



DRAFT TIMED PROGRAMME

Athletics Canterbury Interclub & South Island Combined Events Championships

11 / 12 November 2023
Nga Puna Wai, Christchurch

Saturday 11th November 2023 - DAY 1						
Time	Event	Combined Event Grades			Athletics Canterbury Inter-Club	
10:50	100mH		WU18	WU20	SW	
11:20	100m	MU16	MU18	MU20	SM	
12:15	High Jump	WU16	WU18	WU20	SW	
?	Long Jump		MU18	MU20	SM	
?	Javelin	MU16				
?	Shot Put		MU18	MU20	SM	
	Pole Vault	MU16				Pole Vault (mixed)
13:00	Javelin	WU16				
13:45	Shot Put		WU18	WU20	SW	Short Hurdles
14:00						Discus (M) Triple Jump (M)
14:10						Shot Put (F)
14:15						60m (M,WC,F)
14:20	High Jump		MU18	MU20	SM	*High Jump
14:30						100m (M,WC,F)
14:50						800m (All grades)
15:00						Long Jump (F only) Discus (F) Shot Put (M)
15:05						2000m / 3000m Track Walk
15:25						Long Hurdles
15:30	200m	WU16	WU18	WU20	SW	
						200m
15:50	300m	MU16				
16:00	400m		MU18	MU20	SM / MM	
16:15						3000m
						Relays on request

Sunday 11th November 2023 - DAY 2						
	Event	Combined Event Grades			Athletics Canterbury Inter-Club	
9:30	110mH		MU18	MU20	SM	
10:00	100mH	MU16				
10:20						100m (All Grades)
10:30	Long Jump		WU18	WU20	SW	
10:30	Discus		MU18	MU20	SM	1500m (All Grades)
11:10						Steeplechase
11:45	Discus	MU16				400m (All Grades)
12:00	Pole Vault		MU18	MU20	SM	
12:00	80mH	WU16				
13:00	Javelin		WU18	WU20	SW	
13:45	Long Jump	MU16				
13:45	Shot Put	WU16				
14:30	Javelin		MU18	MU20	SM	
14:45	600m	WU16				
14:55	800m		WU18	WU20	SW	
15:10	1000m	MU16				
15:20	1500m		MU18	MU20	SM	

Please Note: A final timed programme will be prepared once entries have closed on THURSDAY 9th November 2023 @ 11:45 p.m.

NOTE: The start times for the events within the Combined Events Championships are a guide only and will be confirmed on the day by the Combined Events Meeting Manager.