



Athletics New Zealand
Track & Field Championships

TIMETABLE OF EVENTS
As at 4 February 2010 – Final Program

> QEII Park Stadium, Christchurch >> 26-28 March 2010

This timetable has been amended in an endeavour to meet some of the concerns that Athletes and Coaches raised prior to 31 December 2009. This is now the **final** program. It will however be subject to minor changes once final entry numbers are known.

Friday

9.30 am	400m Hurdles	Heats	Men 19
	400m Hurdles	Heats	Senior Women
	400m Hurdles	Heats	Women 19
	400m Hurdles	Heats	Senior Men
	300m Hurdles	Heats	Women 16
9.40 am	300m Hurdles	Heats	Men 16
10.00 am	3000m	Final	Women 16
10.00 am	Discus Throw	Final	Men 19
10.00 am	Long Jump	Final	Men 16
10.15 am	3000m	Final	Men 16
10.30 am	3000m Track Walk	Final	Women 16, Women 19 & Senior Women
10.30 am	Discus - Wheelchair	Final	Senior Men
10.55 am	100m	Heats	Women 16
	100m	Heats	Women 19
	100m	Heats	Men 19
11.15 am	Javelin Throw	Final	Women 16
11.23 am	100m	Heats	Senior Women
11.31 am	100m	Heats	Senior Men
11.43 am	100m	Heats	Men 16
11.50 am	Long Jump	Final	Women 16
12.00 pm	100m – Ambulant	Final	Senior Women
12.00 pm	Pole Vault	Final	Women 16
12.05 pm	100m - Ambulant	Final	Senior Men
12.10 pm	100m – Wheelchair	Final	Senior Women
12.15 pm	100m - Wheelchair	Final	Senior Men
12.25 pm	3000m Track Walk	Final	Men 16, Men 19 & Senior Men
12.30 pm	High Jump	Final	Men 19
12.50 pm	Hammer Throw	Final	Senior Men
12.50 pm	800m	Heats	Women 16
1.00 pm	800m	Heats	Men 16
1.45 pm	Javelin – Wheelchair	Final	Senior Men
1.15 pm	800m	Heats	Women 19
1.25 pm	800m	Heats	Men 19
1.35 pm	800m	Heats	Senior Women
1.45 pm	800m	Heats	Senior Men
1.55 pm	5000m	Final	Men 19
2.00 pm	Javelin Throw	Final	Women 19
2.00 pm	Javelin Throw -Ambulant	Final	Senior Women
2.05 pm	Long Jump	Final	Senior Women
2.05 pm	Long Jump - Ambulant	Final	Senior Women
2.20 pm	100m	Semi Final	Women 16
2.26 pm	100m	Semi Final	Men 16
2.30 pm	Pole Vault	Final	Men 16
2.32 pm	100m	Semi Final	Men 19
2.38 pm	100m	Semi Final	Senior Men
2.45 pm	5000m	Final	Senior Women & Women 19
3.00 pm	Discus - Wheelchair	Final	Senior Women
3.10 pm	400m	Heats	Women 16
3.10 pm	Long Jump	Final	Men 19
3.05 pm	Discus Throw	Final	Senior Women
3.20 pm	400m	Heats	Men 16
3.30 pm	High Jump	Final	Women 19
3.30 pm	Shot Put	Final	Senior Men

3.30 pm	Shot Put - Ambulant	Final	Senior Men
3.40 pm	400m	Heats	Women 19
	400m	Heats	Men 19
	400m	Heats	Senior Women
	400m	Heats	Senior Men
4.05 pm	100m	Final	Women 16
4.10 pm	100m	Final	Men 16
4.15 pm	100m	Final	Women 19
4.20 pm	100m	Final	Senior Women
4.15 pm	Discus Throw	Final	Men 16
4.25 pm	100m	Final	Senior Men
4.30 pm	100m	Final	Men 19
4.40 pm	5000m	Final	Senior Men

