



2022 Jennian Homes New Zealand Track and Field Championships - Programme

as at 28-02-22

Day	Time	Track	Time	Field
Thursday	9:00	3000m RW M	9:00	Triple Jump W18
3rd March	9:25	3000m RW W	9:05	Hammer M20
	9:45	3000m W18 Final	9:10	Shot Put M18
	10:00	3000m M18 Final		
	10:25	5000m M20 Final	9:30	High Jump W20
			10:25	Javelin M20
	11:00	100m W18 Heat		
	11:15	100m M18 Heat	10:20	Triple Jump M20
	11:25	100m M20 Heat		
	11:45	400m W18 Heat	11:00	Pole Vault W18
	12:00	400m M18 Heat		
			11:20	Hammer W18
	12:15	400m M20 Heat		
			14:00	Pole Vault M18
	13:30	300mH W18 Final .762 (TF)		
	13:50	400mH W20 Final .762	14:05	Javelin W20
	14:05	300mH M18 Final .838 (TF)	14:10	Triple Jump W20
	14:15	400mH M20 Final .914		
			15:10	Discus W18
	14:30	100m W18 Final		
	14:40	100m M18 Final	15:30	High Jump M20
	14:50	100m W20 Final		
	15:00	100m M20 Final	15:45	Triple Jump M18
	15:10	5000m W20		
			16:05	Javelin M18
	15:35	800m W18 Final		



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**NZ TRACK AND FIELD
 CHAMPIONSHIPS**

3 - 6 MARCH | MITRE 10 PARK

douglas HAWKE'S BAY AON HBG ATHLETICS NEW ZEALAND

	15:45	800m W20 Final	16:10	Shot Put W20
	16:00	800m M18 Final (TF)		
	16:10	800m M20 Final		
	16:20	4 x 100m Relay W18 Final		
	16:30	4 x 100m Relay M18 Final		
	16:45	4 x 100m Relay W20 Final		
	17:00	4 x 100m Relay M20 Final		

Day	Time	Track	Time	Field
Friday	9:00	100mH W18 Final	9:00	Javelin W18
4 th March	9:10	100mH W20 Final		
			9:10	High Jump M18
	9:20	110mH M18 Final		
	9:30	110mH M20 Final	9:40	Long Jump W20
	9:45	400m W18 Final	10:10	Hammer M18
	9:55	400m M18 Final		
	10:05	400m W20 Final	10:45	Long Jump W18
	10:15	400m M20 Final		
	10:25	1500m W18 Finals (TF)	11:00	Discus W20
	10:45	1500m M 18 Finals (TF)		
	10:55	1500m W20 Finals	11:05	Pole Vault M20
	11:05	1500m M20 Finals		
			13:00	Discus M 18
	11:20	200m W18 Heats		
	11:35	200m M18 Heats	13:05	High Jump W18
	11:50	200m W20 Heats		
	12:00	200m M20 Heats	13:10	Long Jump M20
			14:15	Hammer W20
	13:30	2,000m Steeple M18		
			14:30	Pole Vault W20
	13:50	3,000m Steeple W20		
			14:35	Shot Put M20



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	14:15	200m W20 Final		
	14:25	200m M20 Final	15:15	Long Jump M18
	14:35	200m W18 Final	15:30	Discus M20
	14:45	200m M18 Final		
			15:35	Shot Put W18
	15:00	3,000m Steeple M20		
	15:15	2,000m Steeple W18		
	15:45	4 x 400m Relay W18 Final		
	16:05	4 x 400m Relay M18 Final		
	16:25	4 x 400m Relay W20 Final		
	16:50	4 x 400m Relay M20 Final		



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Day	Time	Track	Time	Field
Saturday	8:00	10,000 /5,000m RW M	9:45	Triple Jump SM
5th March	9:05	10,000 /5,000m RW W		
	10:15	100m Decathlon		
	10:25	100m SW Heat		
	10:40	100m SM Heat	11:00	Long Jump Decathlon
	11:00	100Hur Heptathlon	10:30	Hammer SM
	11:15	400m SW Heat		
	11:30	400m SM Heat	10:35	High Jump SW
	11:45	800m Para W Final Incl Wc	12:00	Long Jump SW
	11:50	800m Para M Final	12:00	Long Jump W Para
	11:55	800m SW Final		
	12:05	800m SM Timed Final	12:00	Shot Put Decathlon
	12:35	400mH SW Final .762	12:15	High Jump Heptathlon
	12:50	400mH SM Final .914	13:00	Pole Vault SW
	14:00	100m Para W Final	13:45	Shot Put Heptathlon
	14:10	100m Para M Final		
	14:20	100m Para chair Final	13:00	Javelin SW
			13:00	Javelin M Para
	14:30	100m SW Final		Javelin W Para
	14:35	100m SM Final		
	14:50	200m Heptathlon	13:05	High Jump Decathlon
	15:00	400m SW Final	15:00	High Jump SM
	15:15	400m SM Final		
	15:30	400m Decathlon	15:05	Hammer SW
	15:40	4 x 100m Relay Mixed Para Final	15:15	Shot Put SM
	15:55	4 x 100m Relay SW Final		
	16:10	4 x 100m Relay SM Final		



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	16:25	5000m SW Final	15:45	Discus Para W seated
	17:00	5000m SM Final	15:45	Discus Para W
			15:50	Long Jump Para M
			15:50	Long Jump SM

Day	Time	Track	Time	Field
Sunday	9:00	110mH Decathlon	9:00	Discus Para M seated
6th March	9:15	110mH SM Final	9:00	Discus Para M
	9:30	100mH SW Final	9:10	Triple Jump SW
	9:45	200m SW Heats	9:15	Javelin SM
	10:10	200m SM Heats		
			9:30	Discus Decathlon
	10:25	400m Para W		
	10:30	400m Para M	11:00	Long Jump Heptathlon
	10:35	400m Chair		
			11:05	Discus SM
	10:55	1500m SW Finals	11:15	Pole Vault Decathlon
	11:05	1500m SM Timed Finals	11:00	Shot Put W Para seated
			11:00	Shot Put W Para
	11:45	3,000m Steeple SW		
	12:00	3,000m Steeple SM	12:15	Javelin Heptathlon
	13:00	200m Para W Final	13:00	Shot Put SW
	13:10	200m Para W/c Final	14:15	Pole Vault SM
	13:20	200m Para M Final		
			14:15	Javelin Decathlon
	13:40	200m SW Final		
	13:45	200m SM Final		Shot Put Para M seated
	14:00	800m Heptathlon	14:30	Shot Put Para M
	14:45	1,500m Para		
	15:15	1500m Decathlon		
	15:35	4 x 400m Relay SW Final	15:00	Discus SW
	15:55	4 x 400m Relay SM Final		