

NEW ZEALAND TRACK & FIELD CHAMPIONSHIPS

The New Zealand Track and Field Championships

Douglas Track and Field, The Trusts Arena, Auckland

5-8 March 2026

TECHNICAL REGULATIONS - updated

TEAM MANAGERS AND ATHLETES ARE TO READ THE FOLLOWING CAREFULLY

1. RULES of COMPETITION

The 2026 New Zealand Track and Field Championships will be conducted using the current World Athletics (WA), World Para Athletics (WPA) and Athletics New Zealand Supplementary Rules.

2. SAFETY

In the interest of Safety to athletes, officials, coaches, volunteers and spectators the following should always be adhered to:

- Spikes are only to be worn on the Field of Play (FOP) or in relevant warm up areas.
- Athletes are not to cross the infield of the FOP
- **Warm ups must take place in the designated warm up area and MUST be supervised by a coach/supervising adult and a spotter.**
- Warm-ups in the FOP must be supervised by at least two (2) officials and not commence until instructed.
- No glass is permitted within the FOP
- Athletes must take care crossing the track and adhere to directions from officials
- Read and abide by the Safety notice that follows, in addition there is a Competition Health and Safety plan.

3. ELIGIBILITY FOR TRACK AND FIELD CHAMPIONSHIPS

- For an athlete to compete in either the Senior Men or Women Grades they shall be 18 years or over on the 31st December in the year of competition and have achieved the required Senior entry standards in the event they wish to compete
- For an athlete to compete in either the Men Under 20 or Women Under 20 Grades they shall be aged 16,17,18 or 19 years on the 31st December in the year of competition and have achieved the required Junior entry standards in the event they wish to compete
- For an athlete to compete in either the Men Under 18 or Women Under 18 Grades they shall be aged 15,16 or 17 years on the 31st December in the year of competition and have achieved the required Youth entry standards in the event they wish to compete
- For an athlete to compete in either the Men Under 16 or Women Under 16 Grades they shall be aged 14 or 15 years on the 31st December in the year of competition and have achieved the required Youth entry standards in the event they wish to compete

- For a Para athlete to compete in the Para Men / Women Open & Under 20 Grades they shall be aged 17 years or over on the 31st December in the year of competition and have achieved the required Para entry standards in the event they wish to compete
- For a Para athlete to compete in the Para Men / Women Under 17 Grades they shall be aged 14, 15 or 16 years on the 31st December in the year of competition and have achieved the required Para Under 17 entry standards in the event they wish to compete
- All athletes can apply for an age group dispensation via the Athletics NZ Dispensation Committee. There will be no dispensation for athletes aged under 14 on the 31st December in the year of competition.

4. STADIUM ENTRY

- Entry to the stadium is via controlled gate access.
- No unauthorised person(s) shall be allowed onto the FOP

5. ENTRY PASSES

- Athlete and Team Manager entry passes will be provided to Managers in their Centre pack, these can be collected at the Technical Information Centre (TIC).
- Entry Passes must be used when entering the stadium.

6. UNIFORMS

- All Athletics New Zealand athletes must wear their correct Centre uniform.
- All Polynesian Championships athletes must wear their correct Nations uniform.
- All other international athletes must compete in their club uniform from their home country.

7. ATHLETES PACKS

- Athlete Packs will be available to Team Managers and visiting international athletes, from 3pm to 6:00pm at the TIC, located in the northern end of the grandstand on Wednesday, 4th March.
- Thereafter they can be collected on competition days from the TIC.
- It's the responsibility of each Team Manager to collect their race packs and make any amendments for athletes representing their Centre including scratching, name amendments etc.
- Visiting athletes competing as individuals **MUST CONFIRM** their entry by signature when picking up their competition pack at least 90 minutes prior to the scheduled start time of the **FIRST** event they are entered in.
- Where the athletes race pack is collected by another person, the athlete will be deemed to be at the venue and be prepared to report to the Call Room
- ANZ STR Rule 4-4 & WPA Rule 5.4 "Failure to Participate" will apply to all athletes

8. COMPETITION BIBS

- Athlete bibs will be given to Team Managers, who will then be responsible for issuing these to all athletes under their control.

