

# Jennian Homes NZ Track and Field National Championships 2025



Draft untimed program. Updated 07/01/2025

Draft Untimed Program - Day 1 - Thursday 6 March			
Approximate Start Time - 9:30am			
TRACK		FIELD	
W18	2000m SC 0.762 Final	W16	Long Jump – Qual if Required
M18	2000m SC 0.838 Final		
		W18	Shot Put
W16	300m Hurdles 0.762 Heats		
W18	300m Hurdles 0.762 Heats	M18	High Jump
M16	300m Hurdles 0.762 Heats		
M18	300m Hurdles 0.838 Heats	M16	Hammer Throw
M18	100m Heats	M16	Pole Vault
W18	100m Heats		
M16	100m Heats	W16	Hammer Throw
W16	100m Heats		
		M18	Javelin
M16	800m Heats		
W16	800m Heats	M18	Long Jump
M18	800m Heats		
W18	800m Heats	M20	Para Long Jump
M16	3000m Final	W16	Javelin
W16	3000m Final		
		W18	Discus
W16	300m Hurdles 0.762 Final		
W18	300m Hurdles 0.762 Final	M/W20	Para Javelin
M16	300m Hurdles 0.762 Final		
M18	300m Hurdles 0.838 Final	M16	Triple Jump
M20	800m Heats	W16	High Jump
W20	800m Heats		
SM	800m Heats	M16	Shot Put
SW	800m Heats		
		W18	Pole Vault
M20	3000m SC 0.914 Final		
W20	3000m SC 0.762 Final	W18	Triple Jump
M	Para 100m	M 17/S	Para Discus
W	Para 100m	W 17/S	Para Discus
M16	100m Final	M18	Discus
W16	100m Final		
M18	100m Final	W20	Para Long Jump
W18	100m Final		
SM	5000m Final		
SM	Para 5000m Final		
SW	5000m Final		

# Jennian Homes NZ Track and Field National Championships 2025



Draft untimed program. Updated 07/01/2025

Draft Untimed Program - Day 2 - Friday 7 March			
Approximate Start Time - 9:30am			
TRACK		FIELD	
W	3000m Race Walk	M18	Hammer Throw
M	3000m Race Walk		
		W16	Shot Put
W20	400m Hurdles 0.762 Heats		
SW	400m Hurdles 0.762 Heats	M16	High Jump
M20	400m Hurdles 0.914 Heats		
SM	400m Hurdles 0.914 Heats	W18	Long Jump - Qual if Required
M16	2000m SC 0.762 Timed Finals	M17/S	Para Shot Put
W16	2000m SC 0.762 Timed Finals		
		W16	Pole Vault
M16	200m Heats		
W16	200m Heats	M16	Discus
M18	200m Heats		
W18	200m Heats	SW	Long Jump
M18	3000m Final	W17/S	Para Shot Put
W18	3000m Final		
		W16	Discus
M16	800m Final		
W16	800m Final	M20	Javelin
M16	4x100m Relay Timed Finals	M16	Long Jump
W16	4x100m Relay Timed Finals		
M20	4x100m Relay Timed Finals	W18	High Jump
W20	4x100m Relay Timed Finals		
		SW	Javelin
W20	400m Hurdles 0.762 Finals		
SW	400m Hurdles 0.762 Finals	M18	Pole Vault
M20	400m Hurdles 0.914 Finals		
SM	400m Hurdles 0.914 Finals	W16	Long Jump
M16	200m Final	SM	Triple Jump
W16	200m Final		
M18	200m Final	SW	Shot Put
W18	200m Final		
		SM	Discus
M	Para 400m Final		
W	Para 400m Final		
M18	800m Final		
W18	800m Final		
SW	3000m SC 0.762 Final		
W20	3000m SC 0.762 Final		
SM	3000m SC 0.914 Final		

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M20	3000m SC 0.914 Final		
M20	800m Final		
W20	800m Final		
SM	800m Final		
SW	800m Final		
M20	5000m Final		
W20	5000m Final		
M16	4x400m Relay Timed Finals		
W16	4x400m Relay Timed Finals		
M20	4x400m Relay Timed Finals		
W20	4x400m Relay Timed Finals		
Mixed	4x100m Relay Para		
M18	4x100m Relay Timed Finals		
W18	4x100m Relay Timed Finals		
SM	4x100m Relay Timed Finals		
SW	4x100m Relay Timed Finals		

**Notes:**

Para age grades may be combined once entries are finalised pending entry numbers.

