

Athletics Auckland Track & Field Championships 2025-2026

The Athletics Auckland Track & Field Championships (The Championships) will be conducted under the rules of World Athletics (WA), World Para Athletics (WPA), World Masters Athletics (WMA), Athletics New Zealand (ANZ) Supplementary Rules and the Athletics Auckland Regulations listed below.

Eligibility to Compete

- Athletes must be registered with a club for the current 2025-2026 season
- Any International athletes must obtain clearance from their Member Federation (MF) to compete at these Championships. A letter from the MF must be sent to competitions@athleticsauckland.co.nz and addressed to the Technical Delegate.

Age groups

- U14, U16, U18, U20 and Senior grades are age as at 31st December **in year of competition**
- Athletes must be 12 years or older (as at 31st December in year of competition) to compete at the Championships
- Para athlete age groups: U17, U20 and Senior as at 31st December in year of competition
- Para athletes may choose to compete in their relevant para age group or their relevant U14 – Senior or masters 5-year age grade for each event
- Masters athletes (30 years and older) will compete in the appropriate 5-year age group based on age on the first day of the Championships weekend (21st February). For championship events held as part of a McKinnon Shield or other meet, age on day will apply
- Masters aged athletes may choose to compete in the Senior grade or their relevant masters 5-year age grade for each event
- In all cases, **athletes can only compete in one (1) grade per Championship event**

Entries

- Entries for all grades will only be taken online, using the approved Athletics Auckland system
- For championship events incorporated within a McKinnon Shield or other meet, entries close as per the rules of the McKinnon Shield or relevant meet
- Entries for events held on the Auckland Championship weekend, close at 11:59 pm Sunday 1st February 2026
- Entry Fees: \$12.00 per event (events held over the Championship weekend)
- For Championship Events incorporated into McKinnon Shield meets, as well as the Dick Quax meet, the normal entry fee for the McKinnon Shield will be the only fee payable. The 5000m Championships, as part of Night of Fives, will be the applicable Night of Fives entry fee
- No refunds will be issued under any circumstances
- No late entries will be accepted under any circumstances. Emails requesting late entry will not be answered
- There is no restriction on the number of events you can enter
 - U14 athletes – If you are entering in the Sprint Hurdles, 200m Hurdles, Race Walk, Hammer, Javelin, Triple Jump and Pole Vault you must be training in these events
- The Technical Delegate may reject entries if not all information is submitted correctly (WA TR4) or for performance reasons
- Please check the programme before you enter to ensure you are not going to be in a clash of events

Programme

- A draft timetable for the Championships is listed on the Athletics Auckland website
- The final timetable is dependent on entries received and may change
- The Organising Committee (OC) will prepare the final timetable after entries have closed and the requirements for heats and qualifying rounds have been determined
- The final timetable will be published as soon as possible after entries close

Check-in and Scratchings

- ***Daily check in is required to enable the confirmation of fields for each event***
- All athletes must confirm their entry 60 minutes (except pole vaulters – 70 minutes) prior to the first event they are competing in, each day of the Championships
 - Athletes not completing this process are liable for exclusion from that event and all other events that they have entered. WA TR4 “Failure to participate” will apply
 - Athletes wanting to scratch for any event should notify the Administration Delegate at least 60 minutes before the advertised time of starting
 - These should be submitted on the appropriate form signed by the athlete to the Technical Information Centre (TIC)
 - TIC will be open to receive scratchings 75 minutes before the start of each day of competition during the Championships
 - Electronic scratchings will be permitted if necessary
 - These should state the following:
 - Athlete’s name, club, grade and event(s)
 - These may be sent to the Administration Delegate via text message to 02040543809 at least 60 minutes before the event start time
 - Please note that texts will not be replied to
 - If an athlete fails to scratch from an event after confirmation, or does not compete in all rounds of an event for which they have qualified, they may not be permitted to compete further
 - No athlete who has retired from competition due to ill health will be able to re-enter competition, unless the athlete supplies a medical certificate, and clearance has been obtained from the Technical Delegate. This applies irrespective of the day of the Championships on which the athlete retires. Please note that the 2026 Championships are over an extended period, not just one weekend
 - Only those athletes confirmed as starters will be drawn in the fields for each event

