



44th NZMA TRACK & FIELD CHAMPIONSHIPS

2-4 March 2018 - Trigg Stadium, WHANGAREI

Timed Programme

Friday	Track	Grade	Friday	Field	Grade
			04:00 PM	Long Jump	M30-69
04:00 PM	400m heats if required		04:00 PM	Hammer	M30-69
			04:00 PM	Shot Put	M70+
			04:30 PM	Javelin	W65+
04:45 PM	3000m Track Walk	M30+ / W30+	04:30 PM	Weight	W30-64
05:30 PM	400m Finals	M30+ / W30+	05:15 PM	Shot Put	M30-54
			05:30 PM	Hammer	M70+
			6:00 AM	Weight	W65+
06:00 PM	3000m	W30+	06:00 PM	Javelin	W30-64
			06:00 PM	Shot Put	M55-69
06:15 PM	3000m	M30+	06:00 PM	Triple Jump	M70+
Saturday	Track	Grade	Saturday	Field	Grade
9:30 AM	60m & 100m Heats if required		9:30 AM	High Jump	M30-69
9:45 AM	2000m Steeplechase	M60+ / W30+	9:30 AM	Long Jump	W65+ / M70+
10:15 AM	3000m Steeplechase	M30-59	9:30 AM	Discus	M55-69
			9:30 AM	Javelin	M70+
10:45 AM	Sprint Hurdles	M30+ / W30+	10:45 AM	Shot Put	W30-64
			10:45 AM	Weight	M70+
			10:45 AM	High Jump	W30+
			11:00 AM	Discus	M30-54
11:15 AM	60m Finals	M30+ / W30+			
			11:30 AM	Javelin	M55-69
			12:00 PM	Discus	W65+
			12:00 PM	High Jump	M70+
			12:00 PM	Long Jump	W30-64
			12:15 PM	Hammer	W30-64
			12:30 PM	Pole Vault	M30+ / W30+
02:00 PM	100m Finals	M30+ / W30+	02:00 PM	Shot Put	W65+
			02:00 PM	Discus	M70+
			02:00 PM	Triple Jump	M30-69
			02:15 PM	Weight	M30-69
02:40 PM	1500m	M30+ / W30+			
			03:00 PM	Triple Jump	W30+
03:15 PM	Handicap 100m	M/W or mixed	03:15 PM	Discus	W30-64
			03:15 PM	Hammer	W65+
			03:15 PM	Javelin	M30-54
Sunday	Track	Grade	Sunday	Field	Grade
8:30 AM	5000m TW	M30+ / W30+			
9:00 AM	Long Jump	*MTP1	9:00 AM	Throws Pentathlon	* M30+
9:15 AM	100m	*WTP1			
9:20 AM	200 Heats if required				
9:30 AM	5000m	M30+ / W30+			
9:45 AM	Shot Put	WTP2			
10:00 AM	Javelin	MTP2	10:00 AM	Throws Pentathlon	* W30+
10:30 AM	Long Jump	WTP3			
11:30 AM	200m	MTP3			
11:35 AM	200m	M30+ / W30+			
12:00 PM	Discus	MTP4			
12:00 PM	Javelin	WTP4			
12:30 PM	800m	M30+ / W30+			
01:00 PM	800m	WTP5			
01:10 PM	1500m	MTP5			
01:30 PM	Long Hurdles	M30+ / W30+			
01:45 PM	4 x 100m Relays	M/W or mixed			

Throws Pentathlon
* Start the smaller group of throwers first,
i.e. this order could be reversed once entries received.

*WTP & *MTP refers to Track Pentathlon events

NOTE: The final timing of events will be completed once entries have closed.