- All athletes will receive two (2) bibs, which must be worn on both the front and back. Athletes in Jump events are only required to wear one bib. Para wheelchair athletes must attach one bib to the back of their racing chair and a number (provided in the Call Room) to their helmet. Para seated throwers must place one bib on the back of their throwing chair and the other on the front of their clothing.
- Athletes competing in the '**Track Stars**' session will be issued separate competition bibs for use during this session on Saturday evening, 7th March.
- Athlete bibs need to be firmly attached with four (4) pins.
- The entire bib and sponsorship information must be able to be seen.
- No part of the bib can be folded under the uniform.
- Athletes tampering with competition bib may be liable for disqualification.
- Any athlete who loses their bib should go to the TIC to obtain a replacement.
- Hip numbers will be provided in the Call Room and must remain firmly attached

9. PERSONAL IMPLEMENTS & THROWING FRAMES

- Athletes who wish to use their own throwing implements during the National Championships **MUST** lodge them with the Technical Manager at the Technical room which is located at the southern end of the grounds at the following times:-
 - For **THURSDAY** morning competition, before 5pm on Wednesday otherwise 4 hours prior to the start of the event
 - For **FRIDAY** morning competition, before 5pm on Thursday otherwise 4 hours prior to the start of the event
 - For **SATURDAY** morning competition, before 5pm on Friday otherwise 4 hours prior to the start of the event
 - For **SUNDAY** morning competition, before 5pm on Saturday otherwise 4 hours prior to the start of the event
- Personal implements will be retained until the completion of the event for which they were submitted, after which they may be collected from the Technical Room.
- Athletes can only hand in a maximum of two (2) implements per event in which they are competing.
- Pole vault athletes must hand in their vaulting poles to the Technical Shed at least two (2) hours prior to their event. All poles must be clearly labeled with the athlete's name and the event.
- Throwing Frames **MUST** be checked in no later than 90 minutes prior to the start time of the event they are required for, including a bib attached to the back of the frame.

Para discus - throwing frames need to be taken to the **call room** to be checked

Para shot/javelin - throwing frames need to be taken to the **technical shed** to be checked.

10. SCRATCHINGS

Scratchings are not to be submitted to the Call Room, they must be handed in at the TIC

- Please submit all scratchings as early as possible as it may change the number of heats required
- These need to be submitted on the appropriate form signed by the Team Manager to the TIC as soon as possible but **NO LATER** than 90 minutes before the event start time.
- Any visiting athletes competing as an individual **MUST** submit their own scratching to the TIC no later than 90 minutes before the event start time.
- If an athlete fails to scratch from an event after confirmation or does not compete in all rounds of an event in which they have qualified, they may not be permitted to compete further.
- No athlete who has retired from competition due to ill health will be able to re-enter the competition (relay team included) unless the athlete supplies a medical certificate and clearance has been obtained from the Technical Delegate. They may be able to compete on subsequent days but not on the day the Medical Certificate applies to.

11. DRAWS

- FIELD: the order for field events will be random
- TRACK: draws for track events will be published after confirmations have been received and posted on the information boards and online.

12. WARM UP

- Warm-ups are not permitted in the FOP, except for practice trials immediately prior to your event, under the supervision of two (2) officials.
- Warm ups are to be carried out on the grassed warm up area which is adjacent to the Call Room, in the appropriate area.
- Throws warm ups must be carried out at the appropriate throwing circle **under supervision of a coach/supervising adult and a spotter** in the designated warm up area adjacent to the Call Room
- **No Javelin throws are allowed on the grassed warm up throws area due to safety**
- **NO** overhead backward warm up throws are allowed inside the FOP.
- Hurdle warm-ups can be undertaken on the grassed area adjacent to the Call Room and, on the back straight prior to the event. Athletes must report to the Call Room first (call time: 30 minutes) and will then be escorted to the back straight or top bend. Some hurdles will be available both on the grassed warm-up area and on the back straight.
- There is no jumps warm up areas at this venue
- No training sessions can be held within the FOP or warm up areas.
- Wheelchair athletes can have access to the track for 30 minutes, 1 hour prior to the start of the morning session each day.
- Wheelchair track athletes for events 200m and greater will be allowed one lap on the track to set their compensators immediately prior to their event.

