



New Zealand Combined Events Championships

21 – 22 March 2026
Mt Smart Stadium #2 Arena, Auckland

TECHNICAL REGULATIONS

The 2026 Athletics New Zealand Combined Events Championships (the Championships) will be conducted under the rules of World Athletics (WA), World Masters Athletics (WMA), Athletics New Zealand (ANZ) Supplementary Rules and the Technical Regulations listed below.

Eligibility to Compete

- Athletes must be registered with a club for the current 2025-2026 season

Age groups

- U16, U18, U20 and Senior grades are age as at 31st December 2026
- Master athletes (35 years and older) will compete in the appropriate 5-year age group based on age on the first day of the Championships

Events

| | Women | Men |
|---|--|--|
| Under 16 | Pentathlon Day 1: 80m Hurdles, High Jump, Shot Put Day 2: Javelin, 600m | Octathlon Day 1: 100m, Long Jump, Shot Put, 400m Day 2: 100m Hurdles, High Jump, Javelin, 1000m |
| Under 18 Under 20 Senior Masters | Heptathlon Day 1: 100m Hurdles, High Jump, Shot Put, 200m Day 2: Long Jump, Javelin, 800m | Decathlon Day 1: 100m, Long Jump, Shot Put, High Jump, 400m Day 2: 110m Hurdles, Discus, Pole Vault, Javelin, 1500m |

Entries

- Entries close at 11:59pm Wednesday 11th March
- Entry fee: \$40.00
- No refunds will be issued under any circumstances
- No late entries will be accepted under any circumstances
- The Technical Delegate may reject entries if not all information is submitted correctly (WA TR4)

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Program

- A draft timetable for the Championships is listed on the event page of the Athletics Auckland website [here](#)
- The final timetable is dependent on entries received and may change
- The Local Organising Committee (LOC) will prepare the final timetable after entries have closed and the requirements for heats have been determined
- Seedings, draws and competition order shall be in accordance with WA TR20

Check-in and Scratchings

- Check-in is required at least 60 minutes before the first scheduled event at TIC located in the building above the finish line
- Athletes wanting to scratch should do so at least 60 minutes before the advertised start time and be submitted on the appropriate form (available at TIC) and signed by the athlete
- If an athlete needs to scratch during the competition, this must be communicated to the respective Combined Events Referee

Call Room

No Call Room will be operating. However, please note the following:

- The usual checks will be carried out by officials at check-in and/or the event site
- A reminder that 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 circumstances
- No personal items will be held for athletes. Please bring only essentials
- Sports drinks and water will be allowed at the event site, but no glass containers will be allowed

Clothing, Bibs and Shoes

- **Uniform**
 - In all events, athletes must wear clothing which is clean, and designed and worn so as not to be objectionable
 - Athletes selected to represent their centre must wear their correct centre uniform
 - All other athletes must wear their approved club uniform
- **Bibs**
 - Athlete bibs will be available from TIC at check-in on the first day of the Championships
 - Athletes will be provided with two bibs which must be worn on their front and back, except jumps events where only one bib needs to be worn
 - Bibs are to be worn as supplied and without any modifications
 - If an athlete loses their bib, they must obtain a replacement from TIC

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- **Shoes**

- An athlete's competition shoes (U18, U20 and Senior grades) 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](#)
- The requirements of spikes for Mt Smart 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 should 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

Starts

- Only starting blocks provided by the LOC shall be used
- One false start allowed per race as per WA TR39.8.3
- WMA rules apply to the start for all Master athletes

Hurdles

- Warm-ups for hurdles events will be in the back straight

Personal Implements

- Athletes who wish to use their own throwing implements must have them checked by the Technical Manager
- Please hand all personal implements in to TIC on **Saturday**, no later than 90 minutes prior to your first event
- Personal implements will be placed in the pool for all athletes to use
- Please note that if your implement is the same as one of the implements provided by Athletics Auckland it may not be accepted
- Athletes can collect their personal implements at the conclusion of the throwing event

Medal Ceremonies

- Medal ceremonies will take place at the scheduled time on the program
- Athletes must wear their correct competition uniform singlet for medal ceremonies

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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 first be lodged verbally with the Referee concerned
- This must happen at the time or within 30 minutes of the official result being posted
- If the respective Referee is not available, the athlete must fill out a verbal protest form available at TIC
- Appeals to the Jury are to be made in writing on the appropriate appeal form and lodged with the \$125.00 fee
- Appeals can be made by either the athlete, or coach, 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

Health and Safety

In the interests of safety to athletes, coaches, officials, volunteers and spectators, the following should be adhered to at all times:

- No unauthorised person(s) shall be allowed in the competition area. This includes 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 crossing the track at all times 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-up jumps and throws will be in competition order under the supervision of officials