



Senior Track & Field Championships FINAL PROGRAMME

*Scratchings may mean some events no longer require heats, or age groups will be combined. Any changes will be posted on the website event page and on social media. Please check regularly.

Mt Smart Stadium #2 Arena Saturday 21st February 2026

10:00am	Senior Men	400m	Timed Finals	10:00am	U14 Women	Long Jump	3 attempts - Top 8 get 1 more
10:00am	Para Men	400m	Timed Finals				
10:04am	U20 Men	400m	Timed Finals	10:00am	U18 Women	Discus	3 attempts - Top 8 get 3 more
10:08am	U20 Women	400m	Timed Finals		U20 Women	Discus	3 attempts - Top 8 get 3 more
10:08am	Senior Women	400m	Timed Finals		Senior Women	Discus	3 attempts - Top 8 get 3 more
10:12am	U18 Men	400m	Timed Finals				
10:20am	U18 Women	400m	Timed Finals				
10:24am	U16 Men	400m	Timed Finals				
10:24am	U14 Men	400m	Timed Finals				
10:28am	U16 Women	400m	Timed Finals	11:00am	U16 Women	Long Jump	3 attempts - Top 8 get 1 more
10:28am	U14 Women	400m	Timed Finals		Masters Women	Long Jump	3 attempts - Top 8 get 3 more
10:32am	MM45 - MM60	400m	Timed Finals				
10:36am	MM65 - MM85	400m	Timed Finals				
10:40am	Masters Women	400m	Timed Finals				
				11:45am	U14 Men	Discus	3 attempts - Top 8 get 1 more
11:15am	U18 Men	100m	Round 1		U16 Men	Discus	3 attempts - Top 8 get 1 more
11:20am	U18 Women	100m	Round 1		Masters Men	Discus	3 attempts - Top 8 get 3 more
11:25am	Senior Women	100m	Round 1		Para Men	Discus	3 attempts - Top 8 get 3 more
				11:45am	U18 Men	Shot Put	3 attempts - Top 8 get 3 more
11:45am	MM35 - MM45	60m	Timed Finals		U20 Men	Shot Put	3 attempts - Top 8 get 3 more
11:49am	MM50 - MM60	60m	Timed Finals		Senior Men	Shot Put	3 attempts - Top 8 get 3 more
11:53am	MM65 - MM85	60m	Timed Finals				
11:57am	MW30 - MW45	60m	Timed Finals				
12:01pm	MW50 - MW80	60m	Timed Finals	12:00pm	U18 Men	Long Jump	3 attempts - Top 8 get 3 more
					U20 Men	Long Jump	3 attempts - Top 8 get 3 more
12:15pm	U16 Men	1500m	Timed Finals		Senior Men	Long Jump	3 attempts - Top 8 get 3 more
12:15pm	U14 Men	1500m	Timed Finals				
12:25pm	U16 Women	1500m	Timed Finals	1:00pm	U18 Women	Shot Put	3 attempts - Top 8 get 3 more

12:25pm	U14 Women	1500m	Timed Finals		U20 Women	Shot Put	3 attempts - Top 8 get 3 more
12:35pm	Masters Men	1500m	Timed Finals		Senior Women	Shot Put	3 attempts - Top 8 get 3 more
12:35pm	Masters Women	1500m	Timed Finals				
				1:30pm	U14 Men	Long Jump	3 attempts - Top 8 get 1 more
1:00pm	U16 Men	100m	Timed Finals		U16 Men	Long Jump	3 attempts - Top 8 get 1 more
1:00pm	U14 Men	100m	Timed Finals		Masters Men	Long Jump	3 attempts - Top 8 get 3 more
1:08pm	MM35 - MM45	100m	Timed Finals		Para Men	Long Jump	3 attempts - Top 8 get 3 more
1:12pm	MM50 - MM55	100m	Timed Finals				
1:16pm	MM60 - MM85	100m	Timed Finals	1:30pm	U14 Women	Shot Put	3 attempts - Top 8 get 1 more
1:20pm	U18 Men	100m	Final		U16 Women	Shot Put	3 attempts - Top 8 get 1 more
1:25pm	U18 Women	100m	Final		Masters Women	Shot Put	3 attempts - Top 8 get 3 more
1:30pm	U20 Men	100m	Final		Para Women	Shot Put	3 attempts - Top 8 get 3 more
1:35pm	U20 Women	100m	Final				
1:35pm	Senior Women	100m	Final	1:30pm	U18 Men	Discus	3 attempts - Top 8 get 3 more
1:40pm	Senior Men	100m	Final		U20 Men	Discus	3 attempts - Top 8 get 3 more
1:45pm	U16 Women	100m	Timed Finals		Senior Men	Discus	3 attempts - Top 8 get 3 more
1:53pm	U14 Women	100m	Timed Finals				
2:01pm	Para Men	100m	Timed Finals	3:00pm	U14 Men	Shot Put	3 attempts - Top 8 get 1 more
2:05pm	Para Women	100m	Timed Finals		U16 Men	Shot Put	3 attempts - Top 8 get 1 more
2:09pm	MW35 - MW45	100m	Timed Finals		Masters Men	Shot Put	3 attempts - Top 8 get 3 more
2:13pm	MW50 - MW80	100m	Timed Finals		Para Men	Shot Put	3 attempts - Top 8 get 3 more
2:40pm	Senior Men	1500m	Timed Finals	3:00pm	U18 Women	Long Jump	3 attempts - Top 8 get 3 more
2:40pm	U20 Men	1500m	Timed Finals		U20 Women	Long Jump	3 attempts - Top 8 get 3 more
2:40pm	Para Men	1500m	Timed Finals		Senior Women	Long Jump	3 attempts - Top 8 get 3 more
2:48pm	U20 Women	1500m	Timed Finals		Para Women	Long Jump	3 attempts - Top 8 get 3 more
2:56pm	U18 Men	1500m	Timed Finals				
3:04pm	U18 Women	1500m	Timed Finals	3:00pm	U14 Women	Discus	3 attempts - Top 8 get 1 more
					U16 Women	Discus	3 attempts - Top 8 get 1 more
					Masters Women	Discus	3 attempts - Top 8 get 3 more
					Para Women	Discus	3 attempts - Top 8 get 3 more

