

AUCKLAND TEAM TO THE N.Z. TRACK & FIELD CHAMPIONSHIPS

#2 ARENA MT SMART STADIUM, PENROSE AUCKLAND,

MARCH 5-8th, 2026

SELECTION GUIDELINES

Auckland athletes seeking selection to the Auckland Team will gain AUTOMATIC SELECTION if they achieve the guideline within the selection rules over the 2025-26 track & field season.

Athletes who do not achieve these guideline performances may also be selected to the Auckland Team at the discretion of the selectors if they show good form and potential for further improvement during the T&F season, and at the 2026 Auckland Championships.

Age Grades:

Senior	20 years of age and over, as at 31/12/26	(YOB 2006+)
U20	18 or 19 years of age, as at 31/12/26	(YOB 2007, 2008)
U18	16 or 17 years of age, as at 31/12/26	(YOB 2009, 2010)
U16	14 or 15 years of age as at 31/12/26	(YOB 2011, 2012)

EVENT	SM	U20M	U18M	U16M	SW	U20W	U18W	U16W
100m	10.92	11.10	11.35	12.00	12.05	12.65	12.70	12.90
200m	22.10	22.50	22.70	24.00	25.00	25.90	25.95	27.00
400m	49.50	51.00	52.00	55.00	57.50	59.00	59.00	61.00
800m	1:54.00	1:58.00	1:59.00	2:09.00	2:11.00	2:18.00	2:18.00	2:27.00
1500m	3:55.00	4:02.00	4:07.00	4:25.00	4:27.00	4:44.00	4:51.00	5:00.00
3*/5000m	14:49.00	15:40.00	8:58.00*	9:40.00*	17:10.00	18.00.00	10:40.00*	11:30.00*
2*/3000mSC	9:45.00	10:30.00	6:25.00*	7:40.00*	12:00.00	12:20.00	8:00.00*	9:00.00*
110/100m*H	16.30	15.90	15.70	15.50*	14.80*	15.95*	15.50*	x
80m H	x	x	x	x	x	x	x	14.00
400/300m*H	59.24	59.00	42.50*	45.30*	65.00	67.50	47.50*	50.00*
PV	4.35m	3.70m	3.20m	2.60m	3.40m	2.90m	2.80m	2.25m
HJ	1.90m	1.85m	1.78m	1.62m	1.66m	1.55m	1.55m	1.45m
LJ	6.80m	6.35m	6.10m	5.50m	5.65m	5.05m	5.05m	4.60m
TJ	13.30m	12.50m	11.90m	10.50m	11.40m	10.80m	10.35m	9.60m
SP	13.05m	14.00m	13.10m	10.50m	13.00m	11.50m	12.40m	11.20m
DT	44.50m	40.00m	39.00m	31.50m	44.50m	40.00m	38.00m	32.00m
HT	51.00m	46.00m	45.00m	37.00m	47.00m	38.00m	42.20m	39.00m
JT	54.73m	44.00m	40.00m	30.50m	39.00m	34.00m	34.50m	28.00m
3000m RW	15:30.0	16:00.0	16:00.0	17:50.0	16:50.0	17:00.0	19:00.0	20:20.0
5*/10,000m RW	50.00.00	55:00.00	27:00*	x	55.00.00	60.00.00	x	x

- ❖ Athletes **must** be registered with the Auckland Centre by their Club at the time of their qualifying performance and, unless resident overseas, have competed for that Club at Centre meetings prior to the 2026 Auckland Championships to be considered for inclusion in the Auckland Team. **Athletes who wish to be selected should compete at Auckland Championships. If unable to compete at the 2026 Auckland Champs they should notify the selectors in advance, giving their reasons.**
- ❖ For Combined Events, 3000m (SM, U20M, SW, U20W) and 10,000m National Championships, athletes will represent their clubs.
- ❖ Para athletes must advise the selectors of their desire to be selected. There are no set Para standards. Selection decisions will be notified directly to the athlete.
- ❖ **Athletes are advised to read the accompanying SELECTION RULES posted on the Athletics Auckland website.**