

## SENIOR'S EVENT PROGRAMMES 2018 - 2019

### FRIDAY TWILIGHT MEET

Field events start at 5.30pm, with Track events starting 6.00pm

TRACK EVENTS	FIELD EVENTS
60m Sprint	Javelin (6 max throws)
1500m Run	Long / Triple Jump (6 max jumps)
100m Sprint	Shot Put (3 max throws)
400m Run	Discus (3 max throws)
Steeple Chase	

### SATURDAY SOUTHLAND SENIOR A MEET

Field events start at 1.30pm, with Track events starting 2.00pm

Please inform officials of your intent to do hurdles or relays when you pay your meet fee.

TRACK EVENTS	FIELD EVENTS
30m Sprint	Discus (6 max throws)
100m Sprint	Long Jump (6 max jumps)
3000m Run / Walk	Shot Put (6 max throws)
Hurdles	Triple Jump (6 max jumps)
200m Sprint	High Jump (6 attempts only)
800m Run	Javelin (3 throws only)
	Hammer (3 throws only)
	Pole Vault
Relay on Request at end of day - 1600m Medley (800m, 400m, 200m, 100m, 100m)	

### SATURDAY SOUTHLAND SENIOR B MEET

Field events start at 1.30pm, with Track events starting 2.00pm

Please inform officials of your intent to do hurdles or relays when you pay your meet fee.

TRACK EVENTS	FIELD EVENTS
60m Sprint	Shot Put (6 max throws)
Hurdles	High Jump (6 attempts only)
100m Sprint	Triple Jump (6 max jumps)
1500m Run	Javelin (6 max throws)
400m Run	Long Jump (3 jumps only)
5000m Run	Hammer (6 max throws)
Relay on Request at end of day - 4 x 100m Relay	