Mt Smart Stadium #2 Arena
Sunday 22nd February 2026

9:30am	Senior Women	10000m Race Walk					
	U20 Women	5000m Race Walk					
				10:30am	U14 Men	High Jump	Start Height as per Technical Regulations
					U16 Men	High Jump	Start Height as per Technical Regulations
					Masters Men	High Jump	Start Height as per Technical Regulations
					Para Men	High Jump	Start Height as per Technical Regulations

11:00am	U18 Women	200m	Round 1	10:30am	U18 Women	High Jump	Start Height as per Technical Regulations
11:08am	U16 Men	200m	Timed Finals		U20 Women	High Jump	Start Height as per Technical Regulations
11:16am	U16 Women	200m	Timed Finals		Senior Women	High Jump	Start Height as per Technical Regulations
11:16am	Para Women	200m	Timed Finals				
11:24am	U14 Women	200m	Timed Finals				
11:32am	Para Men	200m	Timed Finals				
11:36am	MM35 - MM45	200m	Timed Finals				
11:40am	MM50 - MM55	200m	Timed Finals	11:45am	U14 Men	Triple Jump	3 attempts - Top 8 get 1 more
11:44am	MM60 - MM85	200m	Timed Finals		U16 Men	Triple Jump	3 attempts - Top 8 get 1 more
11:48am	MW35 - MW40	200m	Timed Finals		Masters Men	Triple Jump	3 attempts - Top 8 get 3 more
11:52am	MW45 - MW80	200m	Timed Finals		Para Men	Triple Jump	3 attempts - Top 8 get 3 more
12:30pm	Para Men	800m	Timed Finals	12:30pm	U14 Women	Triple Jump	3 attempts - Top 8 get 1 more
12:30pm	Senior Men	800m	Timed Finals		U16 Women	Triple Jump	3 attempts - Top 8 get 1 more
12:35pm	U20 Men	800m	Timed Finals		U18 Women	Triple Jump	3 attempts - Top 8 get 3 more
12:40pm	U20 Women	800m	Timed Finals		U20 Women	Triple Jump	3 attempts - Top 8 get 3 more
12:40pm	Senior Women	800m	Timed Finals		Senior Women	Triple Jump	3 attempts - Top 8 get 3 more
12:45pm	U18 Men	800m	Timed Finals		Masters Women	Triple Jump	3 attempts - Top 8 get 3 more
12:50pm	U18 Women	800m	Timed Finals		Para Women	Triple Jump	3 attempts - Top 8 get 3 more
1:00pm	U16 Men	800m	Timed Finals				
1:00pm	U14 Men	800m	Timed Finals	12:45pm	U18 Men	High Jump	Start Height as per Technical Regulations
1:05pm	U16 Women	800m	Timed Finals		U20 Men	High Jump	Start Height as per Technical Regulations
1:05pm	U14 Women	800m	Timed Finals		Senior Men	High Jump	Start Height as per Technical Regulations
1:10pm	Masters Men	800m	Timed Finals				
1:18pm	Masters Women	800m	Timed Finals				
2:00pm	Senior Men	200m	Final	2:15pm	U14 Women	High Jump	Start Height as per Technical Regulations
2:05pm	Senior Women	200m	Final		U16 Women	High Jump	Start Height as per Technical Regulations
2:10pm	U20 Men	200m	Final		Masters Women	High Jump	Start Height as per Technical Regulations
2:15pm	U20 Women	200m	Final		Para Women	High Jump	Start Height as per Technical Regulations
2:20pm	U18 Men	200m	Final				
2:25pm	U18 Women	200m	Final	2:15pm	U18 Men	Triple Jump	3 attempts - Top 8 get 3 more
					U20 Men	Triple Jump	3 attempts - Top 8 get 3 more
					Senior Men	Triple Jump	3 attempts - Top 8 get 3 more