

North Island Athletics Championships

Dec 10 2016, MCAT - Palmerston North

Programme of Events

12 00 pm Officials meeting
12 30 pm Hammer 110mH, 100mH
2 00 pm Pole Vault, Triple Jump
2 10 pm 3000m Steeple Chase
2 15 pm Discus
2 30 pm 100m
3 10 pm 5000m
3 15 pm Long Jump, Javelin
3 30 pm High Jump Women, Shot Put
3 50 pm 1500m
4 15 pm 400m

5 15 pm 400mH
5 45 pm 200m
6 15 pm 800m
6 00 pm High Jump Men
6 30 pm 4x100m relay
6 45 pm 3000m Race Walk
7 10 pm 4x400m

The event is an open (Senior) competition with graded scratch events (as we do with the Central Teams Athletics.)

Athletes please enter and submit times/distances, seasons best and personal best we will grade you into ABC etc. finals for track. Fastest time/distance determines placings.

- Entries close 4 Dec at 5pm
- Late entries close 11am 10 Dec.
- Late entries will be included and will be put into spare lanes.
- Relays are club teams. Composite teams may run but will not be placed.
- Relay declarations by 6 30pm.
- In the Mens Shot and Hammer athletes may use 6kg shot, if U20 .
- In the Discus the 1.75kg can be used.
- Athletes entered must be 12 years of age but are reminded it is a senior competition.
- \$20 entry fee for the whole meet. Late entry \$40[Including changing events]