

Draft Programme & Event Timetable

Time	Events	
Friday 16th November 2018		
4:00 p.m.	Hammer	M/W
4:45 p.m.	Shot Put	W
5:00 p.m.	400m	M/W
5:30 p.m.	3000m Track Walk	M/W
5:45 p.m.	Long Jump	M/W
6:00 p.m.	Shot Put	M
6:15 p.m.	3000m	M/W
Saturday 17th November 2018		
11:00 a.m.	Short Hurdles	M/W
11:40 p.m.	Weight	W
11:45 p.m.	2000m Steeplechase	M60+/W
12:15 p.m.	Javelin	M
1:00 p.m.	3000m Steeplechase	M30-60
1:20 p.m.	60m	M/W
1:30 p.m.	Javelin	W
1:45 p.m.	Discus	M
2:30 p.m.	Long Hurdles	M/W
2:45 p.m.	High Jump	M/W
2:50 p.m.	Discus	W
3:10 p.m.	Weight	M
3:25 p.m.	100m	M/W
3:50 p.m.	1500m	M/W
4:05 p.m.	Triple Jump	M/W
5:15 p.m.	Trackside Gathering	
Sunday 18th November 2018		
9:00 a.m.	Pentathlon	M/W
9:10 a.m.	Throws Pentathlon	M/W
10:00 a.m.	5000m Run & 5000m Walk	M/W
10:40 a.m.	200m	M/W
11:25 a.m.	800m	M/W
12:35 p.m.	Pole Vault	M/W

Southland Masters acknowledges the help we will receive from Athletics Southland to organise this event, plus help from officials from Otago, Canterbury and Tasman.

It is possible there may be slight changes to the start times of some events once entries are finalised. All athletes will be notified prior to the event should this occur.