

DICK QUAX MEMORIAL MEET 2023 PROGRAMME FINAL						
LLOYD ELSMORE PARK, PAKURANGA						
SATURDAY, NOVEMBER 25, 2023						
Senior Times may change based on entries received.						
U16 Grade restricted to athletes with birth year 2008.						
Entries close 11.59pm Wednesday, November 22 for all events, including the 5000m.						
	TRACK				FIELD	
12:00pm	80m H (0.686m)			12:00pm	Discus	10-14 B
	80m H (0.762m)				Discus	10-14 G
	100m H (0.762m)					
	100m H (0.838m)					
	110m H (0.914m)					
	110m H (0.990m)					
	110mH (1067m)					
12:30pm	100m	Men U16+				
	100m	Women U6+				
12:55pm	100m	10-14 B				
	100m	10-14 G		1:00pm	High Jump	Women U16 +
					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+
3:10pm	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				
4:20pm	2000m	10-11 B		4:00pm	High Jump	10-14 B
	2000m	10-11 G			High Jump	10-14 G
4:40pm	3000m	12-14 B				
	3000m	12-14 G				
5:10pm	3000m	U16/U18 Men				
	3000m	U16/U18 Women				