

CENTRAL REGION TEAMS COMPETITION

M A/B, W A/B, M18 & W18 DIVISIONS

Cooks Gardens Wanganui

26th November 2005

Officials Meeting 11.15am

Managers Meeting, 11.30am

TRACK PROGRAMME

Order of Track Events: U18, A string, B string.

12.00pm	300m Hurdles	W18
12.07pm	400m Hurdles	WA/B
12.14pm	300m Hurdles	M18
12.21pm	400m Hurdles	MA/B
12.30pm	100m	W18/WA/B
12.40pm	100m	M18/MA/B
12.50pm	100m	Non Scoring
1.10pm	1500m Steeplechase	W18
1.20pm	3000m Steeplechase	WA/B
1.35pm	2000m Steeplechase	M18
1.50pm	3000m Steeplechase	M A/B
2.05pm	400m	W18/WA/B
2.10pm	400m	M18/MA/B
2.15pm	400m	Non Scoring
2.25pm	1500m	W18/WA/B
2.35pm	1500m	M18/MA/B
2.50pm	4*100m Relay	W
2.55pm	4*100m Relay	M
3.10pm	3000m Walk	W/W18/M/M18
3.40pm	100m Hurdles	W18/WA/B
3.50pm	110m Hurdles	M18/MA/B
4.00pm	800m	W18/WA/B
4.15pm	800m	M18/MA/B
4.30pm	3000m	M18
4.45pm	200m	W18/WA/B
4.50pm	200m	M18/MA/B
4.55pm	3000m	W18/WA/B
5.10pm	5000m	M A/B
5.35pm	Medley Relay	M18/W18
5.45pm	4*400m Relay	W A/B
6.00pm	4*400m Relay	M A/B

FIELD PROGRAMME

M/W18: Three trials only. A/Bstrings:- Top 6 only

12.00pm	Pole Vault	W/W18
	Hammer	M/M18
	Long Jump	W/W18
	High Jump	M/M18
1.00pm	Discus	W/W18
1.20pm	Long Jump	M/M18
1.30pm	Pole Vault	M/M18
2.20pm	Discus	M/M18
2.50pm	Shot Put	W/W18
3.00pm	Triple Jump	M/M18
3.40pm	Javelin	M/M18
3.40pm	High Jump	W/W18
4.05pm	Hammer	W/W18
4.30pm	Triple Jump	W/W18
4.40pm	Javelin	W/W18
5.10pm	Shot Put	M/M18

Reminder: All participating Clubs, please provide at least 2 Officials
\$4.00 entry fee for competing athletes (league & non-league) of visiting clubs.
Fee payable on day
All Athletes to be registered and compete in Club uniforms
Spectators and Officials free entry