


**DRAFT PROGRAMME - Nga Puna Wai - Saturday 5th December 2020**

Time	Track:	Field:
1345	Short Hurdles (*U18 & Open)	Pole Vault (3.20m+ U18 & Open)
1400		Long jump (WU18 & W Open)
1430	Steeplechase (*U18 & Open)	Hammer (*U18 & Open)
1500	100m HEATS (*U18 & Open)	Pole Vault (<3.20m U18 & Open)
1530	1500 (*U18 & Open)	
1600	3000m Track Walk (*U18) 5000m Track Walk (*Open)	Javelin (*U18 & Open)
1635	100m FINALS (*U18 & Open)	
1645		Long Jump (MU18 & M Open)
1700	400m (*U18 & Open)	
1720	4 x 100m Relays (*U18 & Open)	* BOTH genders

**DRAFT PROGRAMME - Nga Puna Wai - Sunday 6th December 2020**

Time	Track:	Field:
0915	5000m (*Open)	High Jump (WU18 & W Open)
0930		Discus (WU18 & W Open) Shot Put (MU18 & M Open)
0945	200 Heats (*U18 & Open)	
1000		Triple Jump (MU18 & M Open)
1015	3000m (*U18)	
1030		High Jump (MU18 & M Open)
1045	800m (*U18 & Open)	Discus (MU18 & M Open) Shot Put (WU18 & W Open)
1105	Long Hurdles (*U18 & Open)	Triple Jump (WU18 & W Open)
1130	200m FINALS (*U18 & Open)	
1200	4 x 400m Relay	