

World Para Athletics Approved Meets November – December 2023

| Competition Name | City | Date |
|--|--------------|-------------|
| McKinnon Shield – Meet 3 | Auckland | 11 Nov 2023 |
| Athletics Wellington Regional Inter Club League – Meet 3 | Whanganui | 11 Nov 2023 |
| Athletics Otago Interclub Meet 3 | Dunedin | 11 Nov 2023 |
| Athletics Canterbury Inter Club Meet 4 | Christchurch | 11 Nov 2023 |
| McKinnon Shield – Meet 4 | Auckland | 18 Nov 2023 |
| Athletics Otago Interclub Meet 4 | Dunedin | 18 Nov 2023 |
| Athletics Waikato Bay of Plenty Senior Open – Meet 2 | Tauranga | 18 Nov 2023 |
| Athletics Otago Interclub Meet 5 | Dunedin | 25 Nov 2023 |
| Dick Quax Memorial Meet | Auckland | 25 Nov 2023 |
| Athletics Waikato Bay of Plenty Senior Open – Meet 3 | Tauranga | 25 Nov 2023 |
| Athletics Wellington Regional Inter Club League – Meet 4 | Masterton | 25 Nov 2023 |
| Athletics Canterbury Inter Club Meet 5 | Christchurch | 25 Nov 2023 |
| Athletics Canterbury Inter Club Meet 6 | Christchurch | 2 Dec 2023 |
| Athletics Otago Interclub Meet 6 | Dunedin | 2 Dec 2023 |
| Athletics Waikato Bay of Plenty Senior Open – Meet 4 | Tauranga | 2 Dec 2023 |
| McKinnon Shield – Meet 5 | Auckland | 2 Dec 2023 |
| NZ Secondary Schools Athletics Championships | Christchurch | 8 Dec 2023 |
| Night of 5's | Auckland | 16 Dec 2023 |

World Para Athletics Approved Meets January – March 2024

| Competition Name | City | Date |
|--|--------------|-------------|
| Lovelock Classic | Timaru | 6 Jan 2024 |
| McKinnon Shield – Meet 6 | Auckland | 13 Jan 2024 |
| McKinnon Shield – Meet 7 | Auckland | 20 Jan 2024 |
| Potts Classic | Hastings | 20 Jan 2024 |
| Athletics Canterbury Inter Club Meet 6 | Christchurch | 20 Jan 2024 |

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| Waikato Bay of Plenty Senior Open – Meet 5 | Hamilton | 21 Jan 2024 |
| Cooks Classic | Whanganui | 27 Jan 2024 |
| Waikato Bay of Plenty Senior Open – Meet 6 | Tauranga | 27 Jan 2024 |
| Athletics Canterbury Inter Club Meet 7 | Christchurch | 27 Jan 2024 |
| Athletics Otago Interclub Meet 7 | Dunedin | 27 Jan 2024 |
| Capital Classic | Wellington | 2 Feb 2024 |
| Sola Power Throwers Meet | Wellington | 3 Feb 2024 |
| Waikato Bay of Plenty Senior Open – Meet 7 | Hamilton | 3 Feb 2024 |
| Athletics Canterbury Inter Club Meet 8 | Christchurch | 3 Feb 2024 |
| Athletics Auckland Track & Field Championships | Auckland | 3-4 Feb 2024 |
| Athletics Canterbury Track & Field Championships | Christchurch | 9-10 Feb 2024 |
| Athletics Otago Interclub Meet 8 | Dunedin | 10 Feb 2024 |
| Porritt Classic | Hamilton | 10 Feb 2024 |
| Athletics Wellington Track & Field Championships | Wellington | 16-17 Feb 2024 |
| Waikato Bay of Plenty Track & Field Championships | Hamilton | 17-18 Feb 2024 |
| Waikato Bay of Plenty Senior Open – Meet 8 | Tauranga | 24 Feb 2024 |
| McKinnon Shield | Auckland | 24 Feb 2024 |
| International Track Meet | Christchurch | 24 Feb 2024 |
| Athletics Otago Interclub Meet 9 | Dunedin | 24 Feb 2024 |
| Athletics Canterbury Inter Club Meet 9 | Christchurch | 24 Feb 2024 |
| Waikato Bay of Plenty Senior Open – Meet 9 | Hamilton | 2 Mar 2024 |
| McKinnon Shield – Meet 9 | Auckland | 2 Mar 2024 |
| Athletics Otago Track & Field Championships | Dunedin | 2 Mar 2024 |
| Waikato Bay of Plenty Senior Open – Meet 10 | Hamilton | 9 Mar 2024 |
| Sir Graeme Douglas International | Auckland | 10 Mar 2024 |
| New Zealand Track & Field Championships | Wellington | 14-17 Mar 2024 |