

2022 New Zealand Track and Field Championships – Programme

as of 15/11/2021

Day	Time	
Thursday		
3rd March	19:00	Technical Meeting for Managers

Day	Time	Track	Time	Field
Friday	9:30	3000m W18 Final	9:30	Triple Jump W18
4th March		3000m M18 Final		Hammer M20
		300mH W18 Heat		Shot Put M18
		300mH M18 Heat		
		400mH W20 Heat		
		400mH M20 Heat		Pole Vault W18
		400mH SW Heat		Triple Jump M20
		400mH SM Heat		High Jump W20
		5000m M20 Final		High Jump Para W
		100m Para M U17 Heat		
		100m Para M Heat		
		100m Para W U17 Heat		
		100m Para W Heat		
		100m W18 Heat		Javelin M20
		100m M18 Heat		Javelin M Para
		100m W20 Heat		
		100m M20 Heat		
		100m SW Heat		
		100m SM Heat		Triple Jump W20
		400m Para W M U17 Heat		Hammer W18
		400m Para W M Heat		
		400m W18 Heat		
		400m M18 Heat		
		400m W20 Heat		
		400m M20 Heat		
	13:00	3000m RW M all grades	13:00	Long Jump SW
		3000m RW W all grades		
		800m Para W M U17 Heat		
		800m Para W M Heat		High Jump M18

		800m W18 Heat		
		800m M18 Heat		Pole Vault SW
		800m W20 Heat		Discus W20
		800m M20 Heat		
		800m SW Heat		
		800m SM Heat		
		300mH W18 Final .762		
		400mH W20 Final .762		
		400mH SW Final .762		
		300mH M18 Final .838		
		400mH M20 Final .914		
		400mH SM Final .914		
	16:30	400m SW Heat	16:30	Triple Jump M18
		400m SM Heat		Javelin W20
		100m Para W U17 Final		Javelin W Para
		100m Para W Final		
		100m Para M U17 Final		
		100m Para M Final		Shot Put SM
		100m W18 Final		
		100m M18 Final		Hammer SW
		100m W20 Final		
		100m M20 Final		
		5000m W20		
		100m SW Final		
		100m SM Final		
	18:05	5000m SW Final		
	18:35	5000m SM Final		

Day	Time	Track	Time	Field
Saturday	9:00	All W grades 4 x 100m heats	9:00	Long Jump W18 Qualifying
5th 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		
		200m W20 Heats		
		200m M20 Heats		Long Jump SM
		200m Para M U17 Heats		High Jump SW
		200m Para W Heats		
		200m Para M U17 Heats		
		200m Para M Heats		
		200m SW Heats		Discus M20
		200m SM Heats		
		800m W18 Final		Shot Put W Para seated
		800m W20 Final		Shot Put W Para
		800m SW Final		
		800m M18 Final		
		800m M20 Final		
		800m SM Final		
	13:00	100mH W18 Final	13:00	Pole Vault M18
		100mH W20 Final		Javelin W18
		100mH SW Final		Long Jump M20
		110mH M18 Final		Long Jump Para M
		110mH M20 Final		
		110mH SM Final		
		400m W18 Final		
		400m M18 Final		
		400m W20 Final		Hammer M18
		400m M20 Final		
		1500m W18 Heats		Discus Para M seated
		1500m M18 Heats		Discus Para M
		400m Para W U17		
		400m Para W		Shot Put SW
		400m Para M U17		
		400m Para M		Javelin SM
		1500m W20 Heats		
		1500m M20 Heats		Long Jump W 20
		400m SW Final		Long Jump W Para

		400m SM Final		
		800m Para M Final		
		1500m SW Heats		High Jump SM
		1500m SM Heats		
		4 x 100m Relay W18 Final		
		4 x 100m Relay M18 Final		
		4 x 100m Relay W20 Final		
		4 x 100m Relay M20 Final		
		4 x 100m Relay Mixed Para Final		
		4 x 100m Relay SW Final		
		4 x 100m Relay SM Final		

Day	Time	Track	Time	Field
Sunday	8:30	10,000m Track Walk M & W	9:00	Discus Para W seated
6th March		10,000m Track Walk M20 & W20		Discus Para W
		5,000m Track Walk M18 & W18 (If approved)		Long Jump M18
		2,000m Steeple W18		
				Shot Put W20
		1500m W18 Final		Hammer SM
		1500m M18 Final		Pole Vault M20
		2,000m Steeple M18		
				Discus M 18
		200m W20 Final		
		200m M20 Final		Triple Jump SW
				High Jump W18
		3,000m Steeple W20		Shot Put Para M seated
		3,000m Steeple SW		
		1,500m Para U17		Shot Put Para M
		1,500m Para		Hammer W20
		200m W18 Final		
		200m M18 Final		
		3,000m Steeple M20		

	13:00	1500m W20 Final	13:00	Discus SW
		1500m M20 Final		Triple Jump SM
		200m Para W U17 Final		High Jump M20
		200m Para W Final		Para High Jump M
		200m Para M U17 Final		
		200m Para M Final		Pole Vault W20
		3,000m Steeple SM		Shot Put M20
				Discus SM
		200m SW Final		
		200m SM Final		Long Jump W18
		1500m SW Final		
		1500m SM Final		Shot Put W18
		4 x 400m Relay W18 Final		
		4 x 400m Relay M18 Final		
		4 x 400m Relay W20 Final		
		4 x 400m Relay M20 Final		
		4 x 400m Relay SW Final		
		4 x 400m Relay SM Final		