



**PROGRAMME**

**of the**

**PALMERSTON NORTH BOYS' HIGH SCHOOL**

**117<sup>th</sup> ANNUAL**

**ATHLETIC SPORTS**

**at the**

**MANAWATU COMMUNITY**  
**ATHLETICS TRACK**

**THURSDAY 8 MARCH, 2018**

<b>POINTS:</b>	1st	2nd	3rd	4th	5th	6th
	3	2	1			
Pentathlon	9	6	3	1		
Relays	10	8	6	4	2	1

**AGE GROUPS:**

Senior	Over 16 on 1st January
Intermediate	Under 16 on 1st January
Junior	Under 14 on 1st January

**PROGRAMME OF SPORTS**

<b>Event No.</b>			
8.50 am	1	Long Jump	- Junior Pentathlon
	2	Javelin	- Senior Pentathlon
	3	Long Jump	- Intermediate Pentathlon
	4	Discus	- Senior Championship
9.10 am	5	Shot	- Intermediate Championship
9.15 am	6	300m Hurdles	- Junior Championship
	7	Long Jump	- Senior Pentathlon
	8	Javelin	- Junior Pentathlon
	9	High Jump	- Junior Championship
	10	Triple Jump	- Intermediate Championship
	11	Long Jump	- Senior Championship
	12	Discus	- Junior Championship
9.20 am	13	300m Hurdles	- Intermediate Championship
9.25 am	14	300m Hurdles	- Senior Championship
9.30 am	15	800m	- Junior Championship

	<b>Event No.</b>		
9.35 am	16	800m	- Intermediate Championship
9.40 am	17	800m	- Senior Championship
	18	Javelin	- Intermediate Championship
9.45 am	19	200m	- Junior Championship
9.50 am	20	200m	- Intermediate Championship
9.55 am	21	200m	- Senior Championship
10.00 am	22	110m hurdles	- Senior Championship
	23	Shot Put	- Senior Championship
10.05 am	24	110m hurdles	- Senior Pentathlon
10.10 am	25	100m hurdles	- Intermediate Championship
10.15 am	26	100m hurdles	- Intermediate Pentathlon
10.20 am	27	80m hurdles	- Junior Championship
10.25 am	28	80m hurdles	- Junior Pentathlon
	29	Triple Jump	- Senior Championship
10.30 am	30	3000m	- Senior Championship - Int Championship - Junior Championship
10.40 am	31	Discus	- Int Championship
	32	Javelin	- Senior Championship
	33	Long Jump	- Junior Championship
	34	High Jump	- Intermediate Championship
	35	Shot	- Junior Championship
10.50 am	36	60m	- Junior Championship
10.55 am	37	60m	- Intermediate Championship
11.00 am	38	60m	- Senior Championship

	<b>Event No.</b>		
11.05 am	39	2000m Steeplechase	- Open
11.05 am	40	3000m Walk	- Open
11.05 am	41	Javelin	- Junior Championship
11.25 am	42	4 x 100	- Staff vs Prefects Relay
11.30 am	43	100m	- Junior Pentathlon
11.35 am	44	100m	- Junior Championship
11.40 am	45	100m	- Intermediate Pentathlon
11.45 am	46	100m	- Intermediate Championship
11.50 am	47	100m	- Senior Pentathlon
	48	Javelin	- Intermediate Pentathlon
11.55 am	49	100m	- Senior Championship
12.00	50	400m	- Junior Championship
noon	51	High Jump	- Senior Championship
	52	Long Jump	- Int Championship
	53	Triple Jump	- Junior Championship
12.05pm	54	400m	- Int Championship
12.10 pm	55	400m	- Senior Championship
12.15 pm	56	1500m	- Junior Championship & Pentathlon
12.20 pm	57	1500m	- Int Championship & Pentathlon
12.25 pm	58	1500m	- Senior Championship & Pentathlon
12.30 pm		Relay Squads Assemble	

	<b>Event No.</b>		
12.40 pm	59	Medley relays	- Junior
	60		- Intermediate
	61		- Senior
	(800m, 400m, 200m, 200m)		
1.00 pm	62	4 x 400 relay	- Junior
	63		- Intermediate
	64		- Senior
1.20 pm	65	4 x 200 relay	- Junior
	66		- Intermediate
	67		- Senior
1.40 pm	68	4 x 100 relay	- Junior
	69		- Intermediate
	70		- Senior
1.55 pm		<b>MARCH PAST</b>	
2.45 pm		<b>ROLL CALL IN CLUBS</b>	

