

# **PROGRAMME AND ENTRY FORM**

## **WELLINGTON MASTERS TRACK & FIELD CHAMPIONSHIPS**

### **NEWTOWN PARK SUNDAY 6th FEBRUARY and SUNDAY 20th FEBRUARY 2005**

IF YOU CAN ASSIST IN RUNNING EVENTS YOUR HELP WOULD BE MOST APPRECIATED

### **5000m & 10000m RUNNERS, 3000m WALKERS - PLEASE ARRANGE YOUR OWN LAP COUNTERS**

#### **PROGRAMME:**

#### **SUNDAY 6 FEBRUARY**

9.30am 100m  
Shot Put  
10.00 1500m  
Triple Jump  
10.30 Discus  
11.00 200m  
11.30 Weight Throw

#### **SUNDAY 20 FEBRUARY**

9.30am 800m  
Pole Vault  
Weight Pentathlon  
10.00 Sprint Hurdles  
10.15 1500m Walk  
10.30 Pentathlon  
11.00 10000m

#### **LUNCH**

1.00pm 3000m Walk  
High Jump  
1.30 300/400 Hurdles  
Hammer  
2.00 2000/3000m Steeples  
2.15 Long Jump  
2.30 400m  
Javelin  
3.00 5000m

#### **1pm Lunch & Presentation of Awards**



### **WELLINGTON MASTERS TRACK & FIELD CHAMPIONSHIPS 2005**

PLEASE ENTER ME IN THE FOLLOWING EVENTS:- (Print clearly please)

1	2
3	4
5	6
7	8
9	10
11	12

NAME: ..... M/F: .....

ADDRESS: .....

CURRENT NZMA REGISTRATION CARD No: ..... AGE: .....

BIRTHDATE: ..... TELEPHONE No: .....

**ALL ATHLETES MUST BE CURRENT FINANCIAL MEMBERS OF NZMA**

### **ENTRIES CLOSE TUESDAY 1st FEBRUARY 2005**

**CHEQUES payable to: Wellington Masters Athletics**

**ENCLOSE Entry Fee 5.00**

**Masters Subscription (if not already paid) 30.00**

**TOTAL S**

**Send to: Wellington Masters Track & Field Championships, 49 Dress Circle, Newlands, Wellington 6004.**