

2021 New Zealand Track and Field Championships – Revised Timetable

Day	Time	Track	Time	Field
Friday				
26th March	9:03	3000m RW M all grades	9:33	Javelin M20
				Javelin Para M
	9:22	3000m RW W all grades		
			9:40	Long Jump M20
	9:50	800m Para W M Wheelchair	9:40	Long Jump Para M
	10:00	800m Para W		
			10:15	Pole Vault M20
	10:10	100m SW Ht	10:20	High Jump W20
	10:30	100m W20 Ht		
	10:45	100m SM Ht	11:15	Triple Jump W20
	11:03	5000m M20 F		
	11:25	5000m W20		
			11:20	Discus M20
	11:50	100m Para W F	11:20	Discus Para M
	12:03	100m Para W F Wheel		
	12:03	100m Para M F Wheel	12:15	Long Jump SM
	12:10	100m Para M F		
	12:15	400m W20 Ht		
	12:25	400m M20 Ht	13:30	Discus W20
	12:35	400m SM Ht	13:30	Discus Para W
			14:15	Pole Vault SW
	13:30	100m W20 F		
	13:40	100m M20 F		
	13:50	100m SW F		
	14:00	100m SM F		
	14:10	800m W20 F	14:45	Hammer SM
	14:25	800m SW F		
			15:30	Long Jump SW
	14:35	800m M20 F		
	14:45	800m SM F		
			16:05	Javelin W20

	15:30	400mH W20 F .762	16:05	Javelin W Para
	15:40	400mH SW F .762		
			16:30	Shot Put SW
	15:55	400mH M20 F .914	16:30	Shot Put W20
	16:05	400mH SM F .914		
			17:10	Hammer SW
	16:20	200m Para Wheelchair	17:25	High Jump SM
	16:25	200m Para M F	18:15	Shot Put SM
	16:35	4 x 100m Relay W20 F		
	16:50	4 x 100m Relay M20 F		
	17:05	4 x 100m Relay Mixed Para F		
	17:20	4 x 100m Relay SW F		
	17:35	4 x 100m Relay SM F		
	18:00	5000m SW F		
	18:30	5000m SM F		

Day	Time	Track	Time	Field
Saturday	8:30	10,000m Track Walk W	9:05	Hammer W20
27th March	9:35	10,000m Track Walk M	9:10	Long Jump W 20
			9:10	Long Jump W Para
	10:40	200m W20 Heats		
	10:52	200m M20 Heats	9:15	Shot Put M20
			10:00	Pole Vault W20
			10:15	Javelin SW
	11:05	200m SW Heats		
	11:17	200m SM Heats		
			10:20	High Jump M20
	11:30	100mH W20 F		
	11:40	100mH SW F	10:25	Triple Jump SM
	11:50	110mH M20 F	10:30	Shot Put W Para seated
	12:03	110mH SM F	10:30	Shot Put W Para
			11:30	Discus SM
	13:00	400m Para Wheelchair		
	13:10	400m Para M		
	13:18	400m W20 F		
	13:25	400m M20 F	12:45	Triple Jump SW
			13:10	Discus SW
	13:33	400m SW F		
	13:40	400m SM F		
			13:30	Pole Vault SM
	13:50	3,000m Steeple W20		
	14:05	3,000m Steeple SW	13:35	Shot Put Para M
	14:20	3,000m Steeple M20	14:30	Hammer M20
	14:35	3,000m Steeple SM		
	14:50	1,500m Para Wheelchair		
		1,500m Para		
	15:00	200m W20 F	14:45	High Jump SW
	15:08	200m M20 F		

			15:30	Javelin SM
	15:15	1500m W20 F		
	15:25	1500m M20 F		
			15:35	Triple Jump M20
	15:35	200m SW F		
	15:45	200m SM F		
	15:55	1500m SW F		
	16:05	1500m SM F		
	16:20	4 x 400m Relay W20 F		
	16:35	4 x 400m Relay M20 F		
	16:50	4 x 400m Relay SW F		
	17:05	4 x 400m Relay SM F		