

2020 NZ Road Race Championships – Race Timetable

| GRADE | DISTANCE | START |
|--|------------|---------|
| SM / SW | 20 km walk | 0:08:30 |
| MW, MM, U20W/M | 10 km walk | 0:09:30 |
| U16G/B, U18W/M | 5 km walk | 0:09:30 |
| U14G/B | 3 km walk | 0:10:00 |
| U12G/B (non-championship grade) | 2 km walk | 0:10:00 |
| | | |
| MW/U20/U18W | 5 km | 0:11:30 |
| U14B | 3 km | 0:12:15 |
| U14G | 3 km | 0:12:16 |
| MM | 10 km | 0:12:36 |
| U16B | 4 km | 0:13:40 |
| U16G | 4 km | 0:13:43 |
| U20M | 8 km | 0:14:05 |
| 10G (non-championship grade, min age 7 on race day) | 2 km | 0:14:35 |
| 10B (non-championship grade, min age 7 on race day) | 2 km | 0:14:37 |
| SM /SW | 10 km | 0:14:55 |
| U18M | 6 km | 0:15:40 |
| U12G | 2 km | 0:16:05 |
| U12B | 2 km | 0:16:07 |

*Please note this timetable is subject to change