

DICK QUAX MEMORIAL MEET 2023 PROGRAMME
LLOYD ELSMORE PARK, PAKURANGA
SATURDAY, NOVEMBER 25, 2023

U16 Grade restricted to athletes with birth year 2008

TRACK			FIELD		
12:00pm	80m H (0.762m)		12:00pm	Discus	10-14 B
12:10pm	100m H (0.762m)			Discus	10-14 G
	100m H (0.838m)				
12:20pm	110m H (0.914m)		12:30pm	High Jump	10-14 G
	110m H (1.067m)				Masters Women
12:30pm	100m	Men U16+			
	100m	Women U16+			
12:55pm	100m	10-14 B			
	100m	10-14 G	1:00pm	Long Jump	Men U16+
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 U14+
				Javelin	Women U14+
2:20pm	200m	Men U16+		Long Jump	10-14 B
	200m	Women U16+		Long Jump	10-14 G
2:45pm	200m	10-14 B			
	200m	10-14 G	3:00pm	High Jump	Men U16+
3:05pm	2000m Race Walk	10+ B		Long Jump	Women U16+
	2000m Race Walk	10+ G		Shot Put	10-14 B
				Shot Put	10-14 G
3:25pm	800m	Men U16+			
	800m	Women U16+			
3:40pm	5000m	U20/Senior Men			
	5000m	U20/Senior Women	4:00pm	High Jump	10-14 B
4:20pm	2000m Championship	10-11 B			
	2000m Championship	10-11 G			
4:40pm	3000m Championship	12-14 B			
	3000m Championship	12-14 G			
5:10pm	3000m	U16/U18 Men			
	3000m	U16/U18 Women			