



Athletics Wellington
Wellington Track and Field Committee

CENTRAL REGION TEAMS COMPETITION

M A/B, W A/B, M18 & W18 DIVISIONS
 Newtown Park, Mansfield Street, Wellington
 12-Nov-05

Officials Meeting, Social Room 11.15am

Managers Meeting, Social Room 11.30am

TRACK PROGRAMME

Order of Track Events: U18, A string, B string. 20 minute time limit will be imposed on walks. Non NTC competitors may take empty lanes wearing uniforms inside out. 1500m Non NTC will run with NTC events.

12.00pm	300m Hurdles	W18
12.07pm	400m Hurdles	WA/B
12.14pm	300m Hurdles	M18
12.21pm	400m Hurdles	MA/B
12.30pm	100m	W18/WA/B
12.40pm	100m	M18/MA/B
12.50pm	100m	Non Scoring
1.10pm	1500m Steeplechase	W18
1.20pm	3000m Steeplechase	WA/B
1.35pm	2000m Steeplechase	M18
1.50pm	3000m Steeplechase	M A/B
2.05pm	400m	W18/WA/B
2.10pm	400m	M18/MA/B
2.15pm	400m	Non Scoring
2.25pm	1500m	W18/WA/B
2.35pm	1500m	M18/MA/B
2.50pm	4*100m Relay	W
2.55pm	4*100m Relay	M
3.10pm	3000m Walk	W/W18/M/M18
3.40pm	100m Hurdles	W18/WA/B
3.50pm	110m Hurdles	M18/MA/B
4.00pm	800m	W18/WA/B
4.15pm	800m	M18/MA/B
4.30pm	3000m	M18
4.45pm	200m	W18/WA/B
4.50pm	200m	M18/MA/B
4.55pm	3000m	W18/WA/B
5.10pm	5000m	M A/B
5.35pm	Medley Relay	M18/W18
5.45pm	4*400m Relay	W A/B
6.00pm	4*400m Relay	M A/B

FIELD PROGRAMME

M/W18: Three trials only. A/Bstrings:- Top 6 only to final whether A or B. Hammer:- Warm up on top ground, compete on main ground. Vertical jumps: - maximum 6 attempts apart from top 3 placegetters.

12.00pm	Pole Vault	W/W18
	Hammer	M/M18
	Long Jump	W/W18
	High Jump	M/M18
1.00pm	Discus	W/W18
1.20pm	Long Jump	M/M18
1.30pm	Pole Vault	M/M18
2.20pm	Discus	M/M18
2.50pm	Shot Put	W/W18
3.00pm	Triple Jump	M/M18
3.40pm	Javelin	M/M18
3.40pm	High Jump	W/W18
4.05pm	Hammer	W/W18
4.30pm	Triple Jump	W/W18
4.40pm	Javelin	W/W18
5.10pm	Shot Put	M/M18

Reminder: All participating Clubs, please provide at least 2 Officials
 \$4.00 entry fee for competing athletes (league & non-league) of visiting clubs. Fee payable on day
 All Athletes to be registered and compete in Club uniforms
 Spectators and Officials free entry