

**2020 Jennian Homes New Zealand Track & Field Championships Programme**

**Friday 6 March 2020**

**Note:** Final times will be set once entries have closed and numbers are known

Time	Track	Time	Field
10:30	3000m W18 F	10:30	Long Jump W18 Qualifying
	3000m M18 F		Hammer W18
	300mH W18 Ht		Shot Put M18
	300mH M18 Ht		
	400mH W20 Ht		
	400mH M20 Ht		Pole Vault W18
	400mH SW Ht		
	400mH SM Ht		High Jump W20
	5000m M20 F		High Jump Para
	100m Para M Ht		
	100m Para W Ht		Javelin M20
	100m W18 Ht		Javelin M Para
	100m M18 Ht		
	100m W20 Ht		Triple Jump M20
	100m M20 Ht		Hammer M20
	100m SW Ht		
	100m SM Ht		
	400m Para M Ht		Triple Jump W20
	400m W18 Ht		
	400m M18 Ht		
	400m W20 Ht		
	400m M20 Ht		
	3000m RW M all grades (M&W combined as one race)		
	3000m RW W all grades (M&W combined as one race)		
	800m Para M Ht		Long Jump SW
	800m W18 Ht		
	800m M18 Ht		
	800m W20 Ht		High Jump M18
	800m M20 Ht		
	800m SW Ht		

	800m SM Ht		Discus W20
	300mH W18 F		
	300mH M18 F		
	400mH W20 F		
	400mH M20 F		
	400mH SW F		
	400mH SM F		
18:00	400m SW Ht	18:00	Shot Put SW
	400m SM Ht		Long Jump W18
	100m Para W F		Javelin W20
	100m Para M F		Javelin W Para
	100m W18 F		Pole Vault SW
	100m M18 F		High Jump SM
	100m W20 F		Shot Put SM
	100m M20 F		Hammer SW
	5000m W20		
	5000m SW F		
	100m SW F		
	100m SM F		
	5000m SM F		

## Saturday 7 March 2020

**Note:** Final times will be set once entries have closed and numbers are known

Time	Track	Time	Field
9:00	All W grades 4 x 100m heats	9:00	Triple Jump M18
	All M grades 4 x 100m heats		
	100mH W18 Heats		Discus W18
	100mH W20 Heats		
	100mH SW Heats		Pole Vault M18
	110mH M18 Heats		Javelin M18
	110mH M20 Heats		Discus M20
	110mH SM Heats		
	1500m W18 Heats		Long Jump W 20
	1500m W20 Heats		Long Jump W Para
	1500m SW Heats		
	1500m M18 Heats		
	1500m M20 Heats		
	1500m SM Heats		
	200m W18 Heats		
	200m M18 Heats		
	200m W20 Heats		
	200m M20 Heats		Shot Put W Para incl seated
	200m Para W Heats		
	200m Para M Heats		
	200m SW Heats		
	200m SM Heats		Javelin SW
	100mH W18 F		Pole Vault SM
	100mH W20 F		Hammer M18
	100mH SW F		Long Jump M20
	110mH M18 F		Long Jump Para M
	110mH M20 F		
	110mH SM F		
	400m W18 F		
	400m M18 F		
	400m W20 F		Javelin W18
	400m M20 F		
	800m W18 F		Discus Para M incl seated
	800m M18 F		
	400m Para W F		
	400m Para M F		Javelin SM
	800m W20 F		
	800m M20 F		
	400m SW F		Triple Jump SM

	400m SM F		
	800m Para M F		High Jump SW
	800m SW F		
	800m SM F		
	4 x 100m Relay W18 F		
	4 x 100m Relay M18 F		
	4 x 100m Relay W20 F		
	4 x 100m Relay M20 F		
	4 x 100m Relay Mixed Para		
	4 x 100m Relay SW F		
	4 x 100m Relay SM F		

Sunday 8 March 2019

Note: Final times will be set once entries have closed and numbers are known

Time	Track	Time	Field
9:00	10,000m Track Walk M & W	9:00	Discus Para W incl seatd
	10,000m Track Walk M20 & W20		
	2,000m Steeple W18		Long Jump M18
	1500m W18 F		Shot Put W20
	1500m M18 F		
			Pole Vault M20
	2,000m Steeple M18		Hammer SM
	200m W20 F		Discus M 18
	200m M20 F		
			Triple Jump SW
	3,000m Steeple W20		
	3,000m Steeple SW		Hammer W20
	1,500m Para		High Jump W18
	200m W18 F		
	200m M18 F		
			Shot Put Para M incl seated
	3,000m Steeple M20		
	Intersport Challenge W 100m		
	Intersport Challenge M 100m		
	1500m W20 F		Discus SW
	1500m M20 F		Triple Jump W18
			High Jump M20
	200m Para W F		Para High Jump M
	200m Para M F		
			Pole Vault W20
	3,000m Steeple SM		
			Discus SM
	200m SW F		
	200m SM F		Shot Put M20
	1500m SW F		
	1500m SM F		
			Long Jump SM
	4 x 400m Relay W18 F		
	4 x 400m Relay M18 F		Shot Put W18
	4 x 400m Relay W20 F		
	4 x 400m Relay M20 F		
	4 x 400m Relay SW F		
	4 x 400m Relay SM F		