13. CALL ROOM PROCEDURES

There **will be one Call Room** operating:

- The Call Room is located in the Arena building, accessible from the warm up area.
- All athletes are required to report to the Call Room prior to the final published call time. Failure to do so will make the athlete liable for **Exclusion** from that event and all other events they are entered in. They will be shown in the results as DNS (as per rule TR4.5 and WPA 5.4)
- If an athlete's name appears on the start list and they do not report to the Call Room for that event - the athlete will be noted as DNS and not allowed to compete
- In accordance with STR4.4 and WPA 5.4, an athlete shall be **excluded from participating** in all further events in the competition, including relays – where: -
 - Final confirmation was given that the athlete would start in the event but failed to participate
 - An athlete qualified in a previous round of an event for further participation but failed to participate.
- Only athletes are allowed into the Call Room. The only exceptions are as per below:
 - Para athletes – Assistants are allowed in the Call Room for athletes in sports classes T/F11/12, F31-33, and F51-54 only. Other athletes who may require assistance **MUST** complete the relevant form at the TIC to request approval from the Technical Delegate at least four (4) hours in advance.
 - Coaches of seated throwers, F31-34 and F51-57
To be allowed access to the FOP, they **MUST** enter the Call Room with their athlete and sit in the designated area. When their athlete is transferred to their throwing frame they will be escorted to the 'designated coaching box' on the FOP. Coaches must remain silent throughout the trial but allowed to speak to the athlete only once the trial is complete, also between the 3rd and 4th throws. Once the break is over the coach returns to the 'designated box' for the remaining throws. Once the athlete has completed all their throws the coach returns to the designated seating. Recording devices in the competition area will NOT be permitted for the coaches
- Officials will check all athletes in accordance with the WA & WPA rules:
 - Correct uniform is worn on entry to the Call Room
 - Competition Bibs are worn on entry
 - Checking of competition shoes/prosthetic blades including spikes
 - Checking of competition race chairs and running frames for WPA athletes will be completed in the Para Call Room during check-in.
 - Throwing Frames **MUST** be checked in no later than 90 minutes prior to the start time of the event required for.
Para discus - need to be taken to the **call room** to be checked
Para shot/javelin - need to be taken to the **technical shed** to be checked.

- Checking bags that are being taken into competition area
Please keep personal material in bags to a minimum.
- Personal material (athletes are not allowed to have glass bottles or containers, video recorders, iPads, radios, or similar devices in the FOP) *For Mobile phones please see note below.
- **ONLY water is allowed onto the FOP**
- Call Room judges will retain any personal material that contravenes the Rules that can then be collected from Post Event Control after the event.
- Athletes will proceed to the start of their event from the Call Room accompanied by an Official.
- All Athletes **MUST NOT** proceed to the event site without first going through the Call Room.

Mobile Phones

- Field event athletes – phones will be allowed onto the FOP but **MUST** be turned **OFF** and kept in the athletes' bag. Any athlete found using or looking at their phone on the FOP will be issued a Yellow Card or a Red Card depending on circumstance.
- Track athletes – must **NOT** bring their phones into the Call Room - please leave them with a responsible person.

