

Athletics New Zealand

Programme for 2024 National T&F Championships Newtown Park Wellington

Day	Time	Track	Time	Field
Thursday	11:00	300m H W18 Heats .762	11:00	Long Jump M 16 Qual or final
Day Start	11:00	300m H W16 Heats .762		
Finish ?	20:30	300m H M16 Heats .762		Long Jump W16 Qual if reqd
		300m H M18 Heats .838		
				**Long Jump M18 Qual if Reqd
		100m W 16 Heats		Discus W18
		100m M 16 Heats		Pole Vault M 16
		100m W 18 Heats		
		100m M18 Heats		Discus M20
		100m Para W Final (W17/W20/SW)		
		100m Para M Final (M17/M20/SM)		Shot Put W16
		800m M 16 Heats		Triple Jump W20
		800m W 16 Heats		
				Javelin W20
		800m W18 Heats		
		800m M18 Heats		High Jump W16
		300m H W16 Final.762		Shot Put M 16
		300m H M16 Final .762		
		300m H W18 Final .762	15:00	Javelin M18
		300m H M18 Final .838		
				Pole Vault W18
		100m W 16 Finals		
		100m M 16 Finals		Long Jump W 16 Final
		100m W 18 Finals		
		100m M18 Finals		High Jump M 16
	15:00	3,000m W18 Final		Hammer M20
		3,000m M18 Final		
				Long Jump M 16 Final
		3,000m W16 Final		
		3,000m M16 Final		Hammer W16
		800m W20 Heats		
		800m M20 Heats		
		4 x 100m W16 Timed Finals		
		4 x 100m M16 Timed Finals		
		4 x 100m W18 Timed Finals		
		4 x 100m M18 Timed Finals		
		5,000m W20 Final		

		200m W16 Final		Shot Put SW
		200m M16 Final		
		200m W18 Final		Long Jump SM
		200m M18 Final		
				Hammer SM
		3,000m Steeple W20 .762		
		3,000m Steeple SW .762		
		100m W20 Final		
		100m M20 Final		
		100m SW Final		
		100m SM Final		
		4 x 400m W16 Relay T Finals		
		4 x 400m M16 Relay T Finals		
		3,000m Steeple M20 .914		
		3,000m Steeple SM .914		
		800m W20 Final		
		800m M20 Final		
		800m SW Final		
		800m SM Final		

Day	Time	Track	Time	Field
Saturday	9:00	1500m W16 Final (TF)	9:00	Long Jump W18 Final
Day Start	9:00	1500m M16 Final (TF)		
Finish ?	16:00	1500m W18 Final (TF)		Shot Put W Para
		1500m M18 Final (TF)		
				Discus M 16
		400m W16 Heats		
		400m M16 Heats		Pole Vault M20
		400m W18 Heats		
		400m M18 Heats		Discus SW
		400m W20 Heats		Triple Jump M18
		400m M20 Heats		
		400m SW Heats		Discus Para M
		400m SM Heats		
				High Jump Para M
		4 x 100m Relay W20 Heats		
		4 x 100m Relay M20 Heats		Triple Jump SM
		4 x 100m Relay SW Heats		
		4 x 100m Relay SM Heats		Hammer W18
		80mH W16 Heats .762	13:00	High Jump M18

		100mH W18 Heat .762		
		100mH M16 Heats .838		Shot Put W20
		110mH M18 Heats .991		
				Long Jump M20
		800m Para W Final (W17/W20/SW)		
		800m Para M Final (M17/M20/SM)		Hammer M16
		1500m W20 Heats		Pole Vault SW
		1500m M20 Heats		
				Triple Jump W16
	13:00	80mH W16 Final .762		
		100mH W18 Final .762		Long Jump SW
		100mH M16 Final .838		
		110mH M18 Final .991		Javelin SW
		400m W20 Final		High Jump SM
		400m M20 Final		
		400m SW Final		Shot Put SM
		400m SM Final		
				Javelin W18
		1500m SW Heats		
		1500m SM Heats		Javelin M Para
				Javelin W Para
		400m W16 Final		
		400m M16 Final		
		400m W18 Final		
		400m M18 Final		
		4 x 100m Relay Mixed Para Final		
		4 x 100m Relay W20 Final		
		4 x 100m Relay M20 Final		
		4 x 100m Relay SW Final		
		4 x 100m Relay SM Final		

Day	Time	Track	Time	Field
Sunday	9:00	10,000 /5,000m RW W	9:00	Triple Jump W18
Day Start	9:00	10,000 /5,000m RW M		
Finish ?	15:30			Club Throw Para W
		100mH SW Heat .838		Club Throw Para M
		100mH W20 Heat .838		
		110mH M20 Heat .991		Discus SM
		110mH SM Heat 1.067		
				Shot Put Para M
		200m W20 Heats		
		200m M20 Heats		Pole Vault W20

		200m SW Heats		
		200m SM Heats		Triple Jump SW
		1500m W20 Final		High Jump W 18
		1500m M20 Final		
				Shot Put M20
		200m Para W Final (W17/W20/SW)		
		200m Para M Final (M17/M20/SM)		Hammer SW
				Long Jump Para M
	13:00	1500m SW Finals		Long Jump W Para
		1500m SM Finals		
				Long Jump W 20
		100mH W20 Final .838		
		100mH SW Final .838	12:00	Discus Para W
		110mH M20 Final .991		
		110mH SM Final 1.067		Hammer M18
		200m W20 Final		
		200m M20 Final		High Jump SW
		200m SW Final		
		200m SM Final		Pole Vault SM
		1500m Para W Final (W17/W20/SW)		Javelin SM
		1500m Para M Final (M17/M20/SM)		
		4 x 400m Relay W18 T Final		
		4 x 400m Relay M18 T 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		