



Senior Track & Field Championships

Go Media Mt Smart Stadium #2 Arena

FINAL PROGRAMME

Saturday 3rd February 2024

***The U18, U20 and Senior Men's Shot Put has been moved to the later time slot of 4:30pm

2:00pm	Senior Men	400m	Timed Finals	1:30pm	U14 Women	Long Jump	3 attempts - Top 8 get 1 more
	U20 Men	400m	Timed Finals		U16 Women	Long Jump	3 attempts - Top 8 get 1 more
2:04pm	Senior Women	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
	Para Women	400m	Timed Finals				
2:08pm	U18 Men	400m	Timed Finals	1:30pm	U18 Women	Discus	3 attempts - Top 8 get 3 more
2:16pm	U18 Women	400m	Timed Finals		U20 Women	Discus	3 attempts - Top 8 get 3 more
2:20pm	U16 Men	400m	Timed Finals		Senior Women	Discus	3 attempts - Top 8 get 3 more
2:24pm	U16 Women	400m	Timed Finals				
2:32pm	U14 Men	400m	Timed Finals				
	U14 Women	400m	Timed Finals				
2:36pm	MM30 - MM40	400m	Timed Finals	3.15pm	U14 Men	Discus	3 attempts - Top 8 get 1 more
2:40pm	MM45	400m	Timed Finals		U16 Men	Discus	3 attempts - Top 8 get 1 more
2:44pm	MM55 - MM75	400m	Timed Finals		Masters Men	Discus	3 attempts - Top 8 get 3 more
2:48pm	Masters Women	400m	Timed Finals				
				3.15pm	U18 Women	Shot Put	3 attempts - Top 8 get 3 more
3:15pm	U18 Men	100m	Round 1		U20 Women	Shot Put	3 attempts - Top 8 get 3 more
3:25pm	U18 Women	100m	Round 1		Senior Women	Shot Put	3 attempts - Top 8 get 3 more
3:45pm	MM30 - MM40	60m	Timed Finals	3.30pm	U18 Men	Long Jump	3 attempts - Top 8 get 3 more
3:47pm	MM45 MM50	60m	Timed Finals		U20 Men	Long Jump	3 attempts - Top 8 get 3 more
3:49pm	MM55 - MM75	60m	Timed Finals		Senior Men	Long Jump	3 attempts - Top 8 get 3 more
3:52pm	Masters Women	60m	Timed Finals				
				4:30pm	U18 Men	Shot Put	3 attempts - Top 8 get 3 more
4:15pm	U16 Men	1500m	Timed Finals		U20 Men	Shot Put	3 attempts - Top 8 get 3 more
	U14 Men	1500m	Timed Finals		Senior Men	Shot Put	3 attempts - Top 8 get 3 more

4:25pm	U16 Women	1500m	Timed Finals					
	U14 Women	1500m	Timed Finals	5:00pm	U14 Men	Long Jump	3 attempts - Top 8 get 1 more	
	Para Women	1500m	Timed Finals		U16 Men	Long Jump	3 attempts - Top 8 get 1 more	
4:35pm	Masters Men	1500m	Timed Finals		Masters Men	Long Jump	3 attempts - Top 8 get 3 more	
	Masters Women	1500m	Timed Finals		Para Men	Long Jump	3 attempts - Top 8 get 3 more	
				5:00pm	U14 Women	Shot Put	3 attempts - Top 8 get 1 more	
5:30pm	U18 Men	100m	Final		U16 Women	Shot Put	3 attempts - Top 8 get 1 more	
5:35pm	U18 Women	100m	Final		Masters Women	Shot Put	3 attempts - Top 8 get 3 more	
5:40pm	U20 Men	100m	Final		Para Women	Shot Put	3 attempts - Top 8 get 3 more	
5:45pm	U20 Women	100m	Final					
5:50pm	Senior Men	100m	Final	5:30pm	U18 Men	Discus	3 attempts - Top 8 get 3 more	
5:55pm	Senior Women	100m	Final		U20 Men	Discus	3 attempts - Top 8 get 3 more	
					Senior Men	Discus	3 attempts - Top 8 get 3 more	
6:00pm	U16 Men	100m	Timed Finals					
6:08pm	U16 Women	100m	Timed Finals					
6:20pm	U14 Men	100m	Timed Finals					
6:24pm	U14 Women	100m	Timed Finals	6:30pm	U14 Men	Shot Put	3 attempts - Top 8 get 1 more	
6:28pm	Para Men	100m	Timed Finals		U16 Men	Shot Put	3 attempts - Top 8 get 1 more	
6:32pm	Para Women	100m	Timed Finals		Masters Men	Shot Put	3 attempts - Top 8 get 3 more	
6:36pm	MM30 - MM40	100m	Timed Finals		Para Men	Shot Put	3 attempts - Top 8 get 3 more	
6:40pm	MM45 MM50	100m	Timed Finals					
6:44pm	MM55 - MM80	100m	Timed Finals	6:30pm	U18 Women	Long Jump	3 attempts - Top 8 get 3 more	
6:48pm	Masters Women	100m	Timed Finals		U20 Women	Long Jump	3 attempts - Top 8 get 3 more	
					Senior Women	Long Jump	3 attempts - Top 8 get 3 more	
7:05pm	Senior Men	1500m	Timed Finals					
	U20 Men	1500m	Timed Finals	6:30pm	U14 Women	Discus	3 attempts - Top 8 get 1 more	
7:13pm	Senior Women	1500m	Timed Finals		U16 Women	Discus	3 attempts - Top 8 get 1 more	
	U20 Women	1500m	Timed Finals		Masters Women	Discus	3 attempts - Top 8 get 3 more	
7:21pm	U18 Men	1500m	Timed Finals		Para Women	Discus	3 attempts - Top 8 get 3 more	
7:29pm	U18 Women	1500m	Timed Finals		Para Men	Discus	3 attempts - Top 8 get 3 more	

