



NEW ZEALAND TRACK & FIELD CHAMPIONSHIPS

8 – 10 March, 2019

Ngā Puna Wai, Christchurch



Friday 8 March 2019

Note: Final times will be set once entries have closed and numbers are known

TIME	TRACK	FIELD
09:00 – 15:00	Women 3000 Metre Run Under 18 - Final	Women Hammer Under 18
	Men 3000 Metre Run Under 18 - Final	Men Shot Put Under 18
	Women 300 Metre Hurdles Under 18 - Heat	Women Triple Jump Under 20
	Men 300 Metre Hurdles Under 18 - Heat	Women Pole Vault Under 18
	Women 400 Metre Hurdles Under 20 - Heat	Women High Jump Under 20
	Men 400 Metre Hurdles Under 20 - Heat	Women High Jump Para
	Senior Women 400 Metre Hurdles - Heat	Men Javelin Under 20
	Senior Men 400 Metre Hurdles - Heat	Men Javelin Para
	Men 5000 Metre Under 20 – Final	Men Triple Jump Under 20
	Men 100 Metre Para – Heat	Senior Women Long Jump
	Women 100 Metre Under 18 – Heat	Men Hammer Under 20
	Men 100 Metre Under 18 – Heat	Men High Jump Under 18
	Women 100 Metre Under 20 – Heat	Women Discus Under 20
	Men 100 Metre Under 20 – Heat	
	Senior Women 100 Metre - Heat	
	Senior Men 100 Metre - Heat	
	Men 400 Metre Para – Heat	
	Women 400 Metre Under 18 – Heat	
	Men 400 Metre Under 18 -Heat	
	Women 400 Metre Under 20 – Heat	
	Men 400 Metre Under 20 – Heat	
	Men 3000 Metre Race Walk all grades	
	Women 3000 Metre Race Walk all grades	
	Men 800 Metre Para – Heat	
	Women 800 Metre Under 18 – Heat	
	Men 800 Metre Under 18 – Heat	
	Women 800 Metre Under 20 - Heat	
	Men 800 Metre Under 20 - Heat	
	Senior Women 800 Metre - Heat	
	Senior Men 800 Metre - Heat	
Women 300 Metre Hurdles Under 18 – Final		
Men 300 Metre Hurdles Under 18 – Final		
Women 400 Metre Hurdles Under 20 – Final		
Men 400 Metre Hurdles Under 20 – Final		
400mH SW F		
400mH SM F		
17:00 onwards	Senior Women 400 Metre - Heat	Women Long Jump Under 18
	Senior Men 400 Metre - Heat	Women Javelin Under 20
	Women 100 Metre Para – Final	Women Javelin Para
	Men 100 Metre Para – Final	Men Pole Vault Under 18
	Women 100 Metre Under 18 - Final	Senior Men High Jump
	Men 100 Metre Under 18 – Final	

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	Women 100 Metre Under 20 - Final	
	Men 100 Metre Under 20 – Final	
	Women 5000 Metre Under 20	Senior Men Shot Put
	Senior Women 5000 Metre - Final	Senior Women Hammer
	Senior Women 100 Metre - Final	
	Senior Men 100 Metre - Final	
	Senior Men 5000 Metre - Final	

