

2022 Jennian Homes New Zealand Track and Field Championships – Programme

as at 03-02-22

Day	Time	Track	Time	Field
Thursday	9:00	3000m RW M	9:00	Triple Jump W18
3rd March		3000m RW W		Hammer M20
		3000m W18 Final		Shot Put M18
		3000m M18 Final		
		5000m M20 Final		Triple Jump M20
		100m W18 Heat		
		100m M18 Heat		
		100m W20 Heat		High Jump W20
		100m M20 Heat		
				Javelin M20
		400m W18 Heat		
		400m M18 Heat		
		400m W20 Heat		Pole Vault W18
		400m M20 Heat		
				Triple Jump W20
				Hammer W18
		300mH W18 Final .762		
		400mH W20 Final .762		
				Pole Vault M18
		300mH M18 Final .838		
		400mH M20 Final .914		Shot Put W20
		100m W18 Final		
		100m M18 Final		Triple Jump M18
		100m W20 Final		Javelin W20
		100m M20 Final		
		5000m W20		
				Long Jump W18 Qualifying
		100mH W18 Heats		

		100mH W20 Heats		Discus W18
		110mH M18 Heats		
		110mH M20 Heats		Javelin M18
				High Jump M20
		800m W18 Final		
		800m W20 Final		
		800m M18 Final		
		800m M20 Final		
		4 x 100m Relay W18 Final		
		4 x 100m Relay M18 Final		
		4 x 100m Relay W20 Final		
		4 x 100m Relay M20 Final		

Day	Time	Track	Time	Field
Friday	9:00	100mH W18 Final	9:00	
4th March				
		100mH W20 Final		Javelin W18
				Long Jump W 20
		110mH M18 Final		
		110mH M20 Final		High Jump M18
		400m W18 Final		Hammer M18
		400m M18 Final		
		400m W20 Final		Long Jump W18
		400m M20 Final		
		1500m W18 Final		Discus W20
		1500m M18 Final		
		1500m W20 Final		Pole Vault M20
		1500m M20 Final		
				Discus M 18
		200m W18 Heats		
		200m M18 Heats		
		200m W20 Heats		High Jump W18
		200m M20 Heats		

				Hammer W20
		2,000m Steeple M18		
				Long Jump M20
		200m W20 Final		
		200m M20 Final		Pole Vault W20
				Shot Put M20
		3,000m Steeple W20		
				Long Jump M18
		200m W18 Final		
		200m M18 Final		
		3,000m Steeple M20		Shot Put W18
		2,000m Steeple W18		
				Discus M20
		4 x 400m Relay W18 Final		
		4 x 400m Relay M18 Final		
		4 x 400m Relay W20 Final		
		4 x 400m Relay M20 Final		

Day	Time	Track	Time	Field
Saturday	8:00	10,000 /5,000m RW M	9:00	Triple Jump SM
5th March		10,000 /5,000m RW W		
				High Jump Para W
		100m Decathlon		High Jump SW
		100m SW Heat		
		100m SM Heat		Long Jump Decathlon
		100Hur Heptathlon		Hammer SM
		800m Para W Final Incl Wc		Long Jump SW
		800m Para M Final		Long Jump W Para
		800m SW Final		High Jump Heptathlon
		800m SM Final		Shot Put Decathlon
		400mH SW Final .762		Pole Vault SW
				Shot Put Heptathlon
		400mH SM Final .914		
				Javelin SW
		100m Para W Final		Javelin M Para
		100m Para M Final		Javelin W Para
		100m Para chair Final		
				High Jump Decathlon
		100m SW Final		High Jump SM
		100m SM Final		Para High Jump M
		200m Heptathlon		
		400m SW Final		
		400m SM Final		Shot Put SM
		400m Decathlon		Hammer SW
				Discus Para W seated

		4 x 100m Relay Mixed Para Final		Discus Para W
		4 x 100m Relay SW Final		
		4 x 100m Relay SM Final		Long Jump Para M
		5000m SW Final		Long Jump SM
		5000m SM Final		

Day	Time	Track	Time	Field
Sunday	9:00	110mH Decathlon	9:00	Discus Para M seated
6th March		110mH SM Final		Discus Para M
		100mH SW Final		Triple Jump SW
		200m SW Heats		Javelin SM
		200m SM Heats		
				Discus Decathlon
		400m Para W		Long Jump Heptathlon
		400m Para M		
		400m Chair		Discus SM
				Pole Vault Decathlon
		3,000m Steeple SW		Shot Put W Para seated
		3,000m Steeple SM		Shot Put W Para
		200m Para W Final		Javelin Heptathlon
		200m Para W/c Final		Shot Put SW
		200m Para M Final		Pole Vault SM
		200m SW Final		Javelin Decathlon
		200m SM Final		Shot Put Para M seated
		800m Heptathlon		Shot Put Para M
		1500m SW Final		
		1500m SM Final		
		1,500m Para		Discus SW
		1500m Decathlon		
		4 x 400m Relay SW Final		
		4 x 400m Relay SM Final		