

# ***HAROLD NELSON CLASSIC***



**Saturday evening, November 26, Saxton Field Athletics Track, Nelson**

**Events:** 100m, 200m, 400m, 800m, 1,500m, 3,000m, High Hurdles, Long jump, High Jump, Javelin, Discus, Shot put

Running event fields will be grouped in heats based on age and performance

## **Schedule**

### Track Events

5:45 pm – High Hurdles  
6:15 pm - 200m  
6:35 pm - 3,000m  
7 pm – 800m  
7:15 pm - 100m (including childrens' invitational races)  
7:40 pm - 400m  
7:55 pm - Masters' Mile  
8:10 pm - 1,500m  
8:35 pm - 2 x 100m

### Field Events

5:30 pm – Long Jump  
6:20 pm - Javelin  
6:45 pm - High Jump  
7:10 pm - Discus  
8 pm - Shot Put

## **Entry**

\$5 (enter as many events as you like)

\$10 (late entry)

**Entry Deadline is Tuesday, November 22**

All entries can be submitted via e-mail to [coach@nzrunningacademy.co.nz](mailto:coach@nzrunningacademy.co.nz) or posted with cheque made out to the National Academy of Distance Running

**Entry Form**

Competitor's name \_\_\_\_\_

Male or Female \_\_\_\_\_

Date of Birth \_\_\_\_\_

Club Affiliation \_\_\_\_\_

Event \_\_\_\_\_ Best Mark \_\_\_\_\_ Date achieved \_\_\_\_\_

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Event \_\_\_\_\_ Best Mark \_\_\_\_\_ Date achieved \_\_\_\_\_

Entry forms and fees sent to:

Greg Lautenslager  
National Academy of Distance Running  
Sports House  
142 Saxton Road East  
Stoke, Nelson 7011  
New Zealand

**For more information, call the National Academy of Distance Running office at (03) 923-2321**