JENNIAN HOMES NEW ZEALAND TRACK & FIELD CHAMPIONSHIPS

Saturday 9 March 2019

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TIME	TRACK	FIELD	
09:00 – 13:00	All Women Grades 4 x 100 Metre - Heats	Men Triple Jump Under 18	
	All Men Grades 4 x 100 Metre - Heats	Women Discus Under 18	
	Women 100 Metre Hurdles Under 18 – Heats	Men Javelin Under 18	
	Women 100 Metre Hurdles Under 20 – Heats	Senior Men Pole Vault	
	Senior Women 100 Metre Hurdles - Heats	Men Discus Under 20	
	Men 110 Metre Under 18 – Heats	Women Long Jump – Under 20	
	Men 110 Metre Under 20 – Heats	Women Long Jump Para	
	Senior Men 110 Metre Hurdles - Heats	Senior Women Javelin	
	Women 1500 Metre Under 18 – Heats	Women Shot Put Para (including seated)	
	Women 1500 Metre Under 20 – Heats		
	Senior Women 1500 Metre Heats		
	Men 1500 Metre Under 18 – Heats		
	Men 1500 Metre Under 20 – Heats		
	Senior Men 1500 Metre – Heats		
	Women 200 Metre Under 18 – Heats		
	Men 200 Metre Under 18 – Heats		
	Women 200 Metre Under 20 - Heats		
	Men 200 Metre Under 20 - Heats		
	Women 200 Metre Para – Heats		
	Men 200 Metre Para – Heats		
	Senior Women 200 Metre - Heats		
	Senior Men 200 Metre - Heats		
	13:00 onwards	Women 100 Metre Hurdles Under 18 – Final	Senior Women Shot Put
		Women 100 Metre Hurdles Under 20 – Final	Men Hammer Under 18
		Senior Women 100 Metre Hurdles - Final	Men Long Jump – Under 20
Men 110 Metre Hurdles Under 18 – Final		Men Long Jump Para	
Men 110 Metre Hurdles Under 20 – Final		Senior Women Pole Vault	
Senior Men 110 Metre Hurdles - Final		Men Discus Para	
Women 400 Metre Under 18 – Final		Women Javelin Under 18	
Men 400 Metre Under 18 - Final		Senior Men Javelin	
Women 400 Metre Under 20 - Final		Senior Men Triple Jump	
Men 400 Metre Under 20 – Final		Senior Women High Jump	
Women 800 Metre Under 18 - Final			
Men 800 Metre Under 18 - Final			
Women 400 Metre Para – Final			
Men 400 Metre Para – Final			
Women 800 Metre Under 20 – Final			
Men 800 Metre Under 20 – Final			
Senior Women 400 Metre – Final			
Senior Men 400 Metre - Final			
Men 800 Metre Para - Final			
Senior Women 800 Metre – Final			
Senior Men 800 Metre – Final			
Women 4 x 100 Metre Relay Under 18 – Final			
Men 4 x 100 Metre Relay Under 18 – Final			
Women 4 x 100 Metre Relay Under 20 – Final			
Men 4 x 100 Metre Relay Under 20 – Final			
Mixed Para 4 x 100 Metre Relay – Final			
Senior Women 4 x 100 Metre Relay – Final			
Senior Men 4 x 100 Metre Relay - Final			

JENNIAN HOMES NEW ZEALAND TRACK & FIELD CHAMPIONSHIPS

Sunday 10 March 2019

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TIME	TRACK	FIELD
09:00 – 13:00	Men & Women 10,000 Metre Track Walk	Women Discus Para
	Women 2000 Metre Steeple Under 18	Men Long Jump Under 18
	Women 1500 Metre Under 18 – Final	Women Shot Put Under 20
	Men 1500 Metre Under 18 – Final	Men Pole Vault Under 20
	Men 2000 Metre Steeple Under 18	Senior Men Hammer
	Women 200 Metre Under 20 - Final	Men Discus Under 18
	Men 200 Metre Under 20 - Final	Senior Women Triple Jump
	Women 3000 Metre Steeple Under 20	Women Hammer Under 20
	Senior Women 3000 Metre Steeple	Women High Jump Under 18
	1500 Metre Para	Men Shot Put Para
	Women 200 Metre Under 18	
	Men 200 Metre Under 18	
	Men 3000 Metre Steeple Under 20	
	Jennian Homes Peoples Mile	
13:00 – 15:00	Women 1500 Metre Under 20 – Final	Senior Women Discus
	Men 1500 Metre Under 20 – Final	Women Triple Jump Under 18
	Women 200 Metre Para – Final	Men High Jump Under 20
	Men 200 Metre Para – Final	Men High Jump Para
	Senior Men 3000 Metre Steeple	Women Pole Vault Under 20
	Senior Women 200 Metre - Final	Senior Men Discus
	Senior Men 200 Metre – Final	Men Shot Put Under 20
	Senior Women 1500 Metre - Final	Senior Men Long Jump
	Senior Men 1500 Metre - Final	Women Shot Put Under 18
15:00 onwards	Women 4 x 400 Metre Relay Under 18 – Final	
	Men 4 x 400 Metre Relay Under 18 – Final	
	Women 4 x 400 Metre Relay Under 20 – Final	
	Men 4 x 400 Metre Under 20 – Final	
	Senior Women 4 x 400 Metre Relay – Final	
	Senior Men 4 x 400 Metre Relay - Final	