Saturday

9.30 am	Hammer Throw	Final	Men 16
10.00 am	Discus - Ambulant	Final	Senior Men
10.00 am	100m Hurdles	Heats	Women 16
10.10 am	100m Hurdles	Heats	Women 19
10.15 am	Triple Jump	Final	Women 16
10.15 am	100m Hurdles	Heats	Senior Women
10.20 am	110m Hurdles	Heats	Men 16
10.25 am	110m Hurdles	Heats	Men 19
10.30 am	110m Hurdles	Heats	Senior Men
10.30 am	High Jump	Final	Men 16
10.30 am	Shot Put	Final	Women 19
10.35 am	Discus Throw	Final	Women 16
10.35 am	200m	Heats	Women 16 ** see notes below
10.45 am	200m	Heats	Men 16 ** see notes below
10.55 am	200m	Heats	Men 19 ** see notes below
11.05 am	200m	Heats	Senior Men ** see notes below
11.15 am	800m	Final	Women 16
11.20 am	800m	Final	Men 16
11.25 am	800m	Final	Women 19
11.30 am	800m	Final	Men 19
11.30 am	Shot Put - Ambulant	Final	Senior Women
11.30 am	Pole Vault	Final	Senior Women
11.30 am	Shot Put - Wheelchair	Final	Senior Women
11.35 am	800m	Final	Senior Women
11.40 am	800m	Final	Senior Men
11.45 am	800m - Ambulant	Final	Senior Women
11.50 am	800m - Ambulant	Final	Senior Men
11.55 am	800m - Wheelchair	Final	Senior Women
11.55 am	800m - Wheelchair	Final	Senior Men
12.00 pm	100m Hurdles	Final	Women 16
12.05 pm	100m Hurdles	Final	Women 19
12.10 pm	100m Hurdles	Final	Senior Women
12.15 pm	110m Hurdles	Final	Men 16
12.15 pm	Long Jump	Final	Women 19
12.15 pm	Javelin Throw	Final	Men 19
12.20 pm	110m Hurdles	Final	Men 19
12.25 pm	110m Hurdles	Final	Senior Men
12.45 pm	3000m steeple	Final	Women 19 *** Note distance change
1.00 pm	3000m steeple	Final	Men 19
1.00 pm	Shot Put - Wheelchair	Final	Senior Men
1.30 pm	High Jump	Final	Senior Women
1.45 pm	Long Jump	Final	Senior Men
1.45 pm	Long Jump - Ambulant	Final	Senior Men
1.45 pm	Hammer Throw	Final	Women 16
1.45 pm	400m	Final	Women 16
1.50 pm	400m	Final	Men 16
1.55 pm	400m	Final	Women 19
2.00 pm	400m	Final	Men 19
2.05 pm	400m	Final	Senior Women
2.10 pm	400m	Final	Senior Men
2.15 pm	400m - Ambulant	Final	Senior Women
2.20 pm	400m - Ambulant	Final	Senior Men
2.25 pm	400m - Wheelchair	Final	Senior Women
2.25 pm	400m - Wheelchair	Final	Senior Men
2.30 pm	Shot Put	Final	Senior Women
2.30 pm	Javelin - Wheelchair	Final	Senior Women

2.30 pm	1500m - Ambulant	Final	Senior Women
	1500m - Ambulant	Final	Senior Men
2.50 pm	1500m	Heats	Women 16
3.00 pm	Pole Vault	Final	Senior Men
3.10 pm	Discus Throw	Final	Senior Men
3.10 pm	1500m	Heats	Men 16
3.20 pm	Triple Jump	Final	Men 16
3.30 pm	1500m	Heats	Men 19
3.45 pm	Shot Put	Final	Men 19
3.50 pm	1500m	Heats	Senior Men
4.10 pm	1500m	Heats	Women 19
4.20 pm	1500m	Heats	Senior Women
4.20 pm	Javelin Throw	Final	Men 16
4.20 pm	Javelin Throw - Ambulant	Final	Senior Men
4.30 pm	4x100 Relay	Heats	Women 16
	4x100 Relay	Heats	Women 19
	4x100 Relay	Heats	Senior Women
	4x100 Relay	Heats	Senior Men
	4x100 Relay	Heats	Men 16
	4x100 Relay	Heats	Men 19

