



2.00pm JUNIOR Coaching Clinics - Senior New Zealand Track & Field Stars

TRACK EVENTS

FIELD EVENTS

3.15pm Juniors All Ages Children 60m Sprints
 3.50pm Juniors All Ages "Kids" Mile
 4.10pm Juniors All Ages 4 x 100m Mixed Relay

3.30 pm Hammer Women

4.15 pm Juniors Signing and Prizes

4.00 pm Pole Vault Women
 4.00 pm High Women
 4.00 pm Triple Women

4.30 pm Open Mixed 4 x100m Relay

4.45 pm Women 100m Hurdles

5.00 pm Men 110m Hurdles

5.00 pm Discus Men

5.10 pm Women 200m Open

5.20 pm Men 200m Open

5.35 pm M & W 3000m TW Mixed

5.30 pm Long Men

6.00 pm Men 400m Hurdles

6.00 pm Shot Women & Men

6.10 pm Women 400m Open

6.10 pm High Men

6.20 pm Men 400m Open

6.30 pm Women 800m Open

6.15 pm Javelin Women

6.35 pm Men 800m Open

6.40 pm Women 100m Open

6.50 pm Men 100m Open

7.00 pm **Women Mile W20 NZL Championship**

7.10 pm **Men Mile M20 NZL Championship**

7.15 pm Hammer Men

7.20 pm Women 100m Elite

7.25 pm Men 100m Elite

7.30 pm Women 3000m Open

7.40 pm Women 800m Elite

7.45 pm Men 800m Elite

7.50 pm Men 3000m Open

7.55 pm Open Mixed 4 x 400m

ALL TIMES INDICATED ARE PROVISIONAL until ENTRIES CLOSE on MONDAY 26 January 11:59 pm

ENTRY: <https://meets.rosterathletics.com/public/competitions/details/about?id=27741>

Junior Development Events (*Athletes Aged Under 14 @ 31-12-26*) and Enrolment for Coaching Clinics **Senior Open Events** and see the links at **Roster**

OPEN EVENTS: All Athletes from **Under 16** grade and above are eligible to compete

ALL TRACK EVENTS: OPEN events WILL HAVE GRADED DIVISIONS – In event of needing two divisions of 3000m races they will be post the Mixed 4 x400m

ALL FIELD EVENTS: will have Restricted Entry Numbers and specific competition rules

