

2021 NZ Track and Field Nationals - Draft Programme - Subject to Change

Day	Time	Track	Time	Field
Friday	9:30		9:30	Long Jump W18 Qualifying
		3000m W18 F		
5th March		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		Triple Jump M20
		400mH SM Ht		High Jump W20
		5000m M20 F		High Jump Param W
		100m Para M Ht		
		100m Para W Ht		Triple Jump W20
		100m W18 Ht		Javelin M20
		100m M18 Ht		Javelin M Para
		100m W20 Ht		
		100m M20 Ht		
		100m SW Ht		
		100m SM Ht		Hammer M20
		400m Para W M Ht		
		400m W18 Ht		
		400m M18 Ht		
		400m W20 Ht		
		400m M20 Ht		
	13:00	3000m RW M all grades	13:00	Long Jump SW
		3000m RW W all grades		
		800m Para W M Ht		High Jump M18
		800m W18 Ht		
		800m M18 Ht		Pole Vault SW
		800m W20 Ht		Discus W20
		800m M20 Ht		
		800m SW Ht		
		800m SM Ht		
		300mH W18 F .762		
		400mH W20 F .762		

		400mH SW F .762		
		300mH M18 F .838		
		400mH M20 F .914		
		400mH SM F .914		
	16:30	400m SW Ht	16:45	Shot Put SW
		400m SM Ht		Long Jump W18
		100m Para W F		Javelin W20
		100m Para M F		Javelin W Para
		100m Para M F		Hammer SW
		100m W18 F		High Jump SM
		100m M18 F		Shot Put SM
		100m W20 F		
		100m M20 F		
		5000m W20		
		5000m SW F		
		100m SW F		
		100m SM F		
		5000m SM F		

Day	Time	Track	Time	Field
Saturday	9:00	All W grades 4 x 100m heats	9:00	Triple Jump M18
6th March		All M grades 4 x 100m heats		
		100mH W18 Heats		Discus W18
		100mH W20 Heats		
		100mH SW Heats		Pole Vault SM
		110mH M18 Heats		Javelin M18
		110mH M20 Heats		
		110mH SM Heats		Javelin SW
		200m W18 Heats		
		200m M18 Heats		Long Jump W 20
		200m W20 Heats		Long Jump W Para
		200m M20 Heats		
		200m Para W Heats		
		200m Para M Heats		

		200m SW Heats		
		200m SM Heats		
		800m W18 F		Shot Put W Para seated
		800m W20 F		Shot Put W Para
		800m SW F		
		800m M18 F		
		800m M20 F		
		800m SM F		
				Discus M20
	13:00	100mH W18 F	13:00	Pole Vault M18
		100mH W20 F		Javelin W18
		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		Hammer M18
		400m M20 F		
		1500m W18 Heats		Discus Para M seated
		1500m M18 Heats		Discus Para M
		400m Para W		
		400m Para M		Javelin SM
		1500m W20 Heats		
		1500m M20 Heats		
		400m SW F		Triple Jump SM
		400m SM F		
		800m Para M F		High Jump SW
		1500m SW Heats		
		1500m SM Heats		
		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 F		
		4 x 100m Relay SW F		
		4 x 100m Relay SM F		

Day	Time	Track	Time	Field
Sunday	8:30	10,000m Track Walk M & W	9:00	Discus Para W seatd
7th March		10,000m Track Walk M20 & W20		Discus Para W
		2,000m Steeple W18		Long Jump M18
		1500m W18 F		
		1500m M18 F		Shot Put W20
				Hammer SM
				Pole Vault M20
		2,000m Steeple M18		
		200m W20 F		Discus M 18
		200m M20 F		
				Triple Jump SW
		3,000m Steeple W20		High Jump W18
		3,000m Steeple SW		Shot Put Para M seated
		1,500m Para		Shot Put Para M
		200m W18 F		Hammer W20
		200m M18 F		
		3,000m Steeple M20		
		Intersport Challenge W 100m		
		Intersport Challenge M 100m		
	13:00	1500m W20 F	13:00	Discus SW
		1500m M20 F		Triple Jump W18
				High Jump M20
		200m Para W F		Para High Jump M
		200m Para M F		
		200m Para M F		Pole Vault W20
		3,000m Steeple SM		Shot Put M20
				Discus SM
		200m SW F		
		200m SM F		
				Long Jump SM

		1500m SW F		
		1500m SM F		Shot Put W18
		4 x 400m Relay W18 F		
		4 x 400m Relay M18 F		
		4 x 400m Relay W20 F		
		4 x 400m Relay M20 F		
		4 x 400m Relay SW F		
		4 x 400m Relay SM F		