

COMPETITION PROGRAMME

The following is the anticipated timing of the Programme. Event times subject to change depending on entries. Centres will be notified of any alteration after the close of entries

Friday 26th February 2016

4.00pm	400 heats if required		Pole Vault	M30+/W30+	4.00 pm
			Hammer	M30-64	4.00 pm
			Shot Put	M65+	4.00 pm
4.45 pm	3000m Track Walk	M30+/W30+	Javelin	W65+	4.30 pm
			Weight Throw	W30-64	4.30 pm
5.15 pm	400m Finals	M30+/W30+	Shot Put	M30-49	4.45 pm
			Hammer	M65+	5.30 pm
6.00 pm	5000m	Mixed	Weight Throw	W65+	6.00 pm
	these may be separated depending on entries		Javelin	W30-64	6.00 pm
			Shot Put	M50-64	6.00 pm

Saturday 27th February 2016

9.30 am	60m & 100m heats if required		High Jump	M30-64	9.30 am
			Long Jump	W65+	9.30 am
9.45 am	2000m Steeplechase	M60+/W30+	Discus	M50-64	9.30 am
			Javelin	M65+	9.30 am
10.30 am	3000m Steeplechase	M30-59	Shot Put	W30-64	10.45 am
			Weight Throw	M65+	10.45 am
11.00 am	Short Hurdles	M30+/W30+	High Jump	W30+	10.45 am
			Discus	M30-49	11.00 am
11.30 am	60m Finals	M30+/W30+	Javelin	M50-64	11.30 am
			Triple Jump	M65+	12.00 pm
			Hammer	W30-64	12.00 pm
			Discus	W65+	12.00 pm
			High Jump	M65+	12.00 pm
LUNCH					
1.45 pm	100m Finals	M30+/W30+	Hammer	W65+	2.00 pm
			Discus	M65+	2.00 pm
2.45 pm	1500m	M30+/W30+	Triple Jump	W30+	2.00 pm
			Weight Throw	M30-64	2.00 pm
3.15 pm	100m Handicap Races	Mixed	Long Jump	M65+	2.45 pm
			Discus	W30-64	3.15 pm
			Shot Put	W65+	3.15 pm
			Javelin	M30-49	3.30 pm
			Triple Jump	M30-64	3.30 pm

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Sunday 28th February 2016

7.30 am	10 km Road Walk	Mixed	Throws Pentathlon	M30+	9.00 am
9.00 am	200m Heats if required				
9.00 am	Long Jump	M30-64/MTP1			
9.15 am	100m	WTP1	Throws Pentathlon	W30+	10.00 am
9.30 am	10000m	Mixed			
9.45 am	Shot Put	WTP2	3 attempts per discipline		
10.00 am	Javelin	MTP2	Order of Events		
10.30 am	Long Jump	W30-64/WTP3	Hammer Shot Put Discus Javelin Weight Throw		
11.30 am	200m Finals	M30+/W30+/MTP3			
12.00 pm	Discus	MTP4			
12.00 pm	Javelin	WTP4	Womens Pentathlon		
12.30 pm	800m	M30+/W30+/WTP5	100m Shot Put Long Jump Javelin 800m		
1.10 pm	1500m	MTP5			
1.20 pm	Long Hurdles	M30+/W30+	Mens Pentathlon		
1.30 pm	4 x 100m Relays	M/W or mixed	Long Jump Javelin 200m Discus 1500m		

Athletes Information

Race Packs:

Can be collected from the function room at the top of the grandstand from 3pm on Friday 26 February and thereafter during competition hours.

Proposed Programme:

The above programme is a guide only and is subject to the number of entries in each event. The final timed programme will be published in the meeting booklet

NZMA AGM:

This will be held in the Athletics Otago Rooms 1st Floor at the rear of the Grandstand on Friday 26 February at 12 noon.

Equipment:

Competitors may use their own equipment. All items of personal equipment **MUST** be presented for checking on Friday 26 February between 3pm and 4pm.

Function Information

Social Function/Awards Dinner

This will be held at the Otago Yacht Club clubrooms, 12 Magnet Street (Boat Harbour) on Saturday 27 February 2016. Mix and mingle from 6-7pm. Buffet meal at 7pm. Awards presentation following dinner. Cost \$45 per person. Tickets limited to 90 people.