Sunday

8.00am	10km Road Walk	Final	Women 19
8.00am	10km Road Walk	Final	Men 19
8.00am	20km Road Walk	Final	Senior Women
8.00am	20km Road Walk	Final	Senior Men
9.30 am	Hammer Throw	Final	Women 19
9.30 am	Pole Vault	Final	Women 19
9.30 am	Triple Jump	Final	Men 19
9.50 am	1500m - Wheelchair	Final	Senior Women
	1500m - Wheelchair	Final	Senior Men
10.00 am	1500m	Final	Women 16
10.10 am	1500m	Final	Men 16
10.20 am	200m	Semi Final	Women 16
10.30 am	200m	Heats	Women 19
10.30 am	Shot Put	Final	Men 16
10.30 am	High Jump	Final	Women 16
10.35 am	Hammer Throw	Final	Men 19
10.40 am	200m	Heats	Senior Women
10.50 am	200m	Semi Final	Men 16
11.00 am	200m	Semi Final	Men 19
11.00 am	Triple Jump	Final	Women 19
11.10 am	200m	Semi Final	Senior Men
11.20 am	2000m Steeple	Final	Men 16
11.30 am	Javelin Throw	Final	Senior Women
11.35 am	2000m Steeple	Final	Women 16
12.25 pm	300m Hurdles	Final	Women 16
12.30 pm	Triple Jump	Final	Senior Men
12.30 pm	Pole Vault	Final	Men 19
12.35 pm	400m Hurdles	Final	Women 19
12.40 pm	400m Hurdles	Final	Senior Women
12.50 pm	300m Hurdles	Final	Men 16
12.50 pm	Hammer Throw	Final	Senior Women
1.00 pm	400m Hurdles	Final	Men 19
1.05 pm	400m Hurdles	Final	Senior Men
1.10 pm	1500m	Final	Women 19
1.20 pm	1500m	Final	Men 19
1.30 pm	200m - Ambulant	Final	Senior Women
1.30 pm	200m - Ambulant	Final	Senior Men
1.30 pm	High Jump	Final	Senior Men
1.35 pm	200m - Wheelchair	Final	Senior Women
1.35 pm	200m - Wheelchair	Final	Senior Men
1.40 pm	200m	Final	Women 16
1.45 pm	200m	Final	Men 16
1.50 pm	Javelin Throw	Final	Senior Men
1.50 pm	200m	Final	Women 19
1.55 pm	200m	Final	Men 19
2.00 pm	200m	Final	Senior Women
2.00 pm	Triple Jump	Final	Senior Women
2.00 pm	Shot Put	Final	Women 16
2.05 pm	200m	Final	Senior Men
2.10 pm	1500m	Final	Senior Women

2.20 pm	1500m	Final	Senior Men
2.30 pm	4x100 Relay	Final	Women 16
2.35 pm	4x100 Relay	Final	Men 16
2.40 pm	4x100 Relay	Final	Women 19
2.45 pm	4x100 Relay	Final	Men 19
2.50 pm	4x100 Relay	Final	Senior Women
2.55 pm	4x100 Relay	Final	Senior Men
3.00 pm	3000m steeplechase	Final	Senior Women
3.20 pm	3000m steeplechase	Final	Senior Men
3.20 pm	Discus Throw	Final	Women 19
3.20 pm	Discus Throw - Ambulant	Final	Senior Women
3.40 pm	4x400 Relay	Final	Women 16
3.50 pm	4x400 Relay	Final	Men 16
4.00 pm	4x400 Relay	Final	Women 19
4.10 pm	4x400 Relay	Final	Men 19
4.20 pm	4x400 Relay	Final	Senior Women
4.30 pm	4x400 Relay	Final	Senior Men

200m Heats/Semi Finals/Finals

It is the intention that heats for the 200m are only held on Saturday if semi finals are required. If semi finals are not required, heats will take place at what is currently the scheduled time for the semi finals on Sunday. This will be finalised once final entries are known.

