



2023 TRACK & FIELD CHAMPIONSHIPS FINAL PROGRAMME

Yvette Williams Track, Pakuranga

Saturday 4th February 2023

11.00 am	Senior Men	400m	Timed Finals	10.30 am	U14 Women	Long Jump	3 attempts - Top 8 get 1 more
11.04 am	U20 Men	400m	Timed Finals		U16 Women	Long Jump	3 attempts - Top 8 get 1 more
	U20 Men Para	400m	Timed Finals				
11.08 am	Senior Women	400m	Timed Finals		Masters Women	Long Jump	3 attempts - Top 8 get 3 more
	U20 Women	400m	Timed Finals		Para Women	Long Jump	3 attempts - Top 8 get 3 more
11.12 am	U18 Men	400m	Timed Finals				
11.16 am	U18 Women	400m	Timed Finals	10.30 am	U18 Women	Discus	3 attempts - Top 8 get 3 more
11.20 am	U16 Men	400m	Timed Finals		U20 Women	Discus	3 attempts - Top 8 get 3 more
11.28 am	U16 Women	400m	Timed Finals		Senior Women	Discus	3 attempts - Top 8 get 3 more
11.36 am	U14 Men	400m	Timed Finals				
11.40 am	U14 Women	400m	Timed Finals	10.30 am	U18 Men	Shot Put	3 attempts - Top 8 get 3 more
11.44 am	Masters Men	400m	Timed Finals		U20 Men	Shot Put	3 attempts - Top 8 get 3 more
11.48 am	Masters Women	400m	Timed Finals		Senior Men	Shot Put	3 attempts - Top 8 get 3 more
12.20 pm	Senior Men	1500m	Timed Finals	12.15 pm	U18 Men	Long Jump	3 attempts - Top 8 get 3 more
	U20 Men	1500m	Timed Finals		U20 Men	Long Jump	3 attempts - Top 8 get 3 more
	U20 Men Para	1500m	Timed Finals		Senior Men	Long Jump	3 attempts - Top 8 get 3 more
12.30 pm	Senior Women	1500m	Timed Finals				
	U20 Women	1500m	Timed Finals	12.15 pm	U14 Men	Discus	3 attempts - Top 8 get 1 more
12.40 pm	U18 Men	1500m	Timed Finals		U16 Men	Discus	3 attempts - Top 8 get 1 more
12.50 pm	U18 Women	1500m	Timed Finals		Masters Men	Discus	3 attempts - Top 8 get 3 more
1.10 pm	MM30 - MM45	60m	Timed Finals	12.15 pm	U18 Women	Shot Put	3 attempts - Top 8 get 3 more
1.12 pm	MM50 - MM75	60m	Timed Finals		U20 Women	Shot Put	3 attempts - Top 8 get 3 more
1.15 pm	Masters Women	60m	Timed Finals		Senior Women	Shot Put	3 attempts - Top 8 get 3 more

1.25 pm	U18 Men	100m	Round 1	2.00 pm	U14 Men	Long Jump	3 attempts - Top 8 get 1 more
1.30 pm	Senior Men	100m	Round 1		U16 Men	Long Jump	3 attempts - Top 8 get 1 more
					Masters Men	Long Jump	3 attempts - Top 8 get 3 more
2.00 pm	U16 Men	1500m	Timed Finals		Para Men	Long Jump	3 attempts - Top 8 get 3 more
2.10 pm	U16 Women	1500m	Timed Finals	2.00 pm	U14 Women	Shot Put	3 attempts - Top 8 get 1 more
2.20 pm	U14 Men	1500m	Timed Finals		U16 Women	Shot Put	3 attempts - Top 8 get 1 more
2.30pm	U14 Women	1500m	Timed Finals		Masters Women	Shot Put	3 attempts - Top 8 get 3 more
2.40 pm	Masters Men	1500m	Timed Finals				
	Masters Women	1500m	Timed Finals	2.30 pm	U18 Men	Discus	3 attempts - Top 8 get 3 more
3.00 pm	U16 Men	100m	Timed Finals		U20 Men	Discus	3 attempts - Top 8 get 3 more
3.04 pm	U16 Women	100m	Timed Finals		Senior Men	Discus	3 attempts - Top 8 get 3 more
3.08 pm	U14 Men	100m	Timed Finals	3.30 pm	U14 Men	Shot Put	3 attempts - Top 8 get 1 more
3.12 pm	U14 Women	100m	Timed Finals		U16 Men	Shot Put	3 attempts - Top 8 get 1 more
3.16 pm	Para Men	100m	Timed Finals		Masters Men	Shot Put	3 attempts - Top 8 get 3 more
3.20 pm	Para Women	100m	Timed Finals	3.30 pm	U18 Women	Long Jump	3 attempts - Top 8 get 3 more
3.24 pm	MM30 - MM40	100m	Timed Finals		U20 Women	Long Jump	3 attempts - Top 8 get 3 more
3.28 pm	MM45	100m	Timed Finals		Senior Women	Long Jump	3 attempts - Top 8 get 3 more
3.32 pm	MM50 - MM70	100m	Timed Finals	3.30 pm	U14 Women	Discus	3 attempts - Top 8 get 1 more
3.36 pm	Masters Women	100m	Timed Finals		U16 Women	Discus	3 attempts - Top 8 get 1 more
4.00 pm	U18 Men	100m	Final		Masters Women	Discus	3 attempts - Top 8 get 3 more
4.05 pm	U18 Women	100m	Final				
4.10 pm	U20 Men	100m	Final				
4.15 pm	U20 Women	100m	Final				
4.20 pm	Senior Men	100m	Final				
4.25 pm	Senior Women	100m	Final				