Start times are approximate only.

This programme is draft and subject to change.

# Jennian Homes NZ Track and Field National Championships 2025



Draft untimed program. Updated 07/01/2025

Draft Untimed Program - Day 3 – Saturday 8 March			
Approximate Start Time – 10:00am			
TRACK		FIELD	
W16	80m Hurdles 0.762 Heats	W18	Hammer Throw
W18	100m Hurdles 0.762 Heats		
M16	100m Hurdles 0.838 Heats	M18	Shot Put
M18	110m Hurdles 0.914 Heats		
		M20	Long Jump
M16	400m Heats	M17/S	Long Jump Para
W16	400m Heats		
M20	400m Heats	W20	High Jump
W20	400m Heats		
M18	400m Heats	M20	Discus
W18	400m Heats		
SM	400m Heats	M20	Pole Vault
SW	400m Heats		
		M18	Triple Jump
M20	1500m Heats		
M18	1500m Timed Finals	M16	Javelin
W18	1500m Timed Finals		
		M/W17/S	Para Javelin
W16	80m Hurdles 0.762 Final		
W18	100m Hurdles 0.762 Final	W18	Javelin
M16	100m Hurdles 0.838 Final		
M18	110m Hurdles 0.914 Final	M20/W20	Para Discus
W20	100m Heats	W16	Triple Jump
M20	100m Heats		
SW	100m Heats	W20	Discus
SM	100m Heats		
		W20	Triple Jump
W18	400m Final		
M18	400m Final	SM	Hammer Throw
W20	1500m Heats	SW	Pole Vault
W16	400m Final	SM	High Jump
M16	400m Final		
W20	400m Final	W18	Long Jump
M20	400m Final		
		SM	Shot Put
W16	1500m Timed Final		
W	1500m Para	SW	Hammer Throw
M16	1500m Timed Final		
M	1500m Para		
M	200m Para		
W	200m Para		
SM	1500m Heats		
SW	1500m Heats		

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SM	400m Final		
SW	400m Final		
M20	100m Final		
W20	100m Final		
SM	100m Final		
SW	100m Final		

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# Jennian Homes NZ Track and Field National Championships 2025



Draft untimed program. Updated 07/01/2025

Draft Untimed Program - Day 4 – Sunday 9 March			
Approximate Start Time – 9:00am			
TRACK		FIELD	
M	5000m/10000m Race Walk	W20	Javelin
W	5000m/10000m Race Walk		
		M20	Shot Put
W20	100m Hurdles 0.838 Heats		
SW	100m Hurdles 0.838 Heats	W20	Long Jump
M20	110m Hurdles 0.991 Heats		
SM	110m Hurdles 1.067 Heats	W 17/S	Para Long Jump
M	800m Para	M20/W20	Para Shot Put
W	800m Para		
		SM	Pole Vault
M20	1500m Final		
W20	1500m Final	M20	High Jump
M20	200m Heats	SM	Javelin
W20	200m Heats		
SM	200m Heats	SM	Long Jump
SW	200m Heats		
		M20	Hammer Throw
W20	100m Hurdles 0.838 Final		
SW	100m Hurdles 0.838 Final	M20	Triple Jump
M20	110m Hurdles 0.991 Final		
SM	110m Hurdles 1.067 Final	SW	Discus
SM	1500m Final	SW	High Jump
SW	1500m Final		
		W20	Pole Vault
M20	200m Final		
W20	200m Final	W20	Shot Put
SM	200m Final		
SW	200m Final	SW	Triple Jump
M18	4x400m Relay Timed Finals	W20	Hammer Throw
W18	4x400m Relay Timed Finals		
SM	4x400m Relay Timed Finals		
SW	4x400m Relay Timed Finals		

**Notes:**

Para age grades may be combined once entries are finalised pending entry numbers.

Start times are approximate only.

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