



# Dick Quax Memorial Meet

**Saturday 25 November '23**

Yvette Williams Track, Lloyd Elsmore Park, Pakuranga

**U20/Senior Men and U20/Senior Women 5000m**

3:40 pm

**U16/U18 Men and U16/U18 Women 3000m**

5:10 pm

- Open to schools and club-registered athletes • Free entry
  - Trophies for grade winners • Spot prizes throughout the meet
  - Registrations via Athletics Auckland [website](#)
- (Entries close 11.59 pm, Wednesday 22<sup>nd</sup> November)

Distance races for 2-9 year olds  
Open to registered athletes

Races from 1:20pm • Free entry • Medals for place-getters • Ribbons and treats for all competitors

2000m/3000m Athletics Auckland  
Championship (10-14 year olds)  
(from 4.20 pm)

Open to club-registered athletes

Registrations via Athletics Auckland website

Selected track and field events  
from 12 noon

Open to schools and club-registered  
athletes 10 years +

Free entry. Registrations via Athletics Auckland  
website