

**DICK QUAX MEMORIAL MEET 2020 PROGRAMME****LLOYD ELSMORE PARK, PAKURANGA SATURDAY NOVEMBER 28, 2020**

12.00pm	200m H (0.686m)		12.00pm	Discus	10-14 B
	300m H (0.762m)			Discus	10-14 G
	300m H (0.838m)				
	400m H (0.762m)				
	400m H (0.914m)				
12.30pm	100m	Men			
	100m	Women			
12.55pm	100m	10-14 B			
	100m	10-14 G			
			1.00pm	High Jump	Women
			1.00pm	Triple Jump	Men
1.20pm	400m	2-6 B			
	400m	2-6 G			
1.40pm	800m	7-9 B			
	800m	7-9 G			
2.00pm	2000m Community Fun Run		2.00pm	Javelin	Men
				Javelin	Women
			2.00pm	Long Jump	10-14 B
				Long Jump	10-14 G
2.30pm	200m	Men			
	200m	Women			
3.00pm	200m	10-14 B	3.00pm	High Jump	Men
	200m	10-14 G		Triple Jump	Women
				Shot Put	10-14 B
3.10pm	2000m Race Walk	10-14 B		Shot Put	10-14 G
	2000m Race Walk	10-14 G			
	2000m Race Walk	Men			
	2000m Race Walk	Women			
3.40pm	2000m	10-11 B	4.00pm	High Jump	10-14 B
	2000m	10-11 G		High Jump	10-14 G
4.00pm	3000m	12-14 B			
	3000m	12-4 G			
4.30pm	5000m	U20/Senior Men			
	5000m	U20/Senior Women			
5.10pm	3000m	U18 Men			
	3000m	U18 Women			
5.30pm	800m	Men			
	800m	Women			

**Senior Times will change based on entries received. U16 Grade restricted to athletes with birth year 2005****Entries close Thursday 11.59pm for all events.**