



Jennian HOMES | Feels like family

# NEW ZEALAND TRACK & FIELD CHAMPIONSHIPS

FRIDAY 6 – SUNDAY 8 MARCH  
Ngā Puna Wai, Christchurch

TICKETS AVAILABLE VIA EVENTBRITE

ChristchurchNZ

## Jennian Homes New Zealand Track & Field Championships: Event Programme

Current as of 02.03.2020. Note: subject to change

### Friday 6 March

Time	Track	Time	Field
10:30	3000m W18 F	10:30	Long Jump W18 Qualifying
10:45	3000m M18 F	10:35	Hammer W18
11:00	5000m M20 F	10:40	Shot Put M18
11:20	100m W18 Ht	11:00	Pole Vault W18
11:34	100m M18 Ht	11:05	Triple Jump M20
11:50	100m W20 Ht	11:05	High Jump W20
12:00	100m M20 Ht	12:15	Triple Jump W20
12:15	100m SW Ht	12:30	Javelin M20
12:25	100m SM Ht	12:30	Javelin M Para
12:40	400m W18 Ht	14:00	Hammer M20
12:50	400m M18 Ht	14:00	Long Jump SW
13:00	400m W20 Ht	14:05	High Jump M18
13:10	400m M20 Ht	15:00	Pole Vault SW
14:10	3000m RW M all grades	15:05	Discus W20
14:10	3000m RW W all grades	18:00	Javelin W20
14:45	800m W20 Ht	18:00	Javelin W Para
15:00	800m M20 Ht	18:05	Shot Put SW
15:10	800m SM Ht	18:15	Long Jump W18
15:30	300mH W18 F	18:45	Hammer SW
15:40	400mH W20 F	18:55	High Jump SM
15:48	400mH SW F	19:45	Shot Put SM
15:55	400mH W20 F		
15:59	300mH M18 F		
16:00	400mH SW F		
16:10	400mH M20 F		



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16:10	400mH SM F		
18:00	400m SW Ht		
18:08	400m SM Ht		
18:16	100m Para W F		
18:24	100m Para M F		
18:32	100m Para M F		
18:38	100m W18 F		
18:46	100m M18 F		
18:54	100m W20 F		
19:02	100m M20 F		
19:10	5000m W20		
19:30	5000m SW F		
19:50	100m SW F		
20:00	100m SM F		
20:10	5000m SM F		



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## Saturday 7 March

Time	Track	Time	Field
9:00	All W grades 4 x 100m heats	9:00	Triple Jump M18
9:00	All M grades 4 x 100m heats	9:10	Discus W18
10:30	100mH W18 Heats	10:00	Pole Vault M18
10:45	1500m M20 Heats	10:15	Javelin M18
11:01	1500m SM Heats	11:00	Javelin SW
11:17	200m W18 Heats	11:25	Long Jump W 20
11:29	200m M18 Heats	11:25	Long Jump W Para
11:41	200m W20 Heats	11:30	Shot Put W Para incl seated
11:49	200m M20 Heats	12:15	Discus M20
12:01	200m SW Heats	13:55	Pole Vault SM
12:09	200m SM Heats	14:00	Hammer M18
13:30	100mH W18 F	14:10	Long Jump M20
13:40	100mH W20 F	14:10	Long Jump Para M
13:50	100mH SW F	15:05	Javelin W18
14:05	110mH M18 F	15:25	Discus Para M incl seated
14:15	110mH M20 F	15:55	Javelin SM
14:25	110mH SM F	16:15	Triple Jump SM
14:35	400m W18 F	16:20	High Jump SW
14:43	400m M18 F		
14:51	400m W20 F		
14:59	400m M20 F		
15:10	800m W18 F		
15:20	800m M18 F		
15:30	400m Para		
15:40	400m Para		
15:50	800m W20 F		
16:00	800m M20 F		
16:10	400m SW F		
16:18	400m SM F		



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16:25	800m Para M F		
16:35	800m SW F		
16:45	800m SM F		
16:55	4 x 100m Relay W18 F		
17:05	4 x 100m Relay M18 F		
17:15	4 x 100m Relay W20 F		
17:25	4 x 100m Relay M20 F		
17:35	4 x 100m Relay Mixed Para F		
17:45	4 x 100m Relay SW F		
17:55	4 x 100m Relay SM F		



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## Sunday 8 March

Time	Track	Time	Field
9:00	10,000m Track Walk M & W	9:00	Discus Para W incl. seated
9:00	10,000m Track Walk M20 & W20	9:05	Long Jump M18
10:15	2,000m Steeple W18	9:10	Shot Put W20
10:28	1500m W18 F	9:50	Hammer SM
10:36	1500m M18 F	10:00	Pole Vault M20
10:45	2,000m Steeple M18	11:05	Discus M 18
11:00	200m W20 F	11:15	Triple Jump SW
11:10	200m M20 F	12:00	High Jump W18
11:17	3,000m Steeple W20	12:05	Shot Put Para M incl seated
11:17	3,000m Steeple SW	12:15	Hammer W20
11:33	1,500m Para	13:30	Discus SW
11:45	200m W18 F	13:35	Triple Jump W18
11:50	200m M18 F	13:45	High Jump M20
11:56	3,000m Steeple M20	13:45	Para High Jump M
12:10	Intersport Challenge W 100m	13:50	Pole Vault W20
12:20	Intersport Challenge M 100m	14:05	Shot Put M20
13:00	1500m W20 F	14:40	Discus SM
13:10	1500m M20 F	14:50	Long Jump SM
13:20	200m Para W F	14:55	Shot Put W18
13:25	200m Para M F		
13:45	3,000m Steeple SM		
14:00	200m SW F		
14:10	200m SM F		
14:20	1500m SW F		
14:30	1500m SM F		
14:45	4 x 400m Relay W18 F		
15:00	4 x 400m Relay M18 F		
15:15	4 x 400m Relay W20 F		
15:30	4 x 400m Relay M20 F		
15:45	4 x 400m Relay SW F		
16:00	4 x 400m Relay SM F		



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