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## SCHOOL RECORDS

### SENIORS

60 metres	S Higgle	1999	6.9secs
	H Townsend	2000	6.9secs
	C Hayton	2004	6.9secs
	S McFarlane	2008	6.9secs
100 metres	H Townsend	2001	10.6secs
200 metres	H Townsend	2002	21.3secs (21.51 ET)
400 metres	S Higgle	1999	47.6secs (47.86 ET)
800 metres	H Donnelly	2007	1m 53.85secs
1500 metres	J Baan	2013	4m 0.60secs
3000 metres	J Baan	2013	8m 47.53secs
5000 metres	J Baan	2013	15m 5.66secs
10,000 metres	P Stuart	1983	33m 5.0secs
Long Jump	L Carr	2013	6 metres 86cm
High Jump	C Johnson	1988	1 metre 87cm
Triple Jump	L Carr	2012	13 metres 92cm
3000m Open Walk	B Richardson	2000	13m.22.0secs
Discus	A Miller	2010	50 metres 12cm
Shot 5kg	A Miller	2010	15 metres 07cm
6kg	A Miller	2010	14 metres 48cm
Javelin	B Langton Burnell	2011	69 metres 10cm
Hammer	A Miller	2010	46 metres 92cm
Hurdles 100m	L Smith	1995	13.98secs
Hurdles 110m	W Hansen	2002	14.98secs (ET)
Hurdles 300m	C Hayton	2003	37.75secs (ET)
Hurdles 400m	C Hayton	2004	55.55secs (ET)
Pentathlon	L Smith	1995	3277 points
2000 Steeple	J Lynch	2000	6mins 15.7secs
Relay 4 x 100(Club)	Phoenix	2008	44.7secs
	(A Mullen, S McFarlane, R Badenhorst, J Puohotaua)		
Relay 4 x 100 (School)		1997 (Ch-Ch)	42.3 secs [H.T]
	(G Webb, S Higgle, L Anderson, S Walsh)		
Relay 4 x 200 (Club)	Murray	2014	1m 37.70secs
	(H Spencer, S Radley, L Mataparae, J Kellow)		
Relay 4 x 400(Club)	Gordon	2008	3m 40.65secs
	(J Robinson, B Hyde, N Wilson, S Craven)		
Relay 4 x 400 (School)		2013	3m 29.51secs
	(S Kearins, J Baan, P Kellow, Q Hartley)		
Relay Medley (Club)	Vernon	2008	3m 49.63secs
(800, 400, 200, 200)	(H Donnelly, B Pullen, J Quayle, J Boxall)		

### INTERMEDIATES

60 metres	H Townsend	2000	7.0secs
	S McFarlane	2007	7.0secs
100 metres	H Townsend	2000	10.7secs
200 metres	H Townsend	2000	21.6secs
400 metres	P Kellow	2013	50.72secs
800 metres	H Porritt	2016	1m 54.65secs
1500 metres	B Wall	2017	4m 05.38 secs (ET)
3000 metres	B Wall	2017	8m 56.87secs (ET)
5000 metres	H Williams	1977	16m 8.7secs
Long Jump	J Kendall	2008	6 metres 74cm
High Jump	S Atmore	2005	1 metre 86cm
Triple Jump	L Carr	2012	13 metres 92cm
Shot	J Croot	2005	14 metres 40cm
Discus	B Sutton-Davis	2004	46metres 84cm
Javelin	A Smith	2015	58metres 69cm

Hurdles	100m	G Weitenberg	2005	13.6secs (13.84 ET)
Hurdles	300m	N Wilson	1994	40.5secs
		P Kellow	2014	40.5secs
Hurdles	400m	D Russell	1976	61.4secs
Pentathlon		B Sutton-Davis	2004	3226 points
Relay 4 x 100 (Club)		Phoenix	2007	46.0secs
		(A Mullen, S McFarlane, R Badenhorst, J Puohotaua)		
Relay 4 x 100 (School)			1996	44.2secs
		(S Walsh, J Vakapuna, L Anderson, B McHardy)		
Relay 4 x 200 (Club)		Gordon	2015	1m 40.0secs
		(M Shilvock, S Sinamoni, B Hooper, A Smith)		
Relay 4 x 400 (Club)		Albion	2017	3m 49.0secs
		(M Seumanu, E Johanson, J Shaw, J Pronk)		
Relay 4 x 400 (School)			2012	3m 35.0secs
		(S Kearins, D Monaghan, D Wilson, Q Hartley)		
Medley Relay		Murray	1994	3m 59.1secs
(800, 400, 200, 200)		(J Loza, N Murphy, A McGregor, J Skerman)		

## JUNIORS

60 metres		C Wickes	1976	7.5secs
		J Croot	2004	7.5secs
		H Townsend	1998	7.5secs
		T Hamilton	2005	7.5secs
100 metres		H Townsend	1998	11.5secs
200 metres		H Townsend	1998	23.44secs
400 metres		H Townsend	1998	54.4secs
800 metres		H Porritt	2014	2m 4.96secs (ET)
1500 metres		S Richardson	1999	4m 24.7secs
3000 metres		S Richardson	1999	9m 34.0secs
Long Jump		J Puohotaua	2005	5 metres 89cm
High Jump		M Seumanu	2015	1 metre 70cm
Triple Jump		L Carr	2010	11 metres 92cm
Junior Shot Put		J Croot	2004	14 metres 49cm
Junior Discus		J Croot	2004	49 metres 63cm
Junior Javelin		B Sutton-Davis	2002	46 metres 04cm
Hurdles 80m		H Porritt	2014	11.70secs (ET)
Hurdles 300m		P Kellow	2012	43.12secs
Hurdles 400m		P Butson	1975	64.4secs
Softball Throw		D Dickerson	1994	65 metres 36cm
Cricket Ball Throw		A Smith	2013	83 metres 69cm
Pentathlon		B Sutton-Davis	2002	3117 points
Relay 4 x 100 (Club)		Phoenix	1975	50.1secs
		(M Sutherland, B Yarrell, M Harrison, J Burr)		
		Phoenix	2004	50.1secs
		(J Croot, J Puohotaua, B Cousins, T Hamilton)		
Relay 4 x 100 (School)			2011	47.53secs
		(I Harris, D Wilson, S Kearins, T Brookie)		
Relay 4 x 200 (Club)		Murray	2005	1m 46.0secs
		(T Hamilton, S Robinson, T James, H Manthel)		
Relay 4 x 400 (Club)		Albion	2015	4m 08.3secs
		(M Seumanu, J Shaw, R Norman, E Johanson)		
Medley Relay		Vernon	1977	4m 20secs

# MANAWATU COMMUNITY ATHLETICS TRACK



Student Toilets  
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Warm-up Area

Student Area

Timing Shed

Triple Jump

Long Jump

Finish Line

Shot Put

Javelin

High Jump

Discus

ST Johns

Staff Toilets

Staff Carpark

Afternoon Tea

