

Friday - Session 1 (ENTER NPW via the main entrance)

If track events have been combined, the start times will be the same.
 Please report any scratching from track event within 15 minutes of the scheduled start times.

	Event	Round
18:15	#101 Mixed 30+ 60 Metre Sprint Masters	Finals
18:20	#102 Women 100 Metre Sprint Wheelchair Para	Finals
18:22	#103 Women 100 Metre Sprint Senior	Finals
18:24	#104 Women 100 Metre Sprint U20	Finals
18:26	#105 Men 100 Metre Sprint Senior	Finals
18:26	#106 Men 100 Metre Sprint U20	Finals
18:28	#107 Women 100 Metre Sprint U18	Finals
18:30	#108 Girls 100 Metre Sprint U16	Finals
18:32	#109 Men 100 Metre Sprint U18	Finals
18:32	#110 Men 100 Metre Sprint Ambulatory Para	Finals
18:34	#111 Boys 100 Metre Sprint U16	Finals
18:34	#112 Mixed 30+ 100 Metre Sprint Masters	Finals
18:20	#113 Women Discus Throw 1kg Senior	Finals
18:20	#114 Women Discus Throw 1kg U20	Finals
18:20	#115 Women Discus Throw 1kg U18	Finals
18:20	#116 Girls Discus Throw U16	Finals
18:20	#117 Girls 13-16 Discus Throw Ambulatory Para	Finals
18:25	#118 Men Shot Put 7.26kg Senior	Finals
18:25	#119 Men Shot Put 6kg U20	Finals
18:25	#120 Men Shot Put 5kg U18	Finals
18:25	#121 Men 45-49 Shot Put Ambulatory Masters	Finals
18:25	#122 Boys Shot Put U16	Finals
18:25	#123 Boys 17-19 Shot Put Ambulatory Para	Finals
18:35	#124 Women Long Jump Senior	Finals
18:35	#125 Women Long Jump U20	Finals
18:35	#126 Women Long Jump U18	Finals
18:35	#127 Girls Long Jump U16	Finals
18:35	#128 Men Triple Jump Senior	Finals
18:40	#129 Men Triple Jump U20	Finals
18:40	#130 Men Triple Jump U18	Finals
18:40	#131 Boys Triple Jump U16	Finals
19:15	#132 Girls 17-19 Shot Put Ambulatory Para	Finals

19:15	#133	Women Shot Put 4kg Senior	Finals
19:15	#134	Women Shot Put 4kg U20	Finals
19:15	#135	Women Shot Put 3kg U18	Finals
19:15	#136	Girls Shot Put U16	Finals
19:15	#137	Men Discus Throw 2kg Senior	Finals
19:15	#138	Men Discus Throw 1.75kg U20	Finals
19:15	#139	Men Discus Throw 1.5kg U18	Finals
19:15	#140	Boys Discus Throw U16	Finals
19:05	#141	Women 400 Metre Sprint Wheelchair Para	Finals
19:10	#142	Men 400 Metre Sprint Senior	Finals
19:10	#143	Men 400 Metre Sprint U20	Finals
19:13	#144	Women 400 Metre Sprint Senior	Finals
19:13	#145	Women 400 Metre Sprint U20	Finals
19:13	#146	Women 400 Metre Sprint U18	Finals
19:16	#147	Men 400 Metre Sprint U18	Finals
19:16	#148	Boys 400 Metre Sprint U16	Finals
19:19	#149	Girls 400 Metre Sprint U16	Finals
19:19	#150	Men 400 Metre Sprint Ambulatory Para	Finals
19:19	#151	Mixed 30+ 400 Metre Sprint Masters	Finals

Friday - Session 2 (ENTER NPW via TRAINING AREA gate only)

Session 2 athletes are NOT to enter NPW via the main gate. If session 1 runs over time, you will be held in the practice training area until you are allowed to entry.

	Event	Round
19:55	#201 Mixed 400 Metre Sprint Session 2	Finals
20:00	#202 Men 1500 Metre Run Senior	Finals
20:06	#203 Men 1500 Metre Run U20	Finals
20:12	#204 Women 1500 Metre Run Senior	Finals
20:12	#205 Women 1500 Metre Run U20	Finals
20:18	#206 Men 1500 Metre Run U18	Finals
20:24	#207 Women 1500 Metre Run U18	Finals
20:24	#208 Girls 1500 Metre Run U16	Finals
20:30	#209 Boys 1500 Metre Run U16	Finals
20:30	#210 Mixed 30+ 1500 Metre Run Masters	Finals

Saturday - Session 3 (ENTER NPW via TRAINING AREA gate only)

Canterbury Childrens will be holding a meeting in the morning. If they have finished and left NPW, then Session 3 athletes may be able to entry via the main gate.

