



Wellington Centre Champs and Wellington Masters Champs 2019 Final Programme and Important Information

(Please note – ENTRIES ARE CLOSED. NO LATE ENTRIES WILL BE ACCEPTED)

1. All athletes must be competitive financial members of a Club. Athletes are to wear their competition number bib, issued earlier in the season. If you have not yet collected your competition number bib, please collect it at check in (see below). Athletes from other centres will be issued with a temporary number for the day.
2. Club uniform must be worn
3. PLEASE NOTE: There have been a few minor changes to the programme due to heats being required for Boys U16 100m and 200m, the size of the fields in the Men's Shot put and Discus and no heats required for the 800m
4. Heats are required for the Boys U16 100m (17 entries) and 200m (11 entries). These heats will be held at the beginning of each day, please refer to the final programme below for times. If numbers of confirmed entries on the day turns a heat into a straight final then the final will be run at the heat time. PLEASE ENSURE ATHLETES ARE PREPARED FOR THIS SCENARIO AND HAVE WARMED UP ACCORDINGLY.
5. Men's U20 400m has 10 entries and will be run as timed finals (fastest time over the 2 heats) unless there are, at least, 2 scratchings.
6. Athletes are required to check in at the registration desk **one hour** prior to the event start time or they may be scratched from the event. Athletes are required to scratch from an event by emailing mcilroy.family@xtra.co.nz or scratch on the day either in person or by sending a text to 027 6345 123. Note: not Mark Harris.
7. Age Grades will be combined into one race, by the Competition Secretary, when deemed necessary to create appropriately sized fields.
8. In the Under 16 grades (age as at 31.12.18), NZSS specifications will be used
9. Master athletes will use specifications for their 5yr age band however awards will be awarded in the following age groups:
Masters 35-49, Masters 50-59 and Masters 60+
Masters Pentathlon (*the first 3 throws count towards Masters' Pentathlon)
- 9 Health and Safety
 - Athletes are to adhere to the safety briefing and follow the instructions of the Chief.
 - Athletes and officials only in the competition area
 - Athletes must only warm up when directed to and under the supervision of an official
- 10 Start lists are on the website for your information

Karen McIlroy

Competition Secretary

027 6345 123



Wellington Centre Champs and Wellington Masters Champs 2019

U16 (age as at 31.12.18), U18, U20, Senior (ages as at 31.12.2019), Masters (ages as at 02.02.19)

FINAL PROGRAMME SATURDAY 2nd FEBRUARY

TRACK			FIELD		
11.15am	100m heat	Boys U16	11.00am	Hammer*	Men
11.30am	1500m	Finals	11.00am	Pole Vault	Men/Women
12.15pm	LUNCH		12.15pm	LUNCH	
1.10pm	60m	Masters only	1.00pm	High Jump	Men
1.30pm	80m hurdles	**see note 1	1.00pm	Javelin*	Women
1.45pm	100m hurdles	**See note 2			
2.15pm	110m hurdles	**See note 3	2.15pm	Long Jump	Women
2.45pm	400m	Finals	2.15pm	Men's Discus*	U16,MM50+
3.30pm	S/Chase 0.762	**see note 5	3.15pm approx	Men's Discus*	U18,U20,Snr, MM35-49
4.00pm	S/Chase 0.914	**see Note 5	3.45pm	Triple Jump	Men/Women
4.20pm	100m	Finals	4.30pm	Shot Put*	Women

FINAL PROGRAMME SUNDAY 3rd FEBRUARY

TRACK			FIELD		
			11.00am	Hammer *	Women
11.15am	3000m	Finals	11.00am	High Jump	Women
11.45am	200m heat	Boys U16			
12.00pm	LUNCH		12.00pm	LUNCH	
12.45pm	3000m Walk		12.45pm	Javelin*	Men
1.30pm	300m hurdles	**see note 4	1.00pm	Long Jump	Men
2.00pm	400m hurdles		2.00pm	Discus *	Women
2.30pm	800m	Finals	3.15pm	Men's Shot Put	U16,MM50+
3.15pm	200m	Finals	4.00pm approx	Men's Shot Put *	U18,U20,Snr, MM35-49
			4.45pm	Weight Throw *	Men/Women

HURDLE HEIGHTS

** Note 1	80m hurdles @ 0.762	U16 girls, MW40+, MM70+	**Note 2	100m hurdles @ 0.840	U16 boys, SW, WU20, MW 35-39, MM60-69
				100m hurdles @ 0.914	MM50-59
				100m hurdles @ 0.762	WU18
**Note 3	110m hurdles @0.991	MU20, M35-49	**Note 4	300m hurdles @0.840	MU18, Boys U16
	110m hurdles @ 0.1067	SM		300m hurdles @ 0.762	WU18, Girls U16
	110m hurdles @ 0.914	MU18,			
**Note 5	2000m S/Ch @ 0.914	MU18, BoysU16	**Note 5 continued	3000m S/Ch @ 0.914	MU20, SM, MM35-59
	2000m S/C @ 0.762	WU18, Girls U16, MW, MM60+		3000m S/Ch @ 0.762	WU20, SW

