



2025 NZSS Track & Field and Road Championships

DRAFT Version 1 @ 1 August 2025

GUIDELINE ORDER of EVENTS and NOTES

ALL TIMES ARE INDICATIVE ONLY UNTIL ENTRIES CLOSE

Sprint/Hurdles Events: If 3 or 4 rounds are required they are likely to be fitted in on Sunday am or late Saturday afternoon. Note in some cases 2nd round or semis may not be required as scheduled.

3000m: Events will be run as timed finals, seeded times are important for likelihood of A & B races so your **Athletics NZ season ranking** times are very important and should be accurate.

Steeplechas: Races will be run as straight finals. Jun Girls & Sen Girls may be run together depending on numbers

200/400m: Close proximity of these events is to discourage athletes attempting both these anaerobic events

Pole vault: Juniors & Seniors will be run by Gender groups together unless numbers dictate otherwise

Horizontal Jumps: [LJ & TJ] Where two pools are required athletes will be divided into two pools of equal size which will be held consecutively (one pool following the other). A qualifying performance will be set by the Technical Delegate prior to competition commencing. Athletes who achieve or better that qualifying performance will retire from competition. The remainder of athletes in the pool will continue until their final 3 trials are completed. A finals field of approximately twelve athletes will be determined from those qualifying automatically (guaranteed a place in the final) & top placed non-automatic qualifiers. The final, consisting of three trials for all athletes and a further three trials for the top eight, will be held at a suitable time to allow for recovery & preparation.

Other Field Events: Should other field events exceed 30 entrants eg Jun Girls/Jun Boys Discus, qualifying pools may be held at the Technical Delegates discretion with finals scheduled at a later time.

Para Athletes: All Para events will be placed using the percentage of world record or calculated standard system (this includes T20/F20 athletes). The Para mixed 4x100m relay teams can be a combination of classifications and gender.

Friday 5 December - Track & Field Championships - Afternoon Session

12.00pm	800m	Para Boys	Final	11.30am	Pole Vault	Jun Boys/Sen Boys
	800m	Jun Girls	Heats		Discus	Jun Girls (Q pools A + B or Final)
	800m	Jun Boys	Heats		Javelin	Sen Girls
	800m	Sen Girls	Heats		Long Jump	Jun Boys (2 Q pools to final) Pool A
	800m	Sen Boys	Heats			
	200m	Jun Girls	Heats		Long Jump	Jun Boys (2 Q pools to final) Pool B
	200m	Jun Boys	Heats			
	200m	Para	Finals			
2.00pm	3000m	Sen Girls	Finals (timed)	2.00pm	High Jump	Jun Girls
	3000m	Sen Boys	Finals (timed) A race		Shotput	Jun Boys
	3000m	Sen Boys	Finals (timed) B race			
	400m	Sen Girls	Heats			
	400m	Sen Boys	Heats		Pole Vault	Jun Girls/Sen Girls
	400m	Jun Girls	Heats		Long Jump	Para S.Boys/S.Girls/J. Boys/J.Girls
	400m	Jun Boys	Heats		Long Jump	Jun Boys Final
4.00pm	200m	Sen Girls	Heats		Discus	Para (B+ G)
	200m	Sen Boys	Heats	4.00pm	Discus	Final Jun Girls if required
	3000m	Jun Girls	Final			
	3000m	Jun Boys	Finals (timed) A race			
	3000m	Jun Boys	Finals (timed) B race			
5.00pm	4x100m	Sen Mx	Heats		Triple Jump	Jun Girls/Para Girls
	4x100m	Sen Girls	Heats			
	4x100m	Sen Boys	Heats			
	4x100m	Jun Mx	Heats			
	4x100m	Jun Girls	Heats			
	4x100m	Jun Boys	Heats			

Saturday 6th December Track & Field Championships - Morning Session

9.00am	80mH	Jun Girls	Heats	9.00am	Discus	Jun Boys (Q Pools or Final)
	100mH	Jun Boys	Heats		Long Jump	Jun Girls (2 qual. pools to final) Pool A
	100mH	Sen Girls	Heats			
	110mH	Sen Boys	Heats			
	1500m	Jun Girls	Heats			
	1500m	Jun Boys	Heats		Shot Put	Sen Boys
	100m	Para B	Finals		High Jump	Sen Girls
	100m	Para G	Finals			
11.00am	100m	Sen Boys	Heats		Long Jump	Jun Girls (2 qual. pools to final) Pool B
	100m	Sen Girls	Heats			
	100m	Jun Boys	Heats	11.00am	Javelin	Jun Girls
	100m	Jun Girls	Heats		Shot Put	Para Boys & Para Girls
	1500m	Sen Girls	Heats		Long Jump	Sen Boys (2 qual. pools to final) Pool A
	1500m	Sen Boys	Heats			
	1500m	Para Boys	Final		Long Jump	Sen Boys (2 qual. pools to final) Pool B