Call Room

- At Championship Events which are held within McKinnon Shield Meets, a Call Room will not be used, marshalling will be done at the event sites and the required Call Room checks done at the marshalling area
- All athletes, on Championship Weekend, must report to the call room by the detailed final call report time
- An athlete may be excluded from participation in any event in which they are not present in the call room at the relevant time (WA TR4.5)
- Officials will check all athletes against the required call room checks in accordance with WA and ANZ Supplementary Rules

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- The call room judges will ensure that athletes are wearing the correct club uniform, that the athlete's details correspond with start lists, that shoes, number and dimension of spikes, advertising on clothing and athletes' bags comply with the rules and applicable regulations and that unauthorised material is not taken into the competition area, check competition chairs and throwing frames for para athletes
- Mobile phones are allowed in the competition area, but must be turned off and kept in the athlete's bag
- Any athlete found using or looking at their phone in the competition area will be issued with a yellow card, or a red card, depending on the circumstance
- The call room judges will NOT retain any personal material that contravenes the rules. Athletes should not bring these into the call room. Leave them with a parent or friend. If unable to, the same rules apply as the mobile phone above
- The call room is located (and sign posted) as per the map for all athletes and all events including wheelchair athletes
- Athletes will be directed by the officials in the call room when they are to be escorted to the competition area
- If an athlete is likely to be competing in another event at the designated call time for that event, they must advise the call room official at the time of checking in for the first event
- The call room will allow sports drinks/water through to the competition area
 - No glass containers will be allowed inside the competition area

Call Room Reporting Times

- For Championship events held within McKinnon Shield meets when a Call Room is not operating athletes must report to marshalling at the event site at the following times
 - 10 minutes before the advertised race time for a Track event including Hurdles
 - 40 minutes before the advertised start time for a Field event
 - 70 minutes before the advertised start time for Pole Vault
- When a Call Room is operating, athletes must report to the Call Room at the following times preceding the advertised start time for their event
 - Track events – 15 minutes
 - Field events (excluding Pole Vault) – 40 minutes
 - It is the responsibility of athletes to report at these times as no calls will be made
 - These times allow for marshalling and movement to the event site
- The remainder of the time may be used to complete the warm-up at the event site under the supervision of the officials when the event site is available for the event
- If an athlete is already, or likely to be, competing in another event at the designated call room marshalling time, the athlete or someone on his/her behalf must notify the call room of this, prior to the designated marshalling time

Clothing, Shoes and Athlete Bibs

- Uniform
 - In all events, athletes must wear clothing which is clean, and designed and worn so as not to be objectionable, or impede the view of officials
 - Athletes **MUST** wear their approved club uniform

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- **Shoes**

- For athletes competing in the U18, U20 or Senior grades, an athlete's competition shoes must comply with World Athletics regulations under Technical Rule 5. Please be sure to check that your shoes are on the approved list. You can check on the World Athletics shoe checker [here](#)
- U18, U20 and Senior grade athletes will be asked to state make and model of shoes for each event at time of entry
- The requirements of spikes for the Go Media Mt Smart Stadium track surface are:
 - Maximum length of spikes is 6mm except in High Jump and Javelin where a maximum of 9mm is allowed
 - Pyramid, Cone, and Christmas Tree shapes are recommended
 - Needle and Pin shapes are not allowed
- For safety, spiked shoes must be removed at the completion of the athlete's event, before leaving the arena
 - Failure to do this could result in disqualification from any further events

- **Athlete Bibs and Numbers**

- Athlete bibs will not be used.
- Numbers (to be worn front and back) will be issued to Walks athletes in the Call Room.
- Hip numbers will be issued to distance athletes in the Call Room. These are to be pinned to the right hip.

Personal Implements

- Athletes who wish to use their own throwing implements must have them checked by the Technical Manager
- Please hand implements into TIC well in advance of your event, where possible the day before, but no later than 90 minutes prior to your event
- Personal implements will be placed in the pool for all athletes to use
- Personal implements can only be collected from the Technical Area (in Top Gear Shed)

Para Athletes

- Para athletes will compete under the rules of WPA
- Grades available: U17, U20, Senior
- Results will be calculated from the percentage of the World Record
- Athletes who require a guide or assistance are to email the Administration Delegate at competitions@athleticsauckland.co.nz by 11.59pm Saturday 14th February 2026 so a vest can be organised. These vests can be collected from TIC
- Wheelchairs and throwing frames will be checked at the Call Room

