

DICK QUAX MEMORIAL MEET 2022 PROGRAMME FINAL						
LLOYD ELSMORE PARK, PAKURANGA						
SATURDAY, 12 MARCH, 2022						
Senior Times may change based on entries received.						
U16 Grade restricted to athletes with birth year 2006.						
Entries close 11.59pm Thursday, 10 March 2022 for all events, including the 5000m.						
	TRACK				FIELD	
11:00am	400m	2-6 B				
	400m	2-6 G				
11:20am	800m	7-9 B				
	800m	7-9 G				
12:00pm	80m H (0.762m)			12:00pm	Discus	10-14 B
	100m H (0.762m)				Discus	10-14 G
	100m H (0.838m)					
	110m H (0.914m)					
	110m H (0.990m)					
	110mH (1067m)					
12:30pm	100m	Men				
	100m	Women				
12:55pm	100m	10-14 B		1:00pm	Javelin	Men
	100m	10-14 G			Javelin	Women
1:20pm	200m	Men				
	200m	Women				
1:45pm	200m	10-14 B		2:00pm	Shot Put	10-14 B
	200m	10-14 G			Shot Put	10-14 G
3:00pm	2000m Race Walk	10-14 B		2:30pm	High Jump	Men
	2000m Race Walk	10-14 G				
3:15pm	800m	Men		3:00pm	Long Jump	10-14 B
	800m	Women			Long Jump	10-14 G
3:30pm	5000m	U20/Senior Men				
	5000m	U20/Senior Women				
				4:00pm	Long Jump	Women
4:10pm	2000m	10-11 B				
	2000m	10-11 G				
4:30pm	3000m	12-14 B				
	3000m	12-14 G				
5:00pm	3000m	U16/U18 Men		5:00pm	High Jump	Women
	3000m	U16/U18 Women			Long Jump	Men
