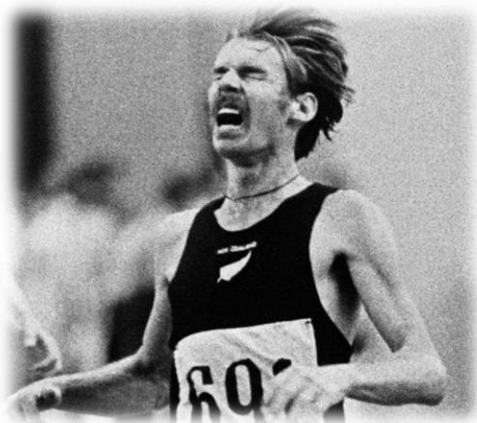


Dick Quax Memorial Meet - Saturday 9 November 2019

Event Programme



12:00pm	100m – Men and Women
12:25pm	100m – 10-14 Boys and Girls
12:30pm	High Jump – Women Javelin – Men and Women
12:50pm	400m – 2-6 Boys and Girls
1:10pm	400m – Men and Women
1:30pm	800m – 7-9 Boys and Girls
1:45pm	2 Miles – Community Fun Run High Jump – 10-14 Boys and Girls
2:15pm	200m – Men and Women
2:35pm	2000m – 10-11 Boys and Girls (Auckland Championships)
2:45pm	Discus – 10-14 Boys and Girls High Jump – Men Long Jump – Men
2:55pm	2000m Walk – 10-14 Boys and Girls, Men and Women
3:15pm	80m Hurdles (762) 100m Hurdles (762) (838) 110m Hurdles (914) (990) (1067)
4:00pm	Discus - Women Long Jump – 10-14 Boys and Girls 3000m – 12-14 Boys and Girls (Auckland Championships)
4:30pm	2 x 100m Relay – Men and Women
4:40pm	5000m – Men and Women (Dick Quax Memorial Open Cash Prize Races)
5:00pm	Discus – Men Long Jump – Women 800m – Men and Women

- **Community Fun Run:** No registration required; just turn up
- **2-9 year olds:** No registration required; just turn up
- **10-12 year olds:** Registration only required for 2000m/3000m Auckland Championship (via AAI website); just turn up to other events
- **13 years +:** Registration required for all events (via AAI website)
- **5000m Prize Money Races:** Register at pakrun@gmail.com