Vertical Jumps

- Starting heights for the high jump and pole vault are as per the table below
- They are subject to adjustment by the Jumps Referee if warranted by conditions on the day of competition
- No jump-offs will be held at The Championships

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Jumps Start Heights and Triple Jump Boards

U14 Women	High Jump	1.25m	Pole Vault	2.00m	Triple Jump	7m/9m/11m
U14 Men	High Jump	1.25m	Pole Vault	2.00m	Triple Jump	7m/9m/11m/13m
U16 Women	High Jump	1.35m	Pole Vault	2.00m	Triple Jump	7m/9m/11m
U16 Men	High Jump	1.40m	Pole Vault	2.00m	Triple Jump	7m/9m/11m/13m
U18 Women	High Jump	1.40m	Pole Vault	2.40m	Triple Jump	7m/9m/11m
U18 Men	High Jump	1.50m	Pole Vault	2.40m	Triple Jump	9m/11m/13m
U20 Women	High Jump	1.45m	Pole Vault	2.60m	Triple Jump	7m/9m/11m
U20 Men	High Jump	1.65m	Pole Vault	2.80m	Triple Jump	9m/11m/13m
Snr Women	High Jump	1.50m	Pole Vault	3.00m	Triple Jump	9m/11m
Snr Men	High Jump	1.75m	Pole Vault	3.60m	Triple Jump	11m/13m

Warming Up (Excluding Hurdles and Throws)

- Warming up is not permitted in the competition area, except as provided for in the earlier call room Information
 - Athletes warming up in the competition area will be issued with a yellow card, or a red card, depending on the circumstance
- Track and non-implement warm up normally will be the back straight unless otherwise advised on the day
- Athletes will have warm up throws/jumps at the event site under supervision of officials, dependent on allowable time

Hurdles Warm Up

- Athletes should allow 30 minutes warm-up over the hurdles provided, before reporting to the event start at the designated Call Room Time
- Athletes only will be admitted to the warmup area, based on the back straight
 - Coaches can communicate easily with the athletes at the fence
- When 300m hurdles are being held, other hurdlers warming up will do so on the first bend
- When the 400m hurdles are being held, other hurdlers warming up will do so on the back straight toward the 200m start,
 - They will need to vacate the track before each race
 - Please do not move the hurdles from their marks or adjust the hurdle heights during this time
- Athletes will be taken to start at least 5 to 8 minutes before their start time to allow them the opportunities to have run outs from the blocks as soon as the previous race is completed

Seeding, Lane Draws and Progression to Finals

- **Track Events**

Progression to Finals

- If numbers require, in the U18, U20, Senior and Masters grades, there will be heats and finals in the 100m and 200m

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- Should entry numbers not reach the required number for heats to take place, the event will proceed direct to final and be held at finals time
- Seeding for heats will be based on athlete's best performance from 1 October 2025 to 17th January 2026
- Should numbers dictate, a minimum of five Athletics Auckland registered athletes will progress through to the final

Timed Finals

- U14, U16 and Para events requiring more than one race will all be held as timed finals
- U18, U20, Senior and Masters grades events (other than 100m and 200m as above), requiring more than one race will be held as timed finals
- Athletes will be seeded into the A race, B race, etc according to their season's best time
- Seeding for timed finals will be based on athlete's best performance from 1 October 2025 to 17th January 2026

Straight Finals

- 1500m, Steeplechase and Race Walks will be held as a straight final, unless entries exceed the maximum allowed number of athletes on the start, then they will be held as timed finals
- If numbers dictate, the 800m may be an echelon start

Lane Draws

- Lane draws for finals and timed finals requiring more than one heat shall be in accordance with WA TR20 as per the below. Please note that these WA rules have changed as of 1 October 2023

100m & 80m/100m/110m Hurdles:

- Ranking 1 to 4 – Lanes 3, 4, 5, and 6; by random draw
- Ranking 5 and 6 – Lanes 2 and 7; by random draw
- Ranking 7 and 8 – Lanes 1 and 8; by random draw

200m & 200m Hurdles:

- Ranking 1 to 3 – Lanes 5, 6 and 7; by random draw
- Ranking 4 to 6 – Lanes 3, 4 and 8; by random draw
- Ranking 7 and 8 – Lanes 1 and 2; by random draw

