

North Island Athletics Championships

Palmerston North Sat 12 Dec 2015

1pm-8pm

Events

1 00 pm Hammer Men, Hammer Women,
1.45 pm 110m H Men
1.50 pm 100m H Women
2 00 pm Pole Vault Men, Triple Jump Women
2 10 pm 3000mstch
2 15 pm Discus Women
2 30 pm 100m
3 10 pm 5000m
3 15 pm Long Jump Men, Javelin Men
3 30 pm High Jump Women, Shot Put Men
3 50 pm 1500m
4 15 pm 400m

5 45 pm 400mH, Pole Vault Women, Triple jump Men
6 15 pm 200m, Discus Men
6 45 pm 800m
7 00 pm High Jump Men, Long Jump Women, Javelin Women
7 15 pm 3000m Walk, Shot Put Women
7 40 pm 4x100m
8 00 pm 4x400m

Notes

1. The event is an **open [Senior]** competition with **graded scratch events** [as with Central Teams Athletic events]
2. Athletes enter and submit times/distances **Seasons best** and **Personal best** we grade them into A,B,C etc finals for track. Fastest time/distance determines placings.
3. **Entries close 5pm Sun 6 Dec**
4. Late entries close **11am Sat 12 Dec**. Late entries will be included and will be put into spare lanes.
5. Relays are **club teams**. Composite teams may run but will not be placed. Relay declarations by 6 30pm.
6. In the Mens Shot and Hammer athletes may use 6kg shot, if U20 but, **finalists and placings go to those using 7.26kg**.
7. In the Discus the 1.75kg can be used but **top 8 and placings go to those using 2kg**.
8. Athletes entered must **be 12 years of age** but are reminded it is a senior competition.
9. **\$20 entry fee** for whole meet. **Late entry \$40** including changing events].