

Sunday 23 February 2025 Mt Smart Stadium #2 Arena

FINAL PROGRAMME

	TRACK			FIELD	
4.30pm	200m Hurdles		4.30 pm	High Jump	Women
4.40pm	300m Hurdles 0.762m				Men
4.50pm	300m Hurdles 0.838m				
4.55pm	400m Hurdles 0.914m		4.30pm	Hammer	Women
					Men
5.10pm	800m	Women			
5.20pm	800m	Men			
5.45pm	100m	Women			
5.55pm	100m	Men			
			5.45 pm	Long Jump	Women
6.10pm	3000m	Women			Men
6.15pm	3000m	Men			
			5.45pm	Javelin	Women
6.45pm	400m	Women			Men
6.55pm	400m	Men			

^{*}minimum age to compete: 12 years as at 31st December 2025