Athletics Auckland Track & Field Championships

Yvette Williams Track, Pakuranga

Sunday 5th February 2023

11.00 am	U18 Men	200m	Round 1	10.30 am	U14 Men	High Jump	Start Height as per Technical Regulations
11.08 am	U16 Men	200m	Timed Finals		Pit 2	U16 Men	High Jump
							Start Height as per Technical Regulations

11.16 am	U16 Women	200m	Timed Finals		Masters Men	High Jump	Start Height as per Technical Regulations
11.24 am	U14 Men	200m	Timed Finals		Para Men	High Jump	Start Height as per Technical Regulations
11.28 am	U14 Women	200m	Timed Finals				
11.32 am	Para Men	200m	Timed Finals	10.30 am	U14 Women	Triple Jump	3 attempts - Top 8 get 1 more
11.36 am	Para Women	200m	Timed Finals		U16 Women	Triple Jump	3 attempts - Top 8 get 1 more
11.40 am	MM30 - MM45	200m	Timed Finals		Masters Women	Triple Jump	3 attempts - Top 8 get 3 more
11.44 am	MM50 - MM75	200m	Timed Finals		Para Women	Triple Jump	3 attempts - Top 8 get 3 more
11.48 am	Masters Women	200m	Timed Finals				
				10.30 am	U18 Women	High Jump	Start Height as per Technical Regulations
				Pit 1	U20 Women	High Jump	Start Height as per Technical Regulations
					Senior Women	High Jump	Start Height as per Technical Regulations
12.30 pm	Senior Men	800m	Timed Finals				
12.35 pm	U20 Men	800m	Timed Finals	12.30 pm	U14 Men	Triple Jump	3 attempts - Top 8 get 1 more
	U20 Men Para	800m	Timed Finals		U16 Men	Triple Jump	3 attempts - Top 8 get 1 more
12.40 pm	Senior Women	800m	Timed Finals		Masters Men	Triple Jump	3 attempts - Top 8 get 3 more
	U20 Women	800m	Timed Finals		Para Men	Triple Jump	3 attempts - Top 8 get 3 more
12.55 pm	U18 Men	800m	Timed Finals				
1.05 pm	U18 Women	800m	Timed Finals	12.30 pm	U18 Men	High Jump	Start Height as per Technical Regulations
1.10 pm	U16 Men	800m	Timed Finals	Pit 1	U20 Men	High Jump	Start Height as per Technical Regulations
1.15 pm	U16 Women	800m	Timed Finals		Senior Men	High Jump	Start Height as per Technical Regulations
1.25 pm	U14 Men	800m	Timed Finals				
1.30 pm	U14 Women	800m	Timed Finals	12.30 pm	U18 Women	Triple Jump	3 attempts - Top 8 get 3 more
1.35 pm	MM	800m	Timed Finals		U20 Women	Triple Jump	3 attempts - Top 8 get 3 more
1.40 pm	MW	800m	Timed Finals		Senior Women	Triple Jump	3 attempts - Top 8 get 3 more
				2.30 pm	U14 Women	High Jump	Start Height as per Technical Regulations
				Pit 2	U16 Women	High Jump	Start Height as per Technical Regulations
2.30 pm	Senior Men	200m	Final		Masters Women	High Jump	Start Height as per Technical Regulations
2.35 pm	U20 Men	200m	Final		Para Women	High Jump	Start Height as per Technical Regulations
2.40 pm	Senior Women	200m	Final				
	U20 Women	200m	Final	2.30 pm	U18 Men	Triple Jump	3 attempts - Top 8 get 3 more
2.45 pm	U18 Men	200m	Final		U20 Men	Triple Jump	3 attempts - Top 8 get 3 more
2.50 pm	U18 Women	200m	Final		Senior Men	Triple Jump	3 attempts - Top 8 get 3 more