



Updated Programme & Event Order as at 14/01/23

Order	South Island Masters Events		AC Interclub Events	
<b>Friday 20<sup>th</sup> January 2023</b>				
1730	Hammer	M		
1730	Shot Put	W		
1740	Long Jump	M / W		
1800	Long Hurdles	M / W	1800	Long Hurdles
1815	Shot Put	M		
1815	Hammer	W		
1820	3000m or 3000m Track Walk	M / W	1835	Open 3000m M / W (or may combined with Masters - TBC)
<b>Saturday 21<sup>st</sup> January 2023</b>				
0930	Pole Vault	M / W	0930	Pole Vault M / W
0930	Short Hurdles	M / W	0930	Shot Put M / W
0930	Discus	M	0930	Short Hurdles M / W
0930	Javelin	W	0945	Triple Jump M / W(3)
0940?	#High Jump	M / W		
1000	1500m or 1500m Track Walk	M / W	1015	1500m M / W
1035	100m	M / W		
1045	*Discus	W		
1045	Javelin	M	1030	Discus M / W
1055?	#High Jump	M / W	1040	100m W / M
1100	Triple Jump	M / W	1050	3000m / 3000m Track Walk M / W
1140	400m	M / W	1055	Long Jump W / M(3)
1210	2000m Steeplechase	M60+ / W	1130	High Jump M / W
1225	3000m Steeplechase	M30-60	1130	200m W / M
1245	*Weight (Use TWO circles)	M / W	1145	400m W / M
	* Warmup area circles		1210	2000m Steeplechase
			1225	3000m Steeplechase
	# HIGH JUMP: Exact timing of these events will be confirmed once entries close and I consult with athletes. Javelin & high jump are run side by side.			
<b>Saturday Afternoon - NPW Hub Building Gathering (Masters, Volunteers &amp; Officials)</b>				
<b>Sunday 22<sup>nd</sup> January 2023</b>				
0830	5000m or 5000m Track Walk	M / W	0830	5000m or 5000m Track Walk M / W
0930	Throws Pentathlon (TWO Groups)	M / W		
0935	Pentathlon (100m, SP, LJ, JT, 800m)	W		
1000	Pentathlon (LJ, JT, 200m, DT, 1500m)	M		
1030	60m	M / W	1030	60m M / W
1055	200m	M / W	1040	100m M / W
1130	800m	M / W	1055	200m M / W
			1130	800m M / W