



Senior Track & Field Championships DRAFT PROGRAMME

Go Media Mt Smart Stadium #2 Arena

Saturday 3rd February 2024

Please note times may change once entries have been finalised

2:00pm	Senior Men	400m	Timed Finals	1:30pm	U14 Women	Long Jump	3 attempts - Top 8 get 1 more
	Senior Women	400m	Timed Finals		U16 Women	Long Jump	3 attempts - Top 8 get 1 more
	U20 Men	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
	U18 Men	400m	Timed Finals				
	U18 Women	400m	Timed Finals	1:30pm	U18 Women	Discus	3 attempts - Top 8 get 3 more
	U16 Men	400m	Timed Finals		U20 Women	Discus	3 attempts - Top 8 get 3 more
	U16 Women	400m	Timed Finals		Senior Women	Discus	3 attempts - Top 8 get 3 more
	U14 Men	400m	Timed Finals	1:30pm			
	U14 Women	400m	Timed Finals		U18 Men	Shot Put	3 attempts - Top 8 get 3 more
	Para Men	400m	Timed Finals		U20 Men	Shot Put	3 attempts - Top 8 get 3 more
	Para Women	400m	Timed Finals		Senior Men	Shot Put	3 attempts - Top 8 get 3 more
	Masters Men	400m	Timed Finals	3.15pm	U14 Men	Discus	3 attempts - Top 8 get 1 more
	Masters Women	400m	Timed Finals		U16 Men	Discus	3 attempts - Top 8 get 1 more
					Masters Men	Discus	3 attempts - Top 8 get 3 more
3:15pm	U18 Men	100m	Round 1	3.15pm	U18 Women	Shot Put	3 attempts - Top 8 get 3 more
	U18 Women	100m	Round 1		U20 Women	Shot Put	3 attempts - Top 8 get 3 more
	U20 Men	100m	Round 1		Senior Women	Shot Put	3 attempts - Top 8 get 3 more
	U20 Women	100m	Round 1				
	Senior Men	100m	Round 1	3.30pm	U18 Men	Long Jump	3 attempts - Top 8 get 3 more
	Senior Women	100m	Round 1		U20 Men	Long Jump	3 attempts - Top 8 get 3 more
3:45pm	Masters Men	60m	Timed Finals		Senior Men	Long Jump	3 attempts - Top 8 get 3 more
	Masters Women	60m	Timed Finals				
4:15pm	U16 Men	1500m	Timed Finals	5:00pm	U14 Men	Long Jump	3 attempts - Top 8 get 1 more
	U14 Men	1500m	Timed Finals		U16 Men	Long Jump	3 attempts - Top 8 get 1 more
	U16 Women	1500m	Timed Finals		Masters Men	Long Jump	3 attempts - Top 8 get 3 more
	U14 Women	1500m	Timed Finals		Para Men	Long Jump	3 attempts - Top 8 get 3 more

	Para Men	1500m	Timed Finals				
	Para Women	1500m	Timed Finals	5:00pm	U14 Women	Shot Put	3 attempts - Top 8 get 1 more
	Masters Men	1500m	Timed Finals		U16 Women	Shot Put	3 attempts - Top 8 get 1 more
	Masters Women	1500m	Timed Finals		Masters Women	Shot Put	3 attempts - Top 8 get 3 more
5:30pm	U18 Men	100m	Final	5:30pm	U18 Men	Discus	3 attempts - Top 8 get 3 more
	U18 Women	100m	Final		U20 Men	Discus	3 attempts - Top 8 get 3 more
	U20 Men	100m	Final		Senior Men	Discus	3 attempts - Top 8 get 3 more
	U20 Women	100m	Final				
	Senior Men	100m	Final	6:30pm	U14 Men	Shot Put	3 attempts - Top 8 get 1 more
	Senior Women	100m	Final		U16 Men	Shot Put	3 attempts - Top 8 get 1 more
					Masters Men	Shot Put	3 attempts - Top 8 get 3 more
6:00pm	U16 Men	100m	Timed Finals				
	U16 Women	100m	Timed Finals	6:30pm	U18 Women	Long Jump	3 attempts - Top 8 get 3 more
	U14 Men	100m	Timed Finals		U20 Women	Long Jump	3 attempts - Top 8 get 3 more
	U14 Women	100m	Timed Finals		Senior Women	Long Jump	3 attempts - Top 8 get 3 more
	Para Men	100m	Timed Finals				
	Para Women	100m	Timed Finals	6:30pm	U14 Women	Discus	3 attempts - Top 8 get 1 more
	Masters Men	100m	Timed Finals		U16 Women	Discus	3 attempts - Top 8 get 1 more
	Masters Women	100m	Timed Finals		Masters Women	Discus	3 attempts - Top 8 get 3 more
7:00pm	Senior Men	1500m	Timed Finals				
	U20 Men	1500m	Timed Finals				
	Senior Women	1500m	Timed Finals				
	U20 Women	1500m	Timed Finals				
	U18 Men	1500m	Timed Finals				
	U18 Women	1500m	Timed Finals				

