



## Senior Track & Field Championships FINAL PROGRAMME

**Mt Smart Stadium #2 Arena**

**Saturday 1st February 2025**

9:00am	Senior Men	400m	Timed Finals	9:00am	U14 Women	Long Jump	3 attempts - Top 8 get 1 more
9:04am	U20 Men	400m	Timed Finals				
9:08am	Senior Women	400m	Timed Finals	9:00am	Masters Men	Shot Put	3 attempts - Top 8 get 3 more
9:08am	U20 Women	400m	Timed Finals				
9:12am	U18 Men	400m	Timed Finals	9:00am	U18 Women	Discus	3 attempts - Top 8 get 3 more
9:20am	U18 Women	400m	Timed Finals		U20 Women	Discus	3 attempts - Top 8 get 3 more
9:24am	U16 Men	400m	Timed Finals		Senior Women	Discus	3 attempts - Top 8 get 3 more
9:28am	U16 Women	400m	Timed Finals		Para Women	Discus	3 attempts - Top 8 get 3 more
9:32am	U14 Men	400m	Timed Finals				
9:32am	Para Men	400m	Timed Finals	10:00am	U16 Women	Long Jump	3 attempts - Top 8 get 1 more
9:36am	U14 Women	400m	Timed Finals		Masters Women	Long Jump	3 attempts - Top 8 get 3 more
9:40am	Masters Men	400m	Timed Finals		Para Women	Long Jump	3 attempts - Top 8 get 3 more
9:48am	Masters Women	400m	Timed Finals				
				10:15am	U14 Men	Discus	3 attempts - Top 8 get 1 more
10:15am	U18 Men	100m	Round 1		U16 Men	Discus	3 attempts - Top 8 get 1 more
10:25am	U18 Women	100m	Round 1		Para Men	Discus	3 attempts - Top 8 get 3 more
				10:45am	U18 Women	Shot Put	3 attempts - Top 8 get 3 more
10:45am	Masters Men	60m	Timed Finals		U20 Women	Shot Put	3 attempts - Top 8 get 3 more
10:53am	Masters Women	60m	Timed Finals		Para Women	Shot Put	3 attempts - Top 8 get 3 more
				11:00am	Masters Men	Discus	3 attempts - Top 8 get 3 more
11:15am	U16 Men	1500m	Timed Finals				
11:15am	U14 Men	1500m	Timed Finals				
11:25am	U16 Women	1500m	Timed Finals	11:15am	U18 Men	Long Jump	3 attempts - Top 8 get 3 more
11:25am	U14 Women	1500m	Timed Finals		U20 Men	Long Jump	3 attempts - Top 8 get 3 more
11:35am	Masters Men	1500m	Timed Finals		Senior Men	Long Jump	3 attempts - Top 8 get 3 more
11:35am	Masters Women	1500m	Timed Finals				

11:50am	U16 Men	100m	Timed Finals	12:00pm	U18 Men	Shot Put	3 attempts - Top 8 get 3 more
11:58am	Masters Men	100m	Timed Finals		U20 Men	Shot Put	3 attempts - Top 8 get 3 more
12:10pm	U18 Men	100m	Final		Senior Men	Shot Put	3 attempts - Top 8 get 3 more
12:15pm	U18 Women	100m	Final				
12:20pm	U20 Men	100m	Final	12:30pm	U16 Men	Long Jump	3 attempts - Top 8 get 1 more
12:25pm	U20 Women	100m	Final		Masters Men	Long Jump	3 attempts - Top 8 get 3 more
12:25pm	Senior Women	100m	Final				
12:30pm	Senior Men	100m	Final	12:30pm	U14 Women	Shot Put	3 attempts - Top 8 get 1 more
12:35pm	U16 Women	100m	Timed Finals		U16 Women	Shot Put	3 attempts - Top 8 get 1 more
12:43pm	U14 Women	100m	Timed Finals		Masters Women	Shot Put	3 attempts - Top 8 get 3 more
12:51pm	Para Men	100m	Timed Finals				
12:55pm	Para Women	100m	Timed Finals	12:30pm	U18 Men	Discus	3 attempts - Top 8 get 3 more
12:59pm	Masters Women	100m	Timed Finals		U20 Men	Discus	3 attempts - Top 8 get 3 more
					Senior Men	Discus	3 attempts - Top 8 get 3 more
				1:30pm	U18 Women	Long Jump	3 attempts - Top 8 get 3 more
1:40pm	Senior Men	1500m	Timed Finals		U20 Women	Long Jump	3 attempts - Top 8 get 3 more
1:40pm	U20 Men	1500m	Timed Finals		Senior Women	Long Jump	3 attempts - Top 8 get 3 more
1:40pm	Para Men	1500m	Timed Finals				
1:48pm	Senior Women	1500m	Timed Finals	1:30pm	U14 Women	Discus	3 attempts - Top 8 get 1 more
1:48pm	U20 Women	1500m	Timed Finals		U16 Women	Discus	3 attempts - Top 8 get 1 more
1:56pm	U18 Men	1500m	Timed Finals		Masters Women	Discus	3 attempts - Top 8 get 3 more
2:04pm	U18 Women	1500m	Timed Finals				
				1:45pm	U14 Men	Shot Put	3 attempts - Top 8 get 1 more
					U16 Men	Shot Put	3 attempts - Top 8 get 1 more
					Para Men	Shot Put	3 attempts - Top 8 get 3 more

