



Programme & Event Order as at 30/11/2024

Order	South Island Masters Events		AC Interclub Events
Friday 24th January 2025			
1730	Hammer	M	
1730	Shot Put	W	
1740	Long Jump	M / W	
1800	Long Hurdles	M / W	1800 Long Hurdles
1815	Shot Put	M	
1815	Hammer	W	
1820	3000m or 3000m Track Walk	M / W	1820 Open 3000m M / W (or may combined with Masters - TBC)
Saturday 25th January 2025			
0930	Pole Vault	M / W	0930 Pole Vault M / W
0930	Short Hurdles	M / W	0930 Shot Put M / W
0930	Discus	M	0930 Short Hurdles M / W
0930	Javelin	W	0945 Triple Jump M / W(3)
0940?	#High Jump	M / W	
1000	1500m or 1500m Track Walk	M / W	1015 1500m & 1500m Track Walk M / W
1035	100m	M / W	
1045	*Discus	W	
1045	Javelin	M	1030 Discus M / W
1055?	#High Jump	M / W	1040 100m W / M
1100	Triple Jump	M / W	1050 800m M / W
1140	400m	M / W	1055 Long Jump W / M(3)
1210	2000m Steeplechase	M60+ / W	1130 High Jump M / W
1225	3000m Steeplechase	M30-60	1130 200m W / M
1245	*Weight (Use TWO circles)	M / W	1145 400m W / M
	* Warmup area circles		1210 2000m Steeplechase
			1225 3000m Steeplechase
	<p># HIGH JUMP: Exact timing of these events will be confirmed once entries close and I consult with athletes. Javelin & high jump are run side by side.</p>		
Saturday Afternoon - NPW Hub Building Gathering (Masters, Volunteers & Officials)			
Sunday 26th January 2025			
0830	5000m or 5000m Track Walk	M / W	0830 5000m or 5000m Track Walk M / W
0930	Throws Pentathlon (TWO Groups)	M / W	
0935	Pentathlon (100m, SP, LJ, JT, 800m)	W	
1000	Pentathlon (LJ, JT, 200m, DT, 1500m)	M	
1030	60m	M / W	1030 60m M / W
1055	200m	M / W	1040 100m M / W
1130	800m	M / W	1055 200m M / W
			1130 800m M / W