400m, 300m/400m Hurdles & 800m:

- Ranking 1 to 4 – Lanes 4, 5, 6 and 7; by random draw
- Ranking 5 and 6 – Lanes 3 and 8; by random draw
- Ranking 7 and 8 – Lanes 1 and 2; by random draw

All events requiring one race only:

- Random draw

• **Field Events**

- All athletes will receive a minimum of three throws or jumps (excluding High Jump and Pole Vault)
- In the U14 and U16 grades, the top eight athletes will receive one further trial, in reverse order
- For all other grades, the top eight in each grade will receive three further trials, in reverse order

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- Should numbers dictate, a minimum of five Athletics Auckland registered athletes will progress through to the top eight

Starting and Starting Blocks

- The use of starting blocks is compulsory, excluding Para and Masters Athletes
- In all sprint events, the athlete must use a crouch start, unless the crouch start stance and starting blocks are not required for specific Para Athlete classifications
- Separate races will be held for Para Athletes and Masters Athletes
- Starts for Masters events will be conducted under WMA Rules

Race Walking Events

- As allowed under WA TR54.7.3 a Penalty Zone and applicable time penalties will be used for the 5000m and 10000m Race Walk
 - Penalties:
 - 5000m 30 seconds
 - 10000m 60 seconds
- A Penalty Zone will not be used for the 2000m/3000m Race Walk. A DQ will result after 3 Red Cards.

Post Event Procedure

- All athletes are to leave the competition area via post event control
- Warm downs must be done outside the competition area

Medal Ceremonies

- For all events, medal ceremonies will take place as soon as possible following the event, and confirmation of the results
- For medal ceremonies athletes must wear their correct competition uniform singlet
- Medals will only be awarded to the top three athletes in each grade. Out of Auckland athletes will be recognised at the medal ceremony
- Para athlete results will be based on a percentage of world record for U17, U20, and Senior Grades

Doping Control

- Athletes are reminded that Drug Free Sport New Zealand (DFSNZ), may be in attendance
- Please ensure you are aware of your obligations as an athlete

Protests and Appeals

- All protests must be lodged initially with the Referee as per WA Rules
- A senior technical official will chair the Jury
- Appeals to the Jury are to be made in writing on the appropriate appeal form and lodged with the \$50.00 fee
- Appeals can be made by either the athlete, or the team manager, and should be lodged in the Administration Room where forms will be available
- At these Championships, an approved team official may be present to assist an athlete whenever an athlete is being addressed or questioned by a Referee, or the Jury of Appeal

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Health and Safety

- In the interests of safety to athletes, coaches, officials, volunteers and spectators, the following should be always adhered to:
 - No unauthorised person(s) shall be allowed in the competition area. This includes athletes not competing, parents, coaches and anyone else not acting as an appointed technical official
 - Entry to the competition area is to be made by athletes under control of officials.
 - Athletes should take care always crossing the track and adhere to directions from officials
 - Athletes are not to cross the infield of the competition area. Athletes caught doing this are liable to be excluded from the Championships
 - Throwing implements should only be picked up when directed by officials
 - Warm-ups must be supervised by a coach, or parent, and within the relevant warm-up area
 - Approved photographers and media personnel must report to TIC to be checked in and receive a media vest and safety briefing before being allowed to enter the competition area.



Senior Track & Field

Hurdle Heights & Implement Weights

WU14

80m Hurdles (12m/7.5m/15.5m)	0.762m
200m Hurdles	0.762m
2000m Steeplechase	0.762m
Shot Put	3kg
Discus	1kg
Javelin	500g
Hammer	3kg

MU14

80m Hurdles (12m/7.5m/15.5m)	0.762m
200m Hurdles	0.762m
2000m Steeplechase	0.762m
Shot Put	4kg
Discus	1kg
Javelin	600g
Hammer	4kg

WU16

80m Hurdles	0.762m
300m Hurdles	0.762m
2000m Steeplechase	0.762m
Shot Put	3kg
Discus	1kg
Javelin	500g
Hammer	3kg

MU16

100m Hurdles	0.838m
300m Hurdles	0.762m
2000m Steeplechase	0.762m
Shot Put	5kg
Discus	1.25kg
Javelin	700g
Hammer	4kg