Go Media Mt Smart Stadium #2 Arena

Sunday 4th February 2024

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9:00am	Senior Men	10000m Race Walk		9:00am	Para Men	Shot Put	3 attempts - Top 8 get 3 more
	Senior Women	10000m Race Walk			Para Women	Shot Put	3 attempts - Top 8 get 3 more
	U20 Men	10000m Race Walk					
	U20 Women	10000m Race Walk			Para Men	Discus	3 attempts - Top 8 get 3 more
	Masters Men	10000m Race Walk			Para Women	Discus	3 attempts - Top 8 get 3 more
	Masters Women	10000m Race Walk					

	U18 Men	5000m Race Walk					
	U18 Women	5000m Race Walk					
11:00am	Senior Men	200m	Round 1	10.30am	U14 Men	High Jump	Start Height as per Technical Regulations
	Senior Women	200m	Round 1		U16 Men	High Jump	Start Height as per Technical Regulations
	U20 Men	200m	Round 1		Masters Men	High Jump	Start Height as per Technical Regulations
	U20 Women	200m	Round 1		Para Men	High Jump	Start Height as per Technical Regulations
	U18 Men	200m	Round 1	10.30am	U14 Women	Triple Jump	3 attempts - Top 8 get 1 more
	U18 Women	200m	Round 1		U16 Women	Triple Jump	3 attempts - Top 8 get 1 more
	U16 Men	200m	Timed Finals		Masters Women	Triple Jump	3 attempts - Top 8 get 3 more
	U16 Women	200m	Timed Finals		Para Women	Triple Jump	3 attempts - Top 8 get 3 more
	U14 Men	200m	Timed Finals	10.30am	U18 Women	High Jump	Start Height as per Technical Regulations
	U14 Women	200m	Timed Finals		U20 Women	High Jump	Start Height as per Technical Regulations
	Para Men	200m	Timed Finals		Senior Women	High Jump	Start Height as per Technical Regulations
	Para Women	200m	Timed Finals				
	Masters Men	200m	Timed Finals	12.30pm	U14 Men	Triple Jump	3 attempts - Top 8 get 1 more
	Masters Women	200m	Timed Finals		U16 Men	Triple Jump	3 attempts - Top 8 get 1 more
12.30pm	Senior Men	800m	Timed Finals		Masters Men	Triple Jump	3 attempts - Top 8 get 3 more
	Senior Women	800m	Timed Finals		Para Men	Triple Jump	3 attempts - Top 8 get 3 more
	U20 Men	800m	Timed Finals	12.30pm	U18 Men	High Jump	Start Height as per Technical Regulations
	U20 Women	800m	Timed Finals		U20 Men	High Jump	Start Height as per Technical Regulations
	U18 Men	800m	Timed Finals		Senior Men	High Jump	Start Height as per Technical Regulations
	U18 Women	800m	Timed Finals				
	U16 Men	800m	Timed Finals	12.30pm	U18 Women	Triple Jump	3 attempts - Top 8 get 3 more
	U16 Women	800m	Timed Finals		U20 Women	Triple Jump	3 attempts - Top 8 get 3 more
	U14 Men	800m	Timed Finals		Senior Women	Triple Jump	3 attempts - Top 8 get 3 more
	U14 Women	800m	Timed Finals				
	Para Men	800m	Timed Finals	2.30pm	U14 Women	High Jump	Start Height as per Technical Regulations
	Para Women	800m	Timed Finals		U16 Women	High Jump	Start Height as per Technical Regulations
	Masters Men	800m	Timed Finals		Masters Women	High Jump	Start Height as per Technical Regulations
	Masters Women	800m	Timed Finals		Para Women	High Jump	Start Height as per Technical Regulations
2:30pm	Senior Men	200m	Final	2.30pm	U18 Men	Triple Jump	3 attempts - Top 8 get 3 more
	Senior Women	200m	Final		U20 Men	Triple Jump	3 attempts - Top 8 get 3 more
	U20 Men	200m	Final		Senior Men	Triple Jump	3 attempts - Top 8 get 3 more
	U20 Women	200m	Final				
	U18 Men	200m	Final				
	U18 Women	200m	Final				