**Go Media Mt Smart Stadium #2 Arena**

**Sunday 2nd February 2025**

9:00am	Senior Men	10000m Race Walk		9:30am	U18 Women	High Jump	Start Height as per Technical Regulations
	U20 Men	5000m Race Walk			Senior Women	High Jump	Start Height as per Technical Regulations
	U18 Women	5000m Race Walk		9:30am	U16 Men	High Jump	Start Height as per Technical Regulations
					Masters Men	High Jump	Start Height as per Technical Regulations
11:00am	U18 Men	200m	Round 1	10:45am	U16 Men	Triple Jump	3 attempts - Top 8 get 1 more
11:08am	U18 Women	200m	Round 1		Masters Men	Triple Jump	3 attempts - Top 8 get 3 more
11:08am	Para Women	200m	Timed Finals				
11:16am	U16 Men	200m	Timed Finals				
11:24am	U16 Women	200m	Timed Finals	11:45am	U18 Men	High Jump	Start Height as per Technical Regulations
11:32am	U14 Women	200m	Timed Finals		U20 Men	High Jump	Start Height as per Technical Regulations
11:36am	Para Men	200m	Timed Finals		Senior Men	High Jump	Start Height as per Technical Regulations
11:40am	Masters Men	200m	Timed Finals				
11:52am	Masters Women	200m	Timed Finals	11:45am	U16 Women	Triple Jump	3 attempts - Top 8 get 1 more
					U18 Women	Triple Jump	3 attempts - Top 8 get 3 more
12.30pm	Senior Men	800m	Timed Finals		U20 Women	Triple Jump	3 attempts - Top 8 get 3 more
12.30pm	Para Men	800m	Timed Finals		Senior Women	Triple Jump	3 attempts - Top 8 get 3 more
12.35pm	U20 Men	800m	Timed Finals				
12.40pm	Senior Women	800m	Timed Finals				
12.40pm	U20 Women	800m	Timed Finals				
12.45pm	U18 Men	800m	Timed Finals				
12.50pm	U18 Women	800m	Timed Finals				
1:00pm	U16 Men	800m	Timed Finals				
1:05pm	U16 Women	800m	Timed Finals				
1:10pm	U14 Men	800m	Timed Finals				
1:15pm	U14 Women	800m	Timed Finals	1:15pm	U14 Women	High Jump	Start Height as per Technical Regulations
1:20pm	Masters Men	800m	Timed Finals		U16 Women	High Jump	Start Height as per Technical Regulations
1:25pm	Masters Women	800m	Timed Finals		Masters Women	High Jump	Start Height as per Technical Regulations
1:45pm	Senior Men	200m	Final	1:15pm	U18 Men	Triple Jump	3 attempts - Top 8 get 3 more
1:50pm	U20 Men	200m	Final		U20 Men	Triple Jump	3 attempts - Top 8 get 3 more
1:55pm	Senior Women	200m	Final		Senior Men	Triple Jump	3 attempts - Top 8 get 3 more
1:55pm	U20 Women	200m	Final				
2:00pm	U18 Men	200m	Final				
2:05pm	U18 Women	200m	Final				