

# South Island Championship Programme

**Aorangi Stadium, Timaru**      **Friday 29th November - 1st December 2013**

Friday 29th November 2013					
5:00 p.m.			Discus	W30+	5:00 p.m.
			Hammer	M30+	5:00 p.m.
5:50 p.m.	60m	W30+			5:50 p.m.
6:00 p.m.	60m	M30+			6:00 p.m.
6:20 p.m.	400m	W30 - W70	Weight Throw	W30+	6:20 p.m.
			Shot Put	M30+	6:20 p.m.
6:30 p.m.	400m	M30 - M75	Triple Jump	W30+, M30+	6:30 p.m.
6:40 p.m.	300m	W75+, M80+			6:40 p.m.
6:50 p.m.	3000m Walk	W30+, M30+			6:50 p.m.
7:20 p.m.	3000m	W30+, M30+			7:20 p.m.
Saturday 30th November 2013					
10:00 a.m.			Long Jump *(MP)	M30+	10:00 a.m.
10:30 a.m.	100m	M30+			10:30 a.m.
10:40 a.m.	100m *(WP)	W30+			10:40 a.m.
11:00 a.m.			Shot Put (WP)	W30+	11:00 a.m.
			Javelin (MP)	M30+	11:00 a.m.
11:30 a.m.	800m	M30+			11:30 a.m.
11:45 a.m.	1500m	W30+			11:45 a.m.
12:00 p.m.	Short Hurdles	W30+, M30+	High Jump	W30+, M30+	12:00 p.m.
			Hammer Throw	W30+	12:00 p.m.
1:00 p.m.	<b>AGM (Trackside)</b>				1:00 p.m.
1:30 p.m.	2000m Steeplechase	W30+, M60+	Long Jump (WP)	W30+	1:30 p.m.
1:45 p.m.	3000m Steeplechase	M30 - M59			1:45 p.m.
2:00 p.m.			Pole Vault	W30+, M30+	2:00 p.m.
2:30 p.m.	200m (MP)	M30+			2:30 p.m.
2:40 p.m.	200m	W30+			2:40 p.m.
3:00 p.m.			Discus (MP)	M30+	3:00 p.m.
			Javelin (WP)	W30+	3:00 p.m.
4:15 p.m.	Long Hurdles	W30+, M30+	Weight Throw	M30+	4:15 p.m.
			Triple Jump	W30+, M30+	4:15 p.m.
4:30 p.m.	800m (WP)	W30+			4:30 p.m.
4:40 p.m.	1500m (MP)	M30+			4:40 p.m.
5:00 p.m.	Track-side BBQ (pre-paid with entry)				5:00 p.m.
Sunday 1st December 2013					
9:00 a.m.			**Throws Pentathlon	M30+ or W30+	9:00 a.m.
9:30 a.m.	5000m Track Walk	W30+, M30+			9:30 a.m.
10:30 a.m.	5000m	W30+, M30+			10:30 a.m.

### Notes:

In the appropriate, **tick** next to the event you wish to enter.

**\*(WP) & (MP)** indicate the **Women's & Men's Track Pentathlon** events. Tick all **five** events and you are automatically in the Pentathlon. Only the **first 3 jumps or throws** count toward your pentathlon score, however you have the option to complete in all 6 jumps or throws.

\*\* The **Throws Pentathlon** will start with the gender group with fewer competitors, TBA after entries close. Second gender group will start ASAP after first group.

On the Saturday afternoon we will be joined by the local South Canterbury Athletic Club and Secondary School students, hence the gaps in track programme.

On Saturday afternoon, a track-side BBQ will begin at 5:00 p.m. **Limited door sells with be available.**

Non-athletes / supporters are more than welcome to attend. Please indicate additional tickets on your entry form.

### Race Packs:

Race packs will be available at the Aorangi Stadium Control Room from 4:00 p.m. Friday 29th 2013 and during competition throughout the weekend.