Call Room Reporting

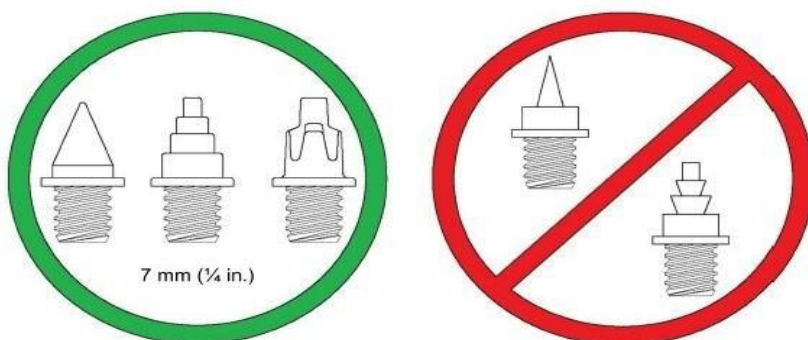
Athletes must report at the following times preceding the advertised start time or their event:

- Track Events – 25 minutes
- Hurdles – 30 minutes
- Relays - 30 minutes
- Field Events – 45 minutes
- Pole Vault – 75 minutes

14. SPIKES

The requirements of the Trusts Arena track surface are:

- Maximum length of spikes is **7mm** except in High Jump and Javelin where a maximum of **9mm** is allowed.
- Only Conical and Pyramid (Christmas Tree) shapes are permitted.
 - Needle, Pin and undercut pyramid are **NOT** allowed



15. ENTRIES IN CONCURRENT EVENTS

- If an athlete is in two (2) events on at the same time they **MUST** complete a 'clash form' (Available from the TIC)
- The athlete then takes the completed form to the Call Room for their first event

16. PROGRESSIONS

- RULES FOR PROGRESSION TO FINALS WILL BE DETERMINED AS FOLLOWS:

100m, 200m, 400m, 100mH, 110mH, 300mH, 400mH, 4x100m, 4x400m:

1 to 8	Direct to final	
9 to 16	2 heats	First 3, next 2 fastest to final
17 to 24	3 heats	First 2, next 2 fastest to final
25 or more	4 heats	First 4 - 2 Semi's - First 4 to final
	5+ heats	First 4, next 4 fastest - 3 Semi's - First 2 and 2 fastest

800m

1 to 11	Direct to final	
12 to 20	2 heats	First 3 and next 2 fastest to final
21 to 30	3 heats	First 2 and next 3 fastest to final

1500m:

1 to 15	Direct to final	
16 to 30	2 heats	First 6 to final
31 or more	3 heats	First 4 to final

2000m/ 3000m Steeplechase & 3000m:

1 to 19	Direct to final	
20 to 34	2 heats	First 8 to final

5000m

1 to 20	Direct to final	
21-42	2 heats	First 8 to final

- Should entry numbers not reach the required numbers for heats to take place, the event will proceed straight to a final and be held at finals time.
- **Vacant positions due to withdrawals in finals will be filled by athletes ranked next by time, following the previous round.** There will be no redraw of lanes should this occur.
- **All reserve athletes should report to the Call Room for each event.**
- **In all finals of track events and final rounds of field events at least four (4) places shall be reserved for NZ athletes**

17. STARTING BLOCKS

- Only starting blocks provided by the Local Organising Committee shall be used.
- Private starting blocks will not be permitted.

- Athletes with hearing impairments that wish to use a strobe light must advise the TIC by filling out the appropriate form the day prior to competition

18. RELAYS

- Team declaration forms must be submitted at the TIC **2 hours** prior to advertised start time
- Team declarations must supply team names plus reserves in the correct running order
- An athlete not previously entered into the Championships at the time of entries closing will not be permitted to run in a relay
- The team shall compete as named and in the declared order or be subject to disqualification
- An athlete may compete in no more than three relay events. They are only eligible to compete within their own age grade and the next consecutive grade for the 4×100 m, 4×100 m mixed relay, and one 4×400 m relay (e.g. U18 athletes may also compete in U20, and U20 athletes may also compete in Senior).

U16 and U18 athletes are not permitted to compete in Senior events.

