



# Auckland Junior Track and Field Championship Combined Programme for 2023/24

## Go Media Stadium Mt Smart - Arena 2





## **Friday 23rd February 2024**

6.30pm<sup>1</sup> High Jump for 14G, 14B, 13G, 13B, 12G, 12B

Girls – High Jump 1

Boys – High Jump 2

7.00pm 800m races for 7-14 years (7pm Start)

---

<sup>1</sup> Or earlier if all participants are there



## Saturday 24<sup>th</sup> February 2024

### Girls

		10 Girls	11 Girls	12 Girls	13 Girls	14 Girls
<b>Block 0</b>	<b>8.30am</b>			80m hurdles	80m hurdles	80m hurdles
<b>Block 1</b>	<b>9.00am</b>	400m	400m	400m	400m	400m
	<b>9.00am</b>	Shotput 2				Long jump 1
<b>Block2</b>	<b>9.45am</b>			Discus 1		
	<b>9.50am</b>		Shotput 2		Long jump 1	
<b>Block 3</b>	<b>10.35am</b>	200m	200m	200m		200m
<b>Block 4</b>	<b>11.05am</b>	Discus 1			200m	
	<b>11.20am</b>			Long jump1	Shotput 1	Shotput 1
	<b>11.40am</b>		Discus 1			
<b>Block 5</b>	<b>12.15pm</b>	100m	100m	100m	100m	100m
<b>Block 6</b>	<b>12.45pm</b>	Long jump 1				Discus 2
	<b>1pm</b>			Shotput 1		
	<b>1.20pm</b>				Discus 2	
	<b>1.45pm</b>		Long jump 1			
<b>Block 7</b>	<b>2pm</b>	1200m/1600m/2000m racewalk				
<b>Finish</b>	<b>3.15pm</b>					

\* Note that times are dependent on athlete numbers. If numbers are relatively low, block lengths can be reduced to 30 minutes.



## Boys

		10 Boys	11 Boys	12 Boys	13 Boys	14 Boys
Block 0	8.30am			80m hurdles	80m hurdles	100m hurdles
	8.30am					Long jump 2
Block 1	9.00am	Discus 1		Long jump 2	Shotput 1	
	9.30am		Shotput 1			
Block 2	10.05am	400m	400m	400m	400m	400m
	10.25am				Long jump 2	Discus 2
Block 3	10.35am	Shotput 2				
	11am		Long jump 2	Discus 2		
Block 4	11.35am	200m	200m	200m	200m	200m
Block 5	12pm	Long jump 2			Discus 2	Shotput 2
	12.30pm		Discus 1	Shotput 2		
Block 6	1.05pm	100m	100m	100m	100m	100m
Block 7	2pm	1200m/1600m/2000m racewalk				
Finish	3.15pm					

\* Note that times are dependent on athlete numbers. If numbers are relatively low, block lengths can be reduced to 30 minutes.



## Sunday 25<sup>th</sup> February 2024

10am<sup>2</sup> High Jump for 10G, 10B, 11G, 11B

Girls – High Jump 1

Boys – High Jump 2

10.30am 1,500m races for 10-14 years

## Sunday 25<sup>th</sup> February 2023 - Go Media Stadium Mt Smart Arena 2 – 7-9 year olds

	Start time*	7 Girls	7 Boys	8 Girls	8 Boys	9 Girls	9 Boys
<b>Block 1</b>	<b>12 noon</b>	200m	Long jump 2	200m	Discus 1	200m	Shotput 2
<b>Block 2</b>	<b>12.40 PM</b>	Shotput 1	200m	Long jump 1	200m	Discus 1	200m
<b>Block 2</b>	<b>1.20 PM</b>	100m	Shotput 2	100m	Long jump 2	100m	Discus 1
<b>Block 4</b>	<b>2.00 PM</b>	Discus 1	100m	Shotput 1	100m	Long jump 1	100m
<b>Block 5</b>	<b>2.40 PM</b>	60m	Discus 1	60m	Shotput 2	60m	Long jump 2
<b>Block 6</b>	<b>3.20 PM</b>	Long jump 1	60m	Discus 1	60m	Shotput 1	60m
<b>Finish</b>	<b>4.00 PM</b>						

\* Note that times are dependent on athlete numbers. If numbers are relatively low, block lengths can be reduced to 30 minutes.

<sup>2</sup> Or earlier if all participants are there