



Athletics Whangarei Senior Track and Field Programme 2019-Jan-March
Trigg Sports Arena Park Avenue Whangarei

The “have a go” events are \$2.00 adults and \$1.00 10-18 years for non athletics whangarei members includes cuppa and bikkie

Date	Time	Event	Field events
29 th Jan	1800 hours	4x100 m relays	Long jump
	1810	400 m	Shot put
	1830	1500 –walk or run” have a go “	
	1845	100m	
	1900	600m	
5 th Feb	1800	Medley relay 250.150.400	Triple Jump
	1810	60M	Javelin
	1825	300m Hurdles	
	1835	200m	
	1845	5000 walk or run “Have a go”	
10th Feb	0930-2.30 SUNDAY	Club and Ath Northland Championships -	See programme
12 th Feb	1800	4x100 m relay	High Jump
	1810	400m	Hammer
	1830	3000mwalk or run “have a go”	
	1845	100m	
	1900	300	
19 th Feb	1800	Medley Relays 200,200,400	Long Jump
	1810	60m	Discus
	1820	200m	
	1835	*Steeplechase 2000 and 3000m Club and Ath northland Championships	
26 th Feb	1800	4x100m relay	Long jump
	1810	400m	shot
	1830	*3000 Club and Ath Northland champs	
05 th March	1800	Medley relay250,150,400	Triple jump
	1810	60m	javelin
	1830	Steeplechase -”Have a go”	
	1855	100 and 200 m	
12 th march	1800	Relays – 400x400	High jump
Last night	1815	1000m Walk or run “have a go” plus some fun events POT LUCK -Bring a plate to share for mix and mingle after the events	Hammer

