-4 G			
4.30pm	5000m	U20/Senior Men			
	5000m	U20/Senior Women			
5.10pm	3000m	U18 Men			
	3000m	U18 Women			
5.30pm	800m	Men			
	800m	Women			

Senior Times will change based on entries received. U16 Grade restricted to athletes with birth year 2005**Entries close Thursday 11.59pm for all events.**