

# ATHLETICS SOUTHLAND

## Senior Events

<b><u>Twilight A</u></b>		<b><u>Twilight B</u></b>	
Field events start 5.30pm	Track events start 6.00pm	Field events start 5.30pm	Track events start 6.00pm
Javelin (6)	60m	Javelin (6)	60m
Long/Triple Jump (6 max)	1500m	Long/Triple Jump (6 max)	800m
Shot Put (3)	100m	Shot Put (3)	100m
Discus (3)	400m	Discus (3)	200m
<b>Steeplechase/Hurdles (see note)</b>			

<b><u>Saturday A</u></b>		<b><u>Saturday B</u></b>	
Field events start 1.30pm	Track events start 2.00pm	Field events start 1.30pm	Track events start 2.00pm
Hammer (3)	30m	Hammer (6)	60m
Long Jump (6)	100m	High Jump	Hurdles (see note)
Shot Put (6)	3000m (run/walk)	Triple Jump (6)	100m
Triple Jump (6)	Hurdles (see note)	Javelin (6)	1500m
High Jump	200m	Long Jump (3)	400m
Javelin (3)	800m	Shot Put (6)	5000m
Discus (6)			
Pole Vault			
Relay on Request at end of day		Relay on Request at end of day	
<b>1600 Medley (800,400,200,100,100)</b>		<b>4x100 Relay</b>	
Steeplechase/Hurdles (see note)		Steeplechase/Hurdles (see note)	

### Note:

1. Hurdles & Steeplechase Events are by request only to [sthldtrackfield@gmail.com](mailto:sthldtrackfield@gmail.com) by Thursday 6pm.
  - **You must be prepared to assist in putting out and bring in Hurdles.**
2. Bracket numbers after Field Events is max number of attempts for that event on that day.
3. Twilight programme – Long & Triple is restricted to max of six attempts combined.

## ATHLETICS SOUTHLAND

### Track & Field Programme 2019

Date	Event	Location
5 October 2019 – Saturday	Senior (Saturday A)	Surrey Park, Invercargill
11 October 2019 – Friday	Senior (Twilight A)	Surrey Park, Invercargill
12 October 2019 – Saturday	Otago Senior T&F Open Day	Caledonian Ground, Dunedin
<b>13 October 2019 – Sunday</b>	<b>Southland Festival of Running</b>	<b>Finish at Surrey Park, Invercargill</b>
19 October 2019 – Saturday	Senior (Saturday B)	Surrey Park, Invercargill
19 October 2019 – Saturday	Otago Senior Programme B	Caledonian Ground, Dunedin
<b>20 October 2019 – Sunday</b>	<b>Waverley Shield 1 (Programme A)</b>	<b>Surrey Park, Invercargill</b>
25 October 2019 – Friday	Senior (Twilight B)	Surrey Park, Invercargill
2 November 2019 – Saturday	St Pauls War Memorial includes <b>10k Southland Championship</b>	Surrey Park, Invercargill
<b>3 November 2019 – Sunday</b>	<b>Waverley Shield 2 (Programme B)</b>	<b>Surrey Park, Invercargill</b>
8 November 2019 – Friday	Senior (Twilight A)	Surrey Park, Invercargill
9 November 2019 – Saturday	Otago Senior Programme B	Caledonian Ground, Dunedin
16 November 2019 – Saturday	Senior (Saturday A)	Surrey Park, Invercargill
16 November 2019 – Saturday	Otago Senior Programme A	Caledonian Ground, Dunedin
<b>17 November 2019 – Sunday</b>	<b>Waverley Shield 3 (Programme A)</b>	<b>Surrey Park, Invercargill</b>
23 November 2019 – Saturday	Senior (Saturday B)	Surrey Park, Invercargill
23 November 2019 – Saturday	Otago Senior Programme B	Caledonian Ground, Dunedin
29 November 2019 – Friday	Senior (Twilight B) includes under distance events	Surrey Park, Invercargill
<b>1 December 2019 – Sunday</b>	<b>Waverley Shield 4 (Programme B)</b>	<b>Gore</b>
<b>6, 7, 8 December 2019 Friday, Saturday &amp; Sunday</b>	<b>National Secondary School Championships 2019</b>	<b>Wellington</b>
14 December 2019 – Saturday	Otago Senior Programme A	Caledonian Ground, Dunedin
<b>15 December 2019 – Sunday</b>	<b>Waverley Shield 5 (Programme A)</b>	<b>Wyndham</b>

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## Track & Field Programme 2020

Date	Event	Location
11 January 2020 – Saturday	Pre-Colgate's (1.00pm start)	TBC
17, 18, 19 January 2020 Friday, Saturday & Sunday	South Island Colgate's Championships 2020	Christchurch
25 January 2020 – Saturday	Presidents Shield	Gore
25 January 2020 – Saturday	Inter Centres Grades 14-21	Timaru
31 January 2020 – Friday	Winton Scratch Meet	Winton
1 February 2020 – Saturday	Otago Senior Programme (TBC)	Caledonian Ground, Dunedin
2 February 2020 – Sunday	Junior Multi's/Relay Day	Winton
8 February 2020 – Saturday	Queenstown Mile & other events	Queenstown
8 February 2020 – Saturday	Otago Senior Programme (TBC)	Caledonian Ground, Dunedin
16 February 2020 – Sunday	Junior Multi's/Relay Day	Wyndham
15 & 16 February 2020 Saturday & Sunday	Southland & Otago Senior Championships 2020	Dunedin
15 & 16 February 2020 Saturday & Sunday	New Zealand Combined Events Championships	Christchurch
29 February 2020 – Saturday	Southland Children's Champs (Day 1)	Gore
1 March 2020 – Sunday	Southland Children's Champs (Day 2)	Winton
6, 7, 8 March 2020 Friday, Saturday & Sunday	New Zealand Track & Field Championships 2020	Christchurch
14 March 2020 – Saturday	Southland Secondary Schools Championships	Winton
20 March 2020 – Friday	Twilight Schools Challenge	TBC
22 March 2020 – Sunday	Tyson Challenge & Triangular Meet	Dunedin
27 March 2020 – Friday	Twilight Schools Challenge	TBC
3, 4, 5 April 2020 Friday, Saturday & Sunday	South Island Secondary Schools Championship 2020	Christchurch
11 & 12 April 2020 Saturday & Sunday	New Zealand Interprovincial Championship - Grades 12 & 13	Auckland
<u>14 November 2020 – Saturday</u>	<u>Southland Primary School Championships</u>	<u>Surrey Park, Invercargill</u>