

Wellington Centre Track & Field Championships**February 19, 2005****Newtown Park, Mansfield St, Wellington****Reporting time for officials:** no later than 9:30am please

TRACK PROGRAMME			FIELD PROGRAMME		
10:00am	300m Hurdles				
10:05am	400m Hurdles				
10:15am	100m	Female grades	10:15am	Pole Vault	All grades
10:30am	100m	Male grades			
10:40am	2000m Steeplechase	M16			
10:50am	3000m Steeplechase	M/M19			
11:10am	400m	Female grades			
11:20am	400m	Male grades	11:20am	Discus	Female grades
11:30am	1500m Steeplechase	W16	11:20am	Long Jump	All grades
11:40am	2000m Steeplechase	W19	11:40am	High Jump	Male grades
11:55am	3000m Steeplechase	W			
12:05pm	1500m	Female grades	12:00pm	Discus	Male grades
12:15pm	1500m	Male grades			
Lunch Break					
1:00pm	80m Hurdles				
1:10pm	100m Hurdles				
1:20pm	3000m Walk	All grades	1:20pm	Shot Put	Female grades
1:45pm	3000m	M16/W16			
2:00pm	800m	Female grades	2:00pm	Javelin	All grades
2:15pm	800m	Male grades			
2:30pm	5000m	Male grades	2:35pm	Hammer	All grades
2:55pm	200m	Male grades	2:40pm	Triple Jump	All grades
3:00pm	200m	Female grades		High Jump	Female grades
3:15pm	5000m	Female grades	3:15pm	Shot Put	Male grades

Centre Team Selection: These championships will be used (along with the Regional Championships on 26 February in Palmerston North) to select a team to represent the centre and the National Track & Field champs in March.

Selection Criteria: The team will have a maximum size determined by the availability of finance but generally no more than 30.

The team will include M/W, M19/W19, M16/W16 athletes or age grades as determined by Athletics New Zealand. The selectors will consider all performances in the current season, and all programmed disciplines will be represented subject to the following clause.

The Standard as determined by Athletics New Zealand shall be the minimum standard to be achieved for consideration for selection. Achievement of the Standard does not guarantee selection, and the Selectors reserve the right to include/exclude athletes where considered appropriate.

All team members will be required to compete in the Athletics Wellington uniform.

Note: Any athlete not selected for the Wellington team may compete at Nationals as a representative of their club.

February 20, 2005

10000m Championship					
11:00am	10000m	All grades	This event is being held in conjunction with the Wellington Masters 10000m event		

Reminder: All athletes to be registered and compete in Club uniforms