

2023 Sir Graeme Douglas International - Timetable

Event Time	Event	Gender
4.30pm	Pole Vault	M
4.30pm	Long Jump	W
5.25pm	200 Open - National Permit	M
5.35pm	100 Race 1 - National Permit	M
5.38pm	100 Race 2 - National Permit	M
6.00pm	400 Hurdles	M
6.10pm	400 Hurdles	W
6.15pm	Shot Put	M
6.25pm	Long Jump	M
6.30pm	4 x 100	M
6.35pm	4 x 100	W
6.45pm	Pole Vault	W
6.50pm	1500 Race 1 - National Permit	M
7.00pm	1500 Race 2	M
7.10pm	1500 Race 1 - National Permit	W
7.20pm	1500 Race 2	W
7.35pm	400 Race 1 - National Permit	M
7.40pm	400 Race 2 Timed Final	M
7.45pm	400 Race 3 Timed Final	M
7.50pm	400 Para & Race 1 Timed Final	W
7.55pm	400 Race 2 Timed Final	W
8.00pm	Shot Put	W
8.05pm	100 Para	M
8.08pm	100 Race 3 Timed Final	M
8.11pm	100 Race 4 Timed Final	M
8.14pm	100 Para	W
8.15pm	Javelin	M/W
8.17pm	100 Race 2 Timed Final	W
8.20pm	100 Race 3 Timed Final	W
8.30pm	5000	W
8.55pm	5000	M

Continental Tour Events		
Thursday 16 Mar		
Auckland		
	WOMEN	MEN
100m	P	P
400m	P	P
1500m	P	P
5000m	P	P
400mH	P	P
400 Relay	P	P
Long Jump	P	P
Javelin	P	P
Pole Vault	P	P
Shot Put	P	P

*as at 1800 14-03-23 subject to change