

North Island Masters Track & Field Championships
TET Stadium, Inglewood, TARANAKI
24th - 26th November 2017

PROGRAMME

Friday 24th November

TRACK			FIELD		
4:00pm	400m heats (if required)	M / W	4:00pm	Hammer	M30-M64
				Shot Put	M65+
4:30pm	60m heats (if required)	M / W	4:30pm	Weight Throw	W30-W64
4:45pm	3km Walk	M / W		Pole Vault	All grades
5:30pm	400m finals	M / W	5:30pm	Javelin	W30+
				Hammer	M65+
6:00pm	3000m *	M / W	6:00pm	Weight Throw	W65+
	* separated if numbers warrant			Shot Put	W50-W64
				Triple Jump	W30+

Sat 25th November

9:30am	100m heats (if required)	M / W	9:30am	High Jump	M30-M64
				Long Jump	W30+
				Discus	M50-M64
				Javelin	M65+
9:45am	2km Steeplechase	M60+/W30+			
			10:45am	Shot Put	M30-M64
10:30am	3km Steeplechase	M30-M59		Weight Throw	M65+
			11:00am	Discus	M30-M49
11:15am	Sprint hurdles	M / W		Javelin	M50-M64
				High Jump	W65+
			11:30am	Triple Jump	M65+
12noon	60m finals	M / W	12noon	Discus	W65+
	LUNCH			Hammer	W30-W64
2:00pm	100m finals	M / W	2:00pm	High Jump	M65+
				Shot Put	W65+
				Discus	W30-W64
2:45pm	1500m	M / W	2:45pm	Weight Throw	M30-M64
			3:00pm	Long Jump	M65+
				Discus	M65+
3:15pm	Long Hurdles	M / W	3:15pm	Hammer	W65+
				High Jump	W30-64
				Javelin	M30-M49
				Triple Jump	M30-M64
4:00pm	4x100m Relay	2 men/2 women	4:00pm	Shot Put	W30-W49

Sunday 26th November

8:00am	10km Road Walk	M / W	8:30am	Throws Pentathlon	Men
9:00am	200m heats (if required)	M / W	9:00am	Long Jump	Men Pent
				Long Jump	M30-M64
9:15am	100m	Women Pent			
9:30am	5000m *	Mixed	9:30am	Throws Pentathlon	Women
	* separated if numbers warrant		9:45am	Shot Put	Wm Pent
			10:00am	Javelin	Men Pent
			10:30am	Long Jump	Wm Pent
11:30am	200m finals	M/W & Pent	12 noon	Discus	Men Pent
12:45pm	800m	M/W & Wm Pent		Javelin	Wm Pent
1:10pm	1500m	Men Pent			