

**NEW ZEALAND SECONDARY SCHOOLS TRACK, FIELD & ROAD RACE
CHAMPIONSHIPS**
Mitre 10 Sports Park, Hastings
5th, 6th, 7th December 2025

Timed Programme

Friday 5th December Track & Field Championships - Afternoon Session

12.00pm	800m	PA Boys	Final	12.00pm	Pole Vault	JB & SB	Final
12.05pm	800m	JG	Heats	12.00pm	Discus	JG	Final
12.20pm	800m	JB	Heats	12.00pm	Javelin	SG	Final
12.35pm	800m	SG	Heats	12.00pm	Long Jump	JB	Final
12.55pm	800m	SB	Heats				
1.15pm	200m	JG	Heats				
1.35pm	200m	JB	Heats				
1.55pm	200m	Para Girls	Final				
1.57pm	200m	Para JB	Final				
1.58pm	200m	Para SB	Final				
2.00pm	3000m	SG	Final	2.00pm	High Jump	JG	Final
2.14pm	3000m	SB	Final A (timed)	2.00pm	Shotput	JB	Final
2.27pm	3000m	SB	Finals B (timed)				
2.40pm	400m	SG	Heats	2.30pm	Pole Vault	JG & SG	Final
2.52pm	400m	SB	Heats	2.30pm	Long Jump	Para Girls & Boys	Final
3.10pm	400m	JG	Heats				
3.25pm	400m	JB	Heats				
3.45pm	200m	SG	Heats >> 2nd R!!				
4.05pm	200m	SB	Heats	4.00pm	Discus	Para Girls & Boys	Final
4.30pm	3000m	JG	Final				
4.43pm	3000m	JB	Final A (timed)				
4.55pm	3000m	JB	Finals B (timed)	3.30pm	Triple Jump	JG	Final
5.10pm	4x100m	SG	Heats				
5.18pm	4x100m	SB	Heats				
5.26pm	4x100m	JG	Heats				
5.34pm	4x100m	JB	Heats				

Saturday 6th December Track & Field Championships - Morning Session

9.00am	110mH	SB	Heats	9.00am	Discus	JB	Final
9.10am	100mH	SG	Heats	9.00am	Long Jump	JG Pool A	Qualifying
9.25am	100mH	JB	Heats				
9.40am	80mH	JG	Heats	9.30am	Shot Put	SB	Final
9.50am	1500m	JG	Heats				
10.15am	1500m	JB	Heats	9.45am	High Jump	SG	Final
10.35am	100m	Para Boys	Final				
10.40am	100m	Para Girls	Final	10.15am	Long Jump	JG Pool B	Qualifying
10.45am	100m	SB	Heats				
11.10am	100m	SG	Heats	11.00am	Javelin	JG	Final
11.25am	100m	JB	Heats				
11.45am	100m	JG	Heats	11.30am	Shot Put	Para Boys & Girls	Final
12.10pm	1500m	SG	Heats	11.30pm	Long Jump	SB Pool A	Qualifying
12.25pm	1500m	SB	Heats				
12.45pm	1500m	Para Boys	Final	12.45pm	Long Jump	SB Pool B	Qualifying
12.50pm	LUNCH						

Saturday 6th December Track & Field Championships - Afternoon Session

1.05pm	Opening Ceremony			1.15pm	High Jump	SB	Final
1.40pm	300mh	JB	Heats	1.15pm	Discus	SG	Final
1.47pm	300mh	JG	Heats	1.15pm	Shot Put	JG	Final
1.57pm	300mh	SG	Heats				
2.05pm	300mh	SB	Heats	2.00pm	Long Jump	JG	Final
2.15pm	100m	SG	Semis				
2.25pm	100m	SB	2nd round	2.30pm	Javelin	JB	Final
2.37pm	100m	JB	2nd round				
2.49pm	100m	JG	2nd round	2.45pm	Triple Jump	SG	Final
3.00pm	800m	JG	Semis				
3.10pm	800m	JB	Semis				
3.20pm	800m	SG	Semis				
3.30pm	800m	SB	Semis				
3.45pm	2km/3km Track Walk	JG/SG	Finals				
4.05pm	400m	SB	Semis	4.15pm	Hammer	JB & SB	Final
4.15pm	400m	JG	Semis				
4.23pm	400m	JB	Semis	4.30pm	Long Jump	SB	Final
4.35pm	200m	SG	2nd round				
4.47pm	200m	SB	2nd round				
4.59pm	200m	JG	2nd round				
5.11pm	200m	JB	2nd round				

