

PROVISIONAL TIMETABLE *(draft as @ 7 August 2026)*

NZSSAA 53rd TRACK & FIELD CHAMPIONSHIPS and ROAD RACE CHAMPIONSHIPS December Friday 11th – Sunday 13th at Cooks Gardens, Whanganui.

SCHEDULING NOTES TO THE PROVISIONAL TIMETABLE

Submissions:

Any requests for possible changes to the draft timetable are to be made to oe@nzssaa.org.nz before 5.00pm on Monday 21 September

Changes:

Any timetable changes to be made will only be made within the day scheduled in the draft and where possible within the session on that day

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 rounds or semis may not be required as scheduled.

3000m:

These events will be run if required as timed finals. Seed times are important for likelihood of A & B races so your **Athletics NZ season ranking** times are very important and should be accurate. **A** races will be run first

Steeplechases:

Races will be run as straight finals. Junior Girls & Senior Girls may be run together depending on numbers

200/400m:

The proximity of these events is to discourage athletes attempting to both these anaerobic events

Pole vault:

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

Horizontal Jumps:

[Long & Triple] Where two pools are required athletes will be divided into two pools of equal size which will be held concurrently for Long Jump and consecutively for Triple. An auto 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 if consecutive pools are required. 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 will consist of three further trials for all athletes for Long Jump Finals.

Triple jump finals if pools are required will be held at a suitable time to allow for recovery & preparation.

Other Field Events:

Should other field events exceed 30 entrants e.g. Junior Girls Discus, qualifying pools may be held at the Technical Delegates discretion with finals scheduled later at specified 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.

Road Race:

Please note the previously advertised changed format to the road race

Sunday 13 December 2026 - Road Race Championships

8.15 am	4000m	Junior Girls & Paras	U14,U15&U16
8:45am	4000m	Junior Boys & Paras	U14,U15&U17
9.15 am	4000 m	Senior Girls	SG
9.45 am	5000 m	Senior Boys	SB

Friday 11 December 2026 Track & Field Championships - Afternoon Session

12.00pm	800m	Para Boys & Girls	Finals	12.00pm	Pole Vault	Junior & Senior Boys
	800m	Junior Girls	Heats			
	800m	Junior Boys	Heats		Discus	Junior Girls
	800m	Senior Girls	Heats			
	800m	Senior Boys	Heats		Long Jump	Junior Boys
1.00pm	200m	Senior Girls	Heats		Javelin	Senior Girls
	200m	Senior Boys	Heats			
	200m	Para Boys & Girls	Finals		High Jump	Junior Girls
	200m	Junior Girls	Heats			
	200m	Junior Boys	Heats		Shotput	Junior Boys
2.00pm	3000m	Senior Girls	Final	3.00pm	Pole Vault	JG/SG
	3000m	Senior Boys	Finals			
	400m	Senior Girls	Heats		Long Jump	PA SB/SG/JB/JG
	400m	Senior Boys	Heats			
	400m	Junior Girls	Heats		Discus	PA SB/SG/JB/JG
3.00pm	400m	Junior Boys	Heats		Triple Jump	Junior Girls
	200m	Senior Girls	Heats			
	200m	Senior Boys	Heats			
	3000m	Junior Girls	Final			
	3000m	Junior Boys	Finals A			
4.30pm	4x100m	Junior Mixed	Heats			
	4x100m	Senior Mixed	Heats			
	4x100m	Senior Girls	Heats			
	4x100m	Senior Boys	Heats			
	4x100m	Junior Girls	Heats			
5.00pm	4x100m	Junior Boys	Heats			

Saturday 12 December 2026 - Track & Field Championships - Morning Session

9.00am	110mH	Senior Boys	Heats	9.00am	Discus	Junior Boys
	100mH	Senior Girls	Heats			
	100mH	Junior Boys	Heats		Long Jump	Junior Girls
	80mH	Junior Girls	Heats			
	1500m	Junior Girls	Heats		Shot Put	Senior Boys
10:30am	1500m	Junior Boys	Heats	11.00am	Javelin	Junior Girls
	100m	Para Girls	Finals			
	100m	Para Boys	Finals		Long Jump	Senior Boys
	100m	Senior Boys	Heats			
	100m	Senior Girls	Heats		Shot Put	PA Boys & Girls
12:15pm	100m	Junior Boys	Heats			
	100m	Junior Girls	Heats			
	1500m	Senior Boys	Heats			
	1500m	Senior Girls	Heats			
	1500m	Para Boys	Final			

