



Senior Track & Field Championships DRAFT PROGRAMME

Mt Smart Stadium #2 Arena

Saturday 1st February 2025

Please note times may change once entries have been finalised

9:00am	Senior Men	400m	Timed Finals	9:00am	U14 Women	Long Jump	3 attempts - Top 8 get 1 more	
	Senior Women	400m	Timed Finals		U16 Women	Long Jump	3 attempts - Top 8 get 1 more	
	U20 Men	400m	Timed Finals		Masters Women	Long Jump	3 attempts - Top 8 get 3 more	
	U20 Women	400m	Timed Finals		Para Women	Long Jump	3 attempts - Top 8 get 3 more	
	U18 Men	400m	Timed Finals		9:00am	U18 Women	Discus	3 attempts - Top 8 get 3 more
	U18 Women	400m	Timed Finals			U20 Women	Discus	3 attempts - Top 8 get 3 more
	U16 Men	400m	Timed Finals			Senior Women	Discus	3 attempts - Top 8 get 3 more
	U16 Women	400m	Timed Finals					
	U14 Men	400m	Timed Finals					
	U14 Women	400m	Timed Finals					
	Para Men	400m	Timed Finals					
	Para Women	400m	Timed Finals					
	Masters Men	400m	Timed Finals		10:45am	U14 Men	Discus	3 attempts - Top 8 get 1 more
	Masters Women	400m	Timed Finals			U16 Men	Discus	3 attempts - Top 8 get 1 more
10:15am	U18 Men	100m	Round 1	Masters Men	Discus	3 attempts - Top 8 get 3 more		
	U18 Women	100m	Round 1	Para Men	Discus	3 attempts - Top 8 get 3 more		
	U20 Men	100m	Round 1	10:45am	U18 Women	Shot Put	3 attempts - Top 8 get 3 more	
	U20 Women	100m	Round 1		U20 Women	Shot Put	3 attempts - Top 8 get 3 more	
	Senior Men	100m	Round 1		Senior Women	Shot Put	3 attempts - Top 8 get 3 more	
	Senior Women	100m	Round 1					
10:45am	Masters Men	60m	Timed Finals	11:00am	U18 Men	Long Jump	3 attempts - Top 8 get 3 more	
	Masters Women	60m	Timed Finals		U20 Men	Long Jump	3 attempts - Top 8 get 3 more	
					Senior Men	Long Jump	3 attempts - Top 8 get 3 more	
11:15am	U16 Men	1500m	Timed Finals	12:00pm	U18 Men	Shot Put	3 attempts - Top 8 get 3 more	
	U14 Men	1500m	Timed Finals		U20 Men	Shot Put	3 attempts - Top 8 get 3 more	
	U16 Women	1500m	Timed Finals		Senior Men	Shot Put	3 attempts - Top 8 get 3 more	
	U14 Women	1500m	Timed Finals					

	Para Men	1500m	Timed Finals				
	Para Women	1500m	Timed Finals	12:30pm	U14 Men	Long Jump	3 attempts - Top 8 get 1 more
	Masters Men	1500m	Timed Finals		U16 Men	Long Jump	3 attempts - Top 8 get 1 more
	Masters Women	1500m	Timed Finals		Masters Men	Long Jump	3 attempts - Top 8 get 3 more
12:30pm	U18 Men	100m	Final		Para Men	Long Jump	3 attempts - Top 8 get 3 more
	U18 Women	100m	Final	12:30pm	U14 Women	Shot Put	3 attempts - Top 8 get 1 more
	U20 Men	100m	Final		U16 Women	Shot Put	3 attempts - Top 8 get 1 more
	U20 Women	100m	Final		Masters Women	Shot Put	3 attempts - Top 8 get 3 more
	Senior Men	100m	Final		Para Women	Shot Put	3 attempts - Top 8 get 3 more
	Senior Women	100m	Final				
1:00pm	U16 Men	100m	Timed Finals	12:30pm	U18 Men	Discus	3 attempts - Top 8 get 3 more
	U16 Women	100m	Timed Finals		U20 Men	Discus	3 attempts - Top 8 get 3 more
	U14 Men	100m	Timed Finals		Senior Men	Discus	3 attempts - Top 8 get 3 more
	U14 Women	100m	Timed Finals	2:00pm	U14 Men	Shot Put	3 attempts - Top 8 get 1 more
	Para Men	100m	Timed Finals		U16 Men	Shot Put	3 attempts - Top 8 get 1 more
	Para Women	100m	Timed Finals		Masters Men	Shot Put	3 attempts - Top 8 get 3 more
	Masters Men	100m	Timed Finals		Para Men	Shot Put	3 attempts - Top 8 get 3 more
	Masters Women	100m	Timed Finals				
2:00pm	Senior Men	1500m	Timed Finals	2:00pm	U18 Women	Long Jump	3 attempts - Top 8 get 3 more
	U20 Men	1500m	Timed Finals		U20 Women	Long Jump	3 attempts - Top 8 get 3 more
	Senior Women	1500m	Timed Finals		Senior Women	Long Jump	3 attempts - Top 8 get 3 more
	U20 Women	1500m	Timed Finals	2:00pm	U14 Women	Discus	3 attempts - Top 8 get 1 more
	U18 Men	1500m	Timed Finals		U16 Women	Discus	3 attempts - Top 8 get 1 more
	U18 Women	1500m	Timed Finals		Masters Women	Discus	3 attempts - Top 8 get 3 more
					Para Women	Discus	3 attempts - Top 8 get 3 more