	Event	Round
14:00	#301 Men Hammer Throw 6kg U20	Finals
14:00	#302 Men Hammer Throw 7.62kg Senior	Finals
14:00	#303 Boys Hammer Throw U16	Finals
14:00	#304 Women Hammer Throw 4kg Senior	Finals
14:00	#305 Men Hammer Throw 5kg U18	Finals
14:00	#306 Women Hammer Throw 4kg U20	Finals
14:00	#307 Women Hammer Throw 3kg U18	Finals
14:00	#308 Girls Hammer Throw U16	Finals
14:00	#309 Men 110 Metre Hurdles 1067mm Senior	Finals
14:00	#310 Men 110 Metre Hurdles 990mm U20	Finals
14:10	#311 Men 110 Metre Hurdles 914mm U18	Finals
14:20	#312 Women 100 Metre Hurdles 838mm Senior	Finals
14:20	#313 Women 100 Metre Hurdles 838mm U20	Finals
14:20	#314 Women 100 Metre Hurdles 762mm U18	Finals
14:20	#315 Boys 100 Metre Hurdles 838mm U16	Finals
14:30	#316 Girls 80 Metre Hurdles 762mm U16	Finals
14:40	#317 Women 200 Metre Sprint Wheelchair Para	Finals
14:42	#318 Women 200 Metre Sprint Senior	Finals
14:44	#319 Women 200 Metre Sprint U20	Finals
14:46	#320 Men 200 Metre Sprint Senior	Finals
14:46	#321 Men 200 Metre Sprint U20	Finals
14:48	#322 Women 200 Metre Sprint U18	Finals
14:50	#323 Men 200 Metre Sprint U18	Finals
14:52	#324 Girls 200 Metre Sprint U16	Finals
14:52	#325 Men 200 Metre Sprint Ambulatory Para	Finals
14:52	#326 Mixed 30+ 200 Metre Sprint Masters	Finals
14:54	#327 Boys 200 Metre Sprint U16	Finals
15:20	#328 Men Long Jump Senior	Finals
15:20	#329 Men Long Jump U20	Finals
15:20	#330 Men Long Jump U18	Finals
15:20	#331 Boys Long Jump U16	Finals

15:20	#332	Women Triple Jump Senior	Finals
15:20	#333	Women Triple Jump U18	Finals
15:20	#334	Women Triple Jump U20	Finals
15:20	#335	Girls Triple Jump U16	Finals
15:30	#352	Men Javelin Throw 800gm Senior	Finals
15:30	#354	Men Javelin Throw 800gm U20	Finals
15:30	#356	Men Javelin Throw 700gm U18	Finals
15:30	#358	Boys Javelin Throw U16	Finals
15:30	#360	Boys 17-19 Javelin Throw Ambulatory Para	Finals
15:30	#353	Women Javelin Throw 600gm Senior	Finals
15:30	#355	Women Javelin Throw 600gm U20	Finals
15:30	#357	Women Javelin Throw 500gm U18	Finals
15:30	#359	Girls Javelin Throw U16	Finals
15:45	#336	Men High Jump Senior	Finals
15:45	#337	Men High Jump U20	Finals
15:45	#338	Men High Jump U18	Finals
15:45	#339	Boys High Jump U16	Finals
15:45	#340	Women High Jump Senior	Finals
15:45	#341	Women High Jump U20	Finals
15:45	#342	Women High Jump U18	Finals
15:45	#343	Girls High Jump U16	Finals
16:00	#344	Men 400 Metre Hurdles 914mm Senior	Finals
16:00	#345	Women 400 Metre Hurdles 762mm Senior	Finals
16:00	#346	Men 400 Metre Hurdles 914mm U20	Finals
16:00	#347	Women 400 Metre Hurdles 762mm U20	Finals
16:10	#348	Men 300 Metre Hurdles 838mm U18	Finals
16:20	#349	Women 300 Metre Hurdles 762mm U18	Finals
16:20	#350	Boys 300 Metre Hurdles 762mm U16	Finals
16:20	#351	Girls 300 Metre Hurdles 762mm U16	Finals



Athletics Canterbury Championships Timed Programme
18 & 19/02/2022 @ Nga Puna Wai

Saturday - Session 4 (ENTER NPW via TRAINING AREA gate only)

Session 4 athletes are NOT to enter NPW via the main gate. If session 3 runs over time, you will be held in the practice training area until you are allowed to entry.

	Event	Round
17:00	#402 Men 800 Metre Run Senior	Finals
17:05	#403 Women 800 Metre Run Senior	Finals
17:05	#405 Women 800 Metre Run U20	Finals
17:10	#404 Men 800 Metre Run U20	Finals
17:15	#406 Men 800 Metre Run U18	Finals
17:15	#408 Boys 800 Metre Run U16	Finals
17:20	#407 Women 800 Metre Run U18	Finals
17:25	#409 Girls 800 Metre Run U16	Finals
17:25	#410 Mixed 30+ 800 Metre Run Masters	Finals