

DICK QUAX MEMORIAL MEET 2024 FINAL 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)	G12 G13		12:40pm	Discus 10-14 B
12:50pm	80m H (0.762m)	B12 B13			Discus 10-14 G
12:55pm	80m H (0.762m)	G14 WU16			High Jump Women U16+
1:05pm	100m H (0.762m)	WU18			
	100m H (0.838m)	B14 MU16			
1:15pm	100m	Men U16+			
	100m	Women U16+			
1:25pm	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
2:30pm	200m	Women U16+			Long Jump 10-14 G
2:40pm	200m	10-14 B			
	200m	10-14 G			
				3:00pm	High Jump Men U16+
3:05pm	2000m Race Walk	10+ B			Shot Put 10-14 B
	2000m Race Walk	10+ G			Shot Put 10-14 G
3:25pm	800m	Men U16+			
3:35pm	800m	Women U16+			
3:45pm	5000m	U20/Senior Men			
	5000m	U20/Senior Women		4:00pm	Long Jump Men & Women U16+
					High Jump 10-14 B
4:20pm	2000m	10-11 B			10-14 G
	2000m	10-11 G			
4:40pm	3000m	12-14 B			
	3000m	12-14 G			
5:10pm	3000m	U16/U18 Men			
	3000m	U16/U18 Women			