Sunday 7th December Road Race Championships

8.00 am	3000 m	Y9 G	
8.20 am	3000 m	Y9 B	
8.40 am	4000 m/2000m	JG /PG	PJG 1
9.05 am	4000 m/2000m	JB/PB	P JB 3 + PSB 3
9.30 am	4000 m	SG	
9.55 am	6000 m	SB	

Sunday 7th December Track & Field Championships - Morning Session

9.00am	100m	JB	2 semis	9.00am	Long Jump	SG	Final
9.06am	100m	JG	2 semis				
9.12am	100m	SB	2 semis				
9.20am	3km Track Walk	SB	Final	9.15am	High Jump	JB	Final
9.40am	800m	JG	Final				
9.44am	800m	JB	Final				
9.48am	800m	SG	Final				
9.52am	800m	SB	Final				
10.00am	200m	SG	2 Semis				
10.08am	200m	SB	2 Semis				
10.15am	200m	JG	2 Semis				
10.22am	200m	JB	2 Semis				
10.30am	110mH	SB	Final	11.00am	Shot Put	SG	Final
10.35am	100mH	JB	Final	11.00am	Javelin	SB	Final
10.40am	100mh	SG	Final	11.00am	Triple Jump	JB	Final
10.45am	80mH	JG	Final				
10.50am	2000mS/c	JG	Final				
11.00am	2000mS/c	JB	Final				
11.10am	2000mS/c	SG	Final				
11.20am	2000mS/c	SB	Final				
11.30am	100m	SG	Final				
11.35am	100m	SB	Final				
11.40am	100m	JG	Final				
11.45am	100m	JB	Final				

11.45am LUNCH

Sunday 7th December Track & Field Championships - Afternoon Session

12.30pm	300mH	JG	Final	12.30pm	Javelin	Para Girls & Boys	Final
12.35pm	300mH	JB	Final	12.30pm	Discus	SB	Final
12.40pm	300mH	SG	Final				
12.45pm	300mH	SB	Final				
12.50pm	1500m	JG	Final	1.30pm	Triple Jump	SB	Final
12.57pm	1500m	JB	Final				
1.05pm	200m	SB	Final				
1.10pm	200m	SG	Final				
1.15pm	200m	JG	Final				
1.20pm	200m	JB	Final				
1.25pm	400m	JG	Final				
1.30pm	400m	JB	Final				
1.35pm	400m	SG	Final				
1.40pm	400m	SB	Final				
1.45pm	400m	Para Boys	Final				
1.50pm	1500m	SG	Final	2.00pm	Hammer	SG & JG	Final
2.00pm	1500m	SB	Final				
2.10pm	4x100m	PA SB	Final				
2.15pm	4x100m	JG	Final				
2.20pm	4x100m	JB	Final				
2.25pm	4x100m	J Mx	Final				
2.30pm	4x100m	SG	Final				
2.35pm	4x100m	SB	Final				
2.40pm	4x100m	S Mx	Final				
2.50pm	4x400m	J Mix	Final				
2.55pm	4x400m	JG	Final				
3.00pm	4x400m	JB	Finals (timed) A+B				
3.10pm	4x400m	S Mx	Finals				
3.15pm	4x400m	SG	Finals				
3.25pm	4x400m	SB	Finals (timed) A+B				

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