Sunday 4th February 2024

9:00am	Senior Men	10000m Race Walk
	Senior Women	10000m Race Walk
	U20 Men	10000m Race Walk

	U20 Women	10000m Race Walk						
	Masters Men	10000m Race Walk						
	Masters Women	10000m Race Walk						
	U18 Men	5000m Race Walk						
	U18 Women	5000m Race Walk						
11:00am	U18 Men	200m	Round 1	10.30am	U14 Men	High Jump	Start Height as per Technical Regulations	
11:08am	U18 Women	200m	Round 1		U16 Men	High Jump	Start Height as per Technical Regulations	
11:16am	U16 Men	200m	Timed Finals		Masters Men	High Jump	Start Height as per Technical Regulations	
11:20am	U16 Women	200m	Timed Finals		Para Men	High Jump	Start Height as per Technical Regulations	
11:28am	U14 Men	200m	Timed Finals					
11:32am	U14 Women	200m	Timed Finals	10.30am	U14 Women	Triple Jump	3 attempts - Top 8 get 1 more	
11:36am	Para Men	200m	Timed Finals		U16 Women	Triple Jump	3 attempts - Top 8 get 1 more	
11:40am	Para Women	200m	Timed Finals		Masters Women	Triple Jump	3 attempts - Top 8 get 3 more	
11:44am	MM30 - MM40	200m	Timed Finals		Para Women	Triple Jump	3 attempts - Top 8 get 3 more	
11:48am	MM45 - MM55	200m	Timed Finals					
11:52am	MM60 MM75	200m	Timed Finals	10.30am	U18 Women	High Jump	Start Height as per Technical Regulations	
11:56am	Masters Women	200m	Timed Finals		U20 Women	High Jump	Start Height as per Technical Regulations	
					Senior Women	High Jump	Start Height as per Technical Regulations	
12.30pm	Senior Men	800m	Timed Finals	12.30pm	U14 Men	Triple Jump	3 attempts - Top 8 get 1 more	
	U20 Men	800m	Timed Finals		U16 Men	Triple Jump	3 attempts - Top 8 get 1 more	
12:35pm	Senior Women	800m	Timed Finals		Masters Men	Triple Jump	3 attempts - Top 8 get 3 more	
	U20 Women	800m	Timed Finals		Para Men	Triple Jump	3 attempts - Top 8 get 3 more	
	Para Women	800m	Timed Finals					
12:40pm	U18 Men	800m	Timed Finals	12.30pm	U18 Men	High Jump	Start Height as per Technical Regulations	
12:50pm	U18 Women	800m	Timed Finals		U20 Men	High Jump	Start Height as per Technical Regulations	
12:55pm	U16 Men	800m	Timed Finals		Senior Men	High Jump	Start Height as per Technical Regulations	
1:00pm	U16 Women	800m	Timed Finals					
1:10pm	U14 Men	800m	Timed Finals	12.30pm	U18 Women	Triple Jump	3 attempts - Top 8 get 3 more	
1:15pm	U14 Women	800m	Timed Finals		U20 Women	Triple Jump	3 attempts - Top 8 get 3 more	
1:20pm	Masters Men	800m	Timed Finals		Senior Women	Triple Jump	3 attempts - Top 8 get 3 more	
1:25pm	Masters Women	800m	Timed Finals					
				2.30pm	U14 Women	High Jump	Start Height as per Technical Regulations	
					U16 Women	High Jump	Start Height as per Technical Regulations	
2:30pm	Senior Men	200m	Final		Masters Women	High Jump	Start Height as per Technical Regulations	
2:35pm	U20 Men	200m	Final		Para Women	High Jump	Start Height as per Technical Regulations	
2:40pm	Senior Women	200m	Final					
	U20 Women	200m	Final	2.30pm	U18 Men	Triple Jump	3 attempts - Top 8 get 3 more	
2:45pm	U18 Men	200m	Final		U20 Men	Triple Jump	3 attempts - Top 8 get 3 more	
2:50pm	U18 Women	200m	Final		Senior Men	Triple Jump	3 attempts - Top 8 get 3 more	