



Auckland Long Hurdles, 2000m & 3000m Race Walk, Javelin, Hammer & Weight Throw Championships

*only championship events will be held due to the World Cross Country Championships on 18 February

FINAL PROGRAMME

***Saturday 18 February 2023**

***Sunday 19 February 2023**

TRACK

Yvette Williams Track, Pakuranga			
Auckland Championships (timed finals)			
10:00am	200m Hurdles	0.686m	U14 Women
10:15am	300m Hurdles	0.762m	U16 Women
	300m Hurdles	0.762m	U18 Women
10:20am	300m Hurdles	0.762m	U16 Men
10:35am	300m Hurdles	0.838m	U18 Men
10:55am	400m Hurdles	0.762m	U20 Women
	400m Hurdles	0.762m	Senior Women
	400m Hurdles	0.914m	U20 Men
Auckland Championships (finals)			
11:20am	2000m Race Walk		U14 Women
	3000m Race Walk		U20 Women
	3000m Race Walk		U18 Men
	3000m Race Walk		U16 Men
	3000m Race Walk		U16 Women

FIELD

AUT Millennium			
Auckland Championships			
10.00am	Javelin	3 attempts - Top 8 get 1 more	U16 Women
	Javelin	3 attempts - Top 8 get 3 more	U20 Women
	Javelin	3 attempts - Top 8 get 3 more	Senior Women
	Javelin	3 attempts - Top 8 get 3 more	Para Women
Auckland Championships			
11:00am	Javelin	3 attempts - Top 8 get 1 more	U14 Men
	Javelin	3 attempts - Top 8 get 1 more	U16 Men
	Javelin	3 attempts - Top 8 get 3 more	U18 Men
	Javelin	3 attempts - Top 8 get 3 more	Senior Men
	Javelin	3 attempts - Top 8 get 3 more	Masters Men
1:00pm	Pole Vault Invitational		
Auckland Championships			
1:00pm	Hammer	3 attempts - Top 8 get 1 more	U14 Women
	Hammer	3 attempts - Top 8 get 1 more	U16 Women
	Hammer	3 attempts - Top 8 get 3 more	U18 Women
	Hammer	3 attempts - Top 8 get 3 more	U20 Women
Auckland Championships			
2:00pm	Weight Throw	3 attempts - Top 8 get 3 more	Masters Women
Auckland Championships			
2:30pm	Hammer	3 attempts - Top 8 get 1 more	U16 Men
	Hammer	3 attempts - Top 8 get 3 more	Masters Men
	Hammer	3 attempts - Top 8 get 3 more	Masters Men
Auckland Championships			
4:00pm	Weight Throw	3 attempts - Top 8 get 3 more	Masters Men

*minimum age to compete: 12 years as at 31st December 2023