19. RACE WALKING EVENTS

- For all Race Walking events the PENALTY ZONE will be in operation at these Championships
- A cut off time will be in use to avoid going over time. This will be advised prior to the event.

20. STARTING HEIGHTS

- Starting heights and subsequent increments for vertical jumps

HIGH JUMP**Men's Progressions**

- **Senior Men:** 1.83 + 5 1.98 + 4 2.06 + 3 2.12 + 2
- **U20 Men:** 1.69 + 5 1.89 + 4 2.01 + 3 2.10 + 2
- **U18 Men:** 1.61 + 5 1.86 + 4 1.98 + 3 2.07 + 2
- **U16 Men:** 1.56 + 5 1.76 + 4 1.88 + 3 1.97 + 2

Women's Progressions

- **Senior Women:** 1.58 + 5 1.73 + 4 1.85 + 3 1.88 + 2
- **U20 Women:** 1.49 + 5 1.59 + 4 1.75 + 3 1.81 + 2
- **U18 Women:** 1.44 + 5 1.54 + 4 1.62 + 3 1.71 + 2
- **U16 Women:** 1.30 + 5 1.50 + 4 1.58 + 3 1.61 + 2

NEW ZEALAND TRACK & FIELD CHAMPIONSHIPS

POLE VAULT

Men's Progressions

- **Senior Men:** 3.55 + 15 5.35 + 10 5.45 + 5
- **U20 Men:** 3.25 + 15 3.55 + 10
- **MU18 Men:** 3.30 + 20 3.50 + 10
- **MU16 Men:** 2.30 + 20 3.50 + 10

Women's Progressions

- **Senior Women:** 3.00 + 15 3.75 + 10
- **U20 Women:** 2.70 + 15 3.45 + 10
- **WU18 Women:** 2.65 + 15 2.80 + 10
- **WU16 Women:** 2.05 + 15 2.80 + 10

21. FIELD EVENTS

- If 3 or fewer athletes enter an event it will be deemed non-viable to hold on its own and will be combined with another age group. Separate results for each age group will be published.
- In throwing events and horizontal jumps all athletes will have three trials
- At the conclusion of round three the best eight (8) athletes with a valid trial will have a further 3 rounds in reverse order.
- If eight (8), or fewer athletes compete in the event, all athletes will have six (6) trials
- Seated throwers will have all six (6) attempts consecutively and will compete at the same time as ambulant.
- **In all final rounds of field events at least four (4) places shall be reserved for NZ athletes**

22. POST EVENT CONTROL

- All athletes are to leave the FOP via post event control, this will be situated adjacent to the start/finish line
- Any goods confiscated in the Call Room can be collected from post event control.
- Warm downs must be done outside the FOP.
- **Conformity to WA shoe regulations** will be carried out during post event control. Please ensure your shoes comply with WA shoe rules and are on the approved list via [Full list | LIST OF APPROVED ATHLETIC SHOES](#) - if your shoes do not comply you will be disqualified from the event.
U20 and senior athletes are required to declare their shoes on the entry form.

23. PARA EVENTS

- **The Para Call Room is located in the Arena building, accessible from the warm up area.**
- All Para events are mixed Sport Class events, placings will be determined by performance based on percentages of the World Record in their Sport Class.
- No assistant/s are allowed in the Call Room or the Field of Play unless they are assisting an athlete in sports classes T/F11/12, F31-33, F51-54. Other athletes that

- may require assistance **MUST** complete the relevant form at the TIC to request approval from the **Technical Delegate** at least **four (4) hours in advance**.
- Throwing Frames **MUST** be checked in no later than 90 minutes prior to the start time of the event they are required for, including a bib attached to the back of the frame.
Para discus - throwing frames need to be taken to the **call room** to be checked
Para shot/javelin - throwing frames need to be taken to the **technical shed** to be checked.
 - All age groups (U17, U20 and Open) may be run together due to entry numbers, however individual results for each age group will be published and medals awarded
 - Coaches of seated throwers, F31-34 and F51-57 - See note 13. Call Room Procedures regarding access to FOP.

