



Friday 10th March 2023 – Douglas Field, Waitakere – 10-14 year olds

6.45pm³ High Jump for 10G, 10B, 11G, 11B

7.00pm⁴ 1,500m races for 10-14 years (7pm Start)

³ Or earlier if all participants are there

⁴ Start times for individual races will be set based on the number of entries