



## 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