24. PROTESTS AND APPEALS

- Athletes must first protest orally to the Referee concerned either immediately or within 30 minutes of the Official Result being posted
- If the Referee cannot be located, then Teams must immediately complete a verbal protest form at the TIC.
- Teams wishing to appeal to the Jury must submit a written appeal on the appropriate form, along with a NZD \$100 fee, within 30 minutes of the official announcement of the amended result or notification of the protest outcome.

25. MEDAL PRESENTATIONS

- Medals will be presented as soon as possible after the conclusion of the event once results are confirmed. Medalists will be escorted from the post event area to the medal presentation area at the southern end of the ground.
- Athletes must wear their correct competition uniform singlet (track pants may be worn)
- A visiting competitor as set out in Regulation C3.2.1(b) who would normally gain a place shall receive a medal (known as a visitor's medal).

26. TECHNICAL MEETING

- There will be an online Technical Meeting to be held prior to Nationals, Monday, 2nd March 7-8pm

27. FIRST AID

- Medical assistance will be present at the event, situated in the designated area at the southern end of the grounds near the equipment shed.

28. DOPING CONTROL

- Athletes are reminded that they may be required to undertake doping control at the conclusion of their event
- Athletes may elect to have a representative/support person present
- If you have further events or duties (such as medal presentations or interviews) please advise the doping control chaperone when you are first approached.

NEW ZEALAND TRACK & FIELD CHAMPIONSHIPS

SAFETY INSTRUCTIONS FOR ATHLETES

In the interests of safety to athletes, coaches, officials, volunteers and spectators the following must be adhered to at all times:

- Entry to the Field of Play (FOP) by athletes is under control of officials.
- Athletes are not to cross the infield of the FOP.
- The Officials at the event site must supervise all Official Warm-ups within the FOP. Athletics Auckland requires two (2) officials to be present before warm-ups commence.
- Spikes are only to be worn in the FOP, in relevant warm-up areas and along the marked path from the Call Room.
- No glass is permitted within the FOP.
- Throwing implements should only be picked up when directed by officials.
- No overhead backwards Shot Put warm up throws are permitted in the FOP
- Athletes should take care crossing the track at all times and adhere to directions from officials regarding crossing the track especially when going to talk to their coaches.

- **Access to the Field of Play (FOP)**
 - The FOP is defined as the area inside of the rail fence that runs around the perimeter of the track, The only persons permitted access at all times are athletes competing in an event, at that time, volunteers and officials conducting the event.
 - Prior approved persons may enter the FOP under the direction of the designated Safety Manager and/or Assistants and will be required to wear a high visibility vest. These persons must present themselves to the Safety Manager and/or Assistants prior to entry.
 - Athletes must not cross the inner competition area or the main straight for any reason. To reach and leave your competition area you will be escorted by an Official. **PLEASE FOLLOW DIRECTIONS OF OFFICIALS AT ALL TIMES**

- **Warm Up Areas**
 - EXCEPT for authorised throws or jumps under the control of Officials prior to events, warm up must **NOT** take place in the FOP. The main warm up area is located on the grass beside the Call Room
 - The throws warm-up area is adjacent to the Call Room on the upper field. **Practice throws, outside the FOP, MUST take place in the designated warm-up area and must be supervised by at least two people: a coach/supervising adult and a spotter.** Vigilance must be used at all times to ensure safe throwing practices are adhered to. Athletes should not attempt warmup throws without checking the landing area is clear first.
 - When warming up outside the FOP it is your individual responsibility to ensure your warm- up activities do not endanger yourself, other competitors. However once again follow any directions of officials at this time.
 - **Duty of Care** I undertake to exercise my Duty of Care, as is reasonably practicable, to prevent harm, by my actions, to myself, fellow competitors, volunteers, officials and members of the general public. By competing in these Championships I agree to abide by all safety instructions.

We thank you for being safe and using your own vigilance to ensure the safety of all involved in the sport.