Go Media Mt Smart Stadium #2 Arena

Sunday 2nd February 2025

Please note times may change once entries have been finalised

9:00am	Senior Men	10000m Race Walk					
	Senior Women	10000m Race Walk					
	Masters Men	10000m Race Walk		9:30am	U14 Men	High Jump	Start Height as per Technical Regulations
	Masters Women	10000m Race Walk			U16 Men	High Jump	Start Height as per Technical Regulations
	U20 Men	5000m Race Walk			Masters Men	High Jump	Start Height as per Technical Regulations
	U20 Women	5000m Race Walk			Para Men	High Jump	Start Height as per Technical Regulations

	U18 Men	5000m Race Walk					
	U18 Women	5000m Race Walk		9:30am	U14 Women	Triple Jump	3 attempts - Top 8 get 1 more
11:00am	Senior Men	200m	Round 1		U16 Women	Triple Jump	3 attempts - Top 8 get 1 more
	Senior Women	200m	Round 1		Masters Women	Triple Jump	3 attempts - Top 8 get 3 more
	U20 Men	200m	Round 1		Para Women	Triple Jump	3 attempts - Top 8 get 3 more
	U20 Women	200m	Round 1	9:30am	U18 Women	High Jump	Start Height as per Technical Regulations
	U18 Men	200m	Round 1		U20 Women	High Jump	Start Height as per Technical Regulations
	U18 Women	200m	Round 1		Senior Women	High Jump	Start Height as per Technical Regulations
	U16 Men	200m	Timed Finals				
	U16 Women	200m	Timed Finals	11:45am	U14 Men	Triple Jump	3 attempts - Top 8 get 1 more
	U14 Men	200m	Timed Finals		U16 Men	Triple Jump	3 attempts - Top 8 get 1 more
	U14 Women	200m	Timed Finals		Masters Men	Triple Jump	3 attempts - Top 8 get 3 more
	Para Men	200m	Timed Finals		Para Men	Triple Jump	3 attempts - Top 8 get 3 more
	Para Women	200m	Timed Finals				
	Masters Men	200m	Timed Finals	11:45am	U18 Men	High Jump	Start Height as per Technical Regulations
	Masters Women	200m	Timed Finals		U20 Men	High Jump	Start Height as per Technical Regulations
				Senior Men	High Jump	Start Height as per Technical Regulations	
12.30pm	Senior Men	800m	Timed Finals				
	Senior Women	800m	Timed Finals	11:45am	U18 Women	Triple Jump	3 attempts - Top 8 get 3 more
	U20 Men	800m	Timed Finals		U20 Women	Triple Jump	3 attempts - Top 8 get 3 more
	U20 Women	800m	Timed Finals		Senior Women	Triple Jump	3 attempts - Top 8 get 3 more
	U18 Men	800m	Timed Finals				
	U18 Women	800m	Timed Finals	1:45pm	U14 Women	High Jump	Start Height as per Technical Regulations
	U16 Men	800m	Timed Finals		U16 Women	High Jump	Start Height as per Technical Regulations
	U16 Women	800m	Timed Finals		Masters Women	High Jump	Start Height as per Technical Regulations
	U14 Men	800m	Timed Finals		Para Women	High Jump	Start Height as per Technical Regulations
	U14 Women	800m	Timed Finals				
	Para Men	800m	Timed Finals	1:45pm	U18 Men	Triple Jump	3 attempts - Top 8 get 3 more
	Para Women	800m	Timed Finals		U20 Men	Triple Jump	3 attempts - Top 8 get 3 more
	Masters Men	800m	Timed Finals		Senior Men	Triple Jump	3 attempts - Top 8 get 3 more
	Masters Women	800m	Timed Finals				
2:15pm	Senior Men	200m	Final				
	Senior Women	200m	Final				
	U20 Men	200m	Final				
	U20 Women	200m	Final				
	U18 Men	200m	Final				
	U18 Women	200m	Final				