WU18

100m Hurdles	0.762m
300m Hurdles	0.762m
2000m Steeplechase	0.762m
Shot Put	3kg
Discus	1kg
Javelin	500g
Hammer	3kg

MU18

110m Hurdles	0.914m
300m Hurdles	0.838m
2000m Steeplechase	0.838m
Shot Put	5kg
Discus	1.5kg
Javelin	700g
Hammer	5kg

WU20

100m Hurdles	0.838m
400m Hurdles	0.762m
3000m Steeplechase	0.762m
Shot Put	4kg
Discus	1kg
Javelin	600g
Hammer	4kg

MU20

110m Hurdles	0.991m
400m Hurdles	0.914m
3000m Steeplechase	0.914m
Shot Put	6kg
Discus	1.75kg
Javelin	800g
Hammer	6kg

SW

100m Hurdles	0.838m
400m Hurdles	0.762m
3000m Steeplechase	0.762m
Shot Put	4kg
Discus	1kg
Javelin	600g
Hammer	4kg

SM

110m Hurdles	1.067m
400m Hurdles	0.914m
3000m Steeplechase	0.914m
Shot Put	7.26kg
Discus	2kg
Javelin	800g
Hammer	7.26kg

MW30 MW35

100m Hurdles	0.838m
400m Hurdles	0.762m
2000m Steeplechase	0.762m
Shot Put	4kg
Discus	1kg
Javelin	600g
Hammer	4kg
Weight	9.08kg

MM30, MM35

110m Hurdles	0.991m
400m Hurdles	0.914m
3000m Steeplechase	0.914m
Shot Put	7.26kg
Discus	2kg
Javelin	800g
Hammer	7.26kg
Weight	15.88kg

MW40 MW45

80m Hurdles	0.762m
400m Hurdles	0.762m
2000m Steeplechase	0.762m
Shot Put	4kg
Discus	1kg
Javelin	600g
Hammer	4kg
Weight	9.08kg

MM40, MM45

110m Hurdles	0.991m
400m Hurdles	0.914m
3000m Steeplechase	0.914m
Shot Put	7.26kg
Discus	2kg
Javelin	800g
Hammer	7.26kg
Weight	15.88kg

MW50 MW55

80m Hurdles (12m/7m/19m)	0.762m
300m Hurdles	0.762m
2000m Steeplechase	0.762m
Shot Put	3kg
Discus	1kg
Javelin	500g
Hammer	3kg
Weight	7.26kg

MM50, MM55

100m Hurdles	0.914m
400m Hurdles	0.838m
3000m Steeplechase	0.914m
Shot Put	6kg
Discus	1.5kg
Javelin	700g
Hammer	6kg
Weight	11.34kg

MW60 MW65

80m Hurdles (12m/7m/19m)	0.686m
300m Hurdles	0.686m
2000m Steeplechase	0.762m
Shot Put	3kg
Discus	1kg
Javelin	500g
Hammer	3kg
Weight	5.45kg

MM60, MM65

100m Hurdles (12m/8m/16m)	0.838m
300m Hurdles	0.762m
2000m Steeplechase	0.762m
Shot Put	5kg
Discus	1kg
Javelin	600g
Hammer	5kg
Weight	9.08kg

MW70 MW75

80m Hurdles (12m/7m/19m)	0.686m
200m Hurdles	0.686m
2000m Steeplechase	0.762m
Shot Put	3kg/2kg
Discus	1kg/750g
Javelin	500g/400g
Hammer	3kg/2kg
Weight	5.45kg/4kg

MM70, MM75

80m Hurdles (12m/7m/19m)	0.762m
300m Hurdles	0.686m
2000m Steeplechase	0.762m
Shot Put	4kg
Discus	1kg
Javelin	500g
Hammer	4kg
Weight	7.26kg

MW80+

80m Hurdles (12m/7m/19m)	0.686m
200m Hurdles	0.686m
2000m Steeplechase	0.762m
Shot Put	2kg
Discus	750g
Javelin	400g
Hammer	2kg
Weight	4kg

MM80+

80m Hurdles (12m/7m/19m)	0.686m
200m Hurdles	0.686m
2000m Steeplechase	0.762m
Shot Put	3kg
Discus	1kg
Javelin	400g
Hammer	3kg
Weight	5.45kg