

2023 Jennian Homes New Zealand Track and Field Championships - Draft Programme

Day	Time	Track	Time	Field
Thursday	9:30	3000m RW M	9:00	Long Jump W18 Qual if required
2nd March		3000m RW W		Long Jump M 16 Qual if Required
		300m H M18 Heats .838		
		300m H W18 Heats .762		Long Jump W16 Qual if required
		300m H M16 Heats .762		Shot Put M 16
		300m H W16 Heats .762		
				Hammer W16
		200m M16 Heats		High Jump M 16
		200m W16 Heats		
		200m M18 Heats		
		200m W18 Heats		Pole Vault W16
				**Long Jump M18 Qual if Required
		800m M 16 Heats		
		800m W 16 Heats		
		800m M18 Heats		Shot Put M18
		800m W18 Heats		Hammer M16
		800m SM Heats		
		800m SW Heats		
		800m M20 Heats		
		800m W20 Heats		
	13:00	4 x 100m M16 Heats		Triple Jump M18
		4 x 100m W16 Heats		
		4 x 100m M18 Heats		
		4 x 100m W18 Heats		Discus W18
		100mH M16 Heats		High Jump W16
		100mH W16 Heats		
		110mH M18 Heats		
		100mH W18 Heat		Long Jump W18 Final
		300m H W18 .762		Javelin M18
		300m H M18 .838		
		300m H W16 .762		Javelin M 16

		300m H M16 .762		Pole Vault W18
		3,000m M16 Final		
		3,000m W16 Final		Shot Put W16
		3,000m M18 Final		
		3,000m W18 Final		Hammer M18
		200m M16 Finals		
		200m W16 Finals		Long Jump M 16 Final
		200m M18 Finals		
		200m W18 Finals		
		5,000m M20 Final		
		5,000m W20 Final		
		5,000m SM Final		
		5,000m SW Final		

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Day	Time	Track	Time	Field
Friday	9:00	400mH SM Heats .914	9:00	Hammer W20
3rd March		400mH M20 Heats .914		
		400mH SW Heats .762		Long Jump W Para
		400mH W20 Heats .762		Long Jump W 20
		100m M 16 Heats		High Jump W 18
		100m W 16 Heats		High Jump Para W
		100m M18 Heats		
		100m W 18 Heats		Pole Vault M 16
		100m M20 Heats		
		100m W20 Heats		Shot Put W18
		100m SM Heats		Discus M20
		100m SW Heats		
				Triple Jump M 16
		800m M 16 Final		
		800m W 16 Final		Javelin W 16
		800m M18 Final		
		800m W18 Final		
		100m Semi's if required		Javelin SW
		100m Para M Final		
		100m Para W Final		Long Jump SM
		100m Para chair Final		
				Shot Put SW
		4 x 400m M16 Relay T Final		High Jump W20
		4 x 400m W16 Relay T Final		
		4 x 400m Relay M18 T Final		
		4 x 400m Relay W18 T Final		
	13:00	800m SM Finals		Pole Vault M 18
		800m SW Finals		
		800m M20 Finals		Shot Put W20
		800m W20 Finals		Discus M 18
		400mH M20 Final .914		Long Jump W 16 Final
		400mH SM Final .914		
		400mH W20 Final .762		Hammer SM
		400mH SW Final .762		
		400m Para M		High Jump M20
		400m Para W		
		400m Chair		
		2000m Steeple M16 .762		
		2000m Steeple W16 .762		

		2,000m Steeple W18 .762		
		2,000m Steeple M18 .838		
		100m W 16 Finals		
		100m M 16 Finals		
		100m W 18 Finals		
		100m M18 Finals		
		100m W20 Finals		
		100m M20 Finals		
		100m SM Finals		
		100m SW Finals		
		3,000m Steeple SM .914		
		3,000m Steeple M20 .914		
		3,000m Steeple SW .762		
		3,000m Steeple W20 .762		

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Day	Time	Track	Time	Field
Saturday	8:30	400m M16 Heats	9:00	**Long Jump M18 Qual if req or final
4th March		400m W16 Heats		
		400m M18 Heats		Discus W 16
		400m W18 Heats		
		400m M20 Heats		
		400m W20 Heats		Discus M 16
		400m SM Heats		
		400m SW Heats		Shot Put W Para
		800m Para M Final		
		800m Para W Final		Long Jump M20
		800m Para W.c Final		Long Jump Para M
				Pole Vault W20
		110mH SM Heat 1.067		
		110mH M20 Heat .991		High Jump M18
		110mH M18 Final .991		High Jump Para M
		100mH M16 Finals .838		Discus SW
		100mH SW Heat .838		Hammer W18
		100mH W20 Heat .838		
		100mH W18 Final .762		Shot Put M20
		100mH W16 Finals .762		
		4 x 100m Relay Mixed Para Final		Triple Jump W16
		4 x 100m Relay M20 Heats		
		4 x 100m Relay W20 Heats		Javelin W20
		4 x 100m Relay SM Heats		Javelin W Para
		4 x 100m Relay SW Heats		
	13:00	1500m M20 Heats		
		1500m W20 Heats		
		1500m M16 (TF)		Triple Jump W18
		1500m W16 (TF)		Pole Vault SW
		1500m M18 Finals (TF)		
		1500m W18 Finals (TF)		Long Jump M18 Final if req
		1500m SM Heats		
		1500m SW Heats		
				Discus ParaM seated
		400m M16 Finals		Discus Para M
		400m W16 Finals		
		400m M18 Final		
		400m W18 Final		High Jump SM
		4 x 100m Relay W20 Final		Javelin W18

		4 x 100m Relay M20 Final		
		4 x 100m Relay SM Final		Shot Put SM
		4 x 100m Relay SW Final		
				Long Jump SW

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Day	Time	Track	Time	Field
Sunday	8:00	10,000 /5,000m RW M		
5th March		10,000 /5,000m RW W		
		200m M20 Heats	9:00	Discus W20
		200m W20 Heats		Triple Jump M20
		200m SM Heats		
		200m SW Heats		
				Pole Vault M20
		1500m M20 Finals		Discus Para W seated
		1500m W20 Finals		Discus Para W
		200m Para W Final		Triple Jump W20
		200m Para M Final		
		200m Para W/c Final		Javelin M20
				Javelin M Para
		110mH SM Final 1.067		
		110mH M20 Final .991		Triple Jump SM
		100mH W20 Final .838		
		100mH SW Final .838		Javelin SM
				High Jump SW
		400m M20 Final		
		400m W20 Final		Discus SM
		400m SM Final		
		400m SW Final		
				Pole Vault SM
		1,500m Para		Triple Jump SW
		1,500m Para W/c		
				Hammer SW
		200m M20 Final		
		200m W20 Final		Shot Put Para M seated
		200m SM Final		Shot Put Para M
		200m SW Final		
				Hammer M20
		1500m SM Finals		
		1500m SW Finals		
		4 x 400m Relay M20 Final		
		4 x 400m Relay W20 Final		
		4 x 400m Relay SM Final		
		4 x 400m Relay SW Final		

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