

DICK QUAX MEMORIAL MEET 2024 DRAFT PROGRAMME

LLOYD ELSMORE PARK, PAKURANGA

SATURDAY, NOVEMBER 16, 2024

U16 Grade restricted to athletes with birth year 2009.

Entries close at 11.59 pm Wednesday, November 13, for all events, including the 5000m.

	TRACK			FIELD	
12:40pm	80m H (0.686m)		12:40pm	Discus	10-14 B
	80m H (0.762m)			Discus	10-14 G
	100m H (0.762m)			High Jump	Women U16+
	100m H (0.838m)		1:00pm	Long Jump	Men U16+
	110m H (0.914m)				
	110m H (0.990m)				
	110mH (1067m)				
1:10pm	100m	Men U16+			
	100m	Women U16+			
1:35pm	100m	10-14 B			
	100m	10-14 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+
3:05pm	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			10-14 G
4:40pm	3000m	12-14 B			
	3000m	12-14 G			
5:10pm	3000m	U16/U18 Men			
	3000m	U16/U18 Women			