Saturday 6th December Track & Field Championships - Afternoon Session

12.45pm	LUNCH					
1.15pm	Opening Ceremony			1.30pm	High Jump	Sen Boys
	300m Hurdles	Jun Boys	Heats		Discus	Sen Girls
	300m Hurdles	Jun Girls	Heats		Shot Put	Jun Girls
	300m Hurdles	Sen Girls	Heats			
	300m Hurdles	Sen Boys	Heats		Long Jump	Jun Girls Final
	100m	Sen Girls	2nd round/semis			
	100m	Sen Boys	2nd round/semis			
	100m	Jun Boys	2nd round/semis	3.00pm	Javelin	Jun Boys
	100m	Jun Girls	2nd round/semis			
3.00pm	800m	Jun Girls	Semis		Triple Jump	Sen Girls (2 qual. pools to final) Pool A
	800m	Jun Boys	Semis		Triple Jump	Sen Girls (2 qual. pools to final) Pool B
	800m	Sen Girls	Semis			
	800m	Sen Boys	Semis			
	2km/3km TW	Jun Girls/Sen Girls	Finals			
	400m	Sen Boys	Semis		Hammer	Jun Boys/Sen Boys
	400m	Jun Girls	Semis			
	400m	Jun Boys	Semis	5.00pm	Long Jump	Sen Boys Final
	200m	Sen Girls	2nd round/semis			
	200m	Sen Boys	2nd round/semis		Triple Jump	<i>Sen Girls Final if required</i>
5.00pm	200m	Jun Girls	2nd round/semis			
	200m	Jun Boys	2nd round/semis			
	300mH	All grades	Semis if required			

Sunday 7th December Road Race Championships

8.00 am	3000 m	Y9 G
8.20 am	3000 m	Y9 B
8.40 am	4000m/2000m	Jun Girls/Para Girls
9.05 am	4000m/2000m	Jun Boys/Para Boys

9.30 am 4000 m Sen Girls
 9.55 am 6000 m Sen Boys

Sunday 7 December Track & Field Championships - Morning Session

9.00am	100m	Jun Boys	Semis	9.00am	Long Jump	Sen Girls
	100m	Sen Boys	Semis			
	2km/3km TW	Jun Boys/Sen Boys	Finals		High Jump	Jun Boys
	200m	Sen Boys	Semis			
	800m	Jun Girls	Final			
	800m	Jun Boys	Final			
	800m	Sen Girls	Final			
	800m	Sen Boys	Final			
	110mH	Sen Boys	Final	11.00am	Shot Put	Sen Girls
	100mH	Jun Boys	Final		Javelin	Sen Boys
	100mh	Sen Girls	Final		Triple Jump	Jun Boys
	80mH	Jun Girls	Final			
	2000mS/c	Jun Girls	Final			
	2000mS/c	Jun Boys	Final			
11.00am	2000mS/c	Sen Girls	Final			
	2000mS/c	Sen Boys	Final			
	100m	Sen Girls	Final			
	100m	Sen Boys	Final			
	100m	Jun Girls	Final			
	100m	Jun Boys	Final			

11.45am LUNCH

Sunday Track & Field Championships - Afternoon Session

12.30pm	300mH	Jun Girls	Final	12.30pm	Javelin	Para Girls and Boys
	300mH	Jun Boys	Final		Discus	Sen Boys
	300mH	Sen Girls	Final			
	300mH	Sen Boys	Final			
	1500m	Jun Girls	Final		Triple Jump	Sen Boys/Para Boys
	1500m	Jun Boys	Final			
	200m	Sen Boys	Final			
	200m	Sen Girls	Final			
	200m	Jun Girls	Final			
	200m	Jun Boys	Final			
	400m	Jun Girls	Final			
	400m	Jun Boys	Final			
	1500m	Sen Girls	Final			
	1500m	Sen Boys	Final			
2.00pm	400m	Para Sen Boys	Final	2.00pm	Hammer	Sen Girls/Jun Girls
	400m	Sen Girls	Final			
	400m	Sen Boys	Final			
	4x100m	Para Mix	Final			
	4x100m	Jun Mix	Final			
	4x100m	Jun Girls	Finals			
	4x100m	Jun Boys	Finals			
	4x100m	Sen Mix	Final			
	4x100m	Sen Girls	Finals			
	4x100m	Sen Boys	Finals			
	4x400m	Jun Mix	Final			
	4x400m	Jun Girls	Final			

	4x400m	Jun Boys	Finals (timed) A+B
3.00pm	4x400m	Sen Mix	Finals (timed)
	4x400m	Sen Girls	Finals (timed)
	4x400m	Sen Boys	Finals (timed)

4.30pm **NZSS Team and Athletes of the Meet announcement and Closing**