



Athletics Wellington Track & Field Championships PROGRAMME

Updated for 5000m races



SATURDAY 12th FEBRUARY - Day One

TRACK		FIELD	
10.00am	Women 2000m S/Chase (0.762m)	10.00am	Men & Women Javelin
10:15am	Men 2000m S/Chase (0.838m)	10.00am	Men Pole Vault
10:30am	Masters Men 3000m S/Chase (0.914m)		
10:50am	Masters 60m Women and Men		
11:00am	Women 100m Finals All grades	11.00am	Men High Jump
11.15am	Men 100m Finals All grades	12:00pm	Men Hammer
SESSION BREAK			
1:00pm	Women 400m Finals all grades	1.00pm	Men & Women Triple Jump
1.15pm	Men 400m Finals all grades		
1:30pm	Women U16 80m hurdles		
1.40pm	Women 100m hurdles all grades	1.45pm	Women Hammer
1.45pm	Men U16 100m hurdles (.838m)		
2.00pm	Men U18 & Masters 110m hurdles (.914m)	2.00pm	Women High Jump
2.30pm	Women 1500m – All grades		
2.40pm	Men, Men U18, Men U16 1500m	2:45pm	Masters Weight Throw
2.50pm	Masters Men 1500m		

SUNDAY 13th FEBRUARY – Day Two

TRACK		FIELD	
11:00am	Women U16 200m Heats	10:00am	Women Shot Put
11.10am	Women 200m all other grades	11.00am	Men Shot Put
11.15am	Men 200m all grades		
11:30pm	Women 800m all grades		
11.40pm	Men 800m all grades		
SESSION BREAK			
1:00pm	Women U 16 200m Final	1:00pm	Men Long Jump
1:15pm	M & W 3000m Walk – all grades	1:00pm	Women Discus
2:00pm	300m hurdles Men and Women		
2:15pm	400m hurdles Men and Women		
2.30pm	Senior Women 5000m	2.30pm	Men Discus
2.50pm	Men Senior and Men U18 5000m	2:30pm	Women Long Jump
3.10pm	Masters Men 35 - 49 5000m		
3.30pm	MW 35-49, 50+, MM 50+, 60+, 70+ 5,000m		