Saturday 12 December - Track & Field Championships - Afternoon Session

12.50pm	LUNCH				
1.15pm	Opening Ceremony			1.15pm	High Jump Senior Boys
	300m Hurdles	Junior Boys	Heats		
	300m Hurdles	Junior Girls	Heats		Discus Senior Girls
	300m Hurdles	Senior Girls	Heats		
	300m Hurdles	Senior Boys	Heats		Shot Put Junior Girls
	100m	Senior Girls	2nd round /Semis		
	100m	Senior Boys	2nd round /Semis		
	100m	Junior Boys	2nd round /Semis	3.00pm	Javelin Junior Boys
	100m	Junior Girls	2nd round /Semis		
3.00pm	800m	Junior Girls	Semis		Triple Jump Senior Girls
	800m	Junior Boys	Semis		
	800m	Senior Girls	Semis		Hammer Senior Boys
	800m	Senior Boys	Semis		
	2km/3km Walk	Sen & Jun Girls	Finals		Long Jump Senior Boys
	400m	Senior Girls	Semis		
	400m	Senior Boys	Semis		
	400m	Junior Girls	Semis	4.30pm	Hammer Junior Boys
	400m	Junior Boys	Semis		
	200m	Junior Girls	2nd round		
	200m	Junior Boys	2nd round		
	200m	Senior Girls	2nd round		
	200m	Senior Boys	2nd round		

Sunday 13 December 2026 - Track & Field Championships - Morning Session

9.00am	100m	Junior Girls	Semis	9.00am	Discus Senior Boys
	100m	Junior Boys	Semis		
	100m	Senior Girls	Semis		Triple Jump Junior Boys
	100m	Senior Boys	Semis		
	2km/3km Walk	Sen & Jun Boys	Finals		Long Jump Senior Girls
	800m	Junior Girls	Final		
	800m	Junior Boys	Final		
	800m	Senior Girls	Final		
	800m	Senior Boys	Final		
10.00am	200m	Senior Girls	Semis		
	200m	Senior Boys	Semis		
	200m	Junior Girls	Semis		
	200m	Junior Boys	Semis		
	110mH	Senior Boys	Final		
	100mH	Junior Boys	Final		
	100mH	Senior Girls	Final	10.30am	Shot Put Senior Girls
	80mH	Junior Girls	Final		
	2000mS/c	Junior Girls	Final		High Jump Junior Boys
11.00am	2000mS/c	Senior Girls	Final		
	2000mS/c	Junior Boys	Final		Javelin Senior Boys

2000mS/c	Senior Boys	Final
100m	Junior Girls	Final
100m	Junior Boys	Final
100m	Senior Boys	Final
100m	Senior Girls	Final

11.45am LUNCH

Sunday 13 December 2026 - Track & Field Championships - Afternoon Session

12.30pm	300m Hurdles	Junior Boys	Final	12.30pm	Javelin	PA Girls & Boys
	300m Hurdles	Junior Girls	Final			
	300m Hurdles	Senior Girls	Final			
	300m Hurdles	Senior Boys	Final			
1.00pm	1500m	Junior Boys	Final	1.00pm	Hammer	Senior Girls & Juniors
	1500m	Junior Girls	Final		Triple Jump	Senior Boys
	200m	Senior Girls	Final			
	200m	Senior Boys	Final			
	200m	Junior Boys	Final			
	200m	Junior Girls	Final			
	400m	Junior Boys	Final			
	400m	Junior Girls	Final			
	400m	Senior Girls	Final			
	400m	Senior Boys	Final			
	400m	Para Boys	Final			
	1500m	Senior Girls	Final			
	1500m	Senior Boys	Final			
	4x100m	Para Boys	Final			
	4x100m	Junior Girls	Final			
	4x100m	Junior Boys	Final			
2.00pm	4x100m	Junior Mixed	Final			
	4x100m	Senior Mixed	Final			
	4x100m	Senior Girls	Final			
	4x100m	Senior Boys	Final			
	4x400m	Junior Mixed	Final			
	4x400m	Junior Girls	Finals			
	4x400m	Junior Boys	Finals			
	4x400m	Senior Mixed	Finals			
	4x400m	Senior Girls	Finals			
	4x400m	Senior Boys	Finals			
	4x400m	Senior Mixed	Finals			
	4x400m	Senior Girls	Finals			
	4x400m	Senior Boys	Finals			
	4x400m	Senior Mixed	Finals			
	4x400m	Senior Girls	Finals			
	4x400m	Senior Boys	Finals			
3.00pm	4x400m	Senior Mixed	Finals			
	4x400m	Senior Girls	Finals			
	4x400m	Senior Boys	Finals			
Final NZSS Team and Athletes of the Meet Announcement						
4.30pm	Closing					