

NEW ZEALAND
TRACK & FIELD
CHAMPIONSHIPS

2026 NEW ZEALAND TRACK AND FIELD CHAMPIONSHIPS
FINAL TIMED PROGRAMME (Updated 4/3/26)

Abbreviation	Definition
W-U16	Women Under 16
M-U16	Men Under 16
W-U17	Women Under 17
M-U17	Men Under 17
W-U18	Women Under 18
M-U18	Men Under 18
W-U20	Women Under 20
M-U20	Men Under 20
Women	Senior Women
Men	Senior Men
P	Para
PW	Para Wheelchair
Uni	Universal
TF	Timed Final
PC	Polynesian Championships

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THURSDAY 5 MARCH MORNING SESSION

Time	Gender	Grade	Event	Round
9:00	Women	U16	Long Jump	Qualifying
9:00	Women	U18	300m Hurdles 0.762m	Round 1
9:10	Women	U18	Shot Put	Final
9:15	Men	U16	Hammer	Final
9:15	Women	U16	Hammer	Final
9:17	Men	U18	300m Hurdles 0.838	Round 1
9:34	Women	U18	100m	Round 1
9:54	Men	U18	100m	Round 1
10:00	Men	U18	Javelin	Final
10:22	Women	SW	200m	Round 1
10:36	Women	U16	100m	Round 1
10:50	Men	U18	Long Jump	Final
10:50	Men	U20	Para Long Jump	Final
10:51	Men	U16	100m	Round 1
11:00	Men	U16	Shot Put	Final
11:05	Men	SM	200m	Round 1
11:29	Men	U20	1500m	Round 1
11:30	Women	U16	Javelin	Final
11:30	M & W	U20	Para Javelin	Final
11:47	Women	U16	800m	Round 1
12:01	Women	U18	800m	Round 1
12:19	Men	U20	200m	Round 1
12:38	Men	U18	100m	Semi Final
12:53	Women	U18	100m	Semi Final

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THURSDAY 5 MARCH AFTERNOON SESSION				
Time	Gender	Age Group	Event	Round
13:00	Women	U18	Discus	Final
13:50	Women	U16	300m Hurdles 0.762m	Final
13:56	Women	U18	300m Hurdles 0.762m	Final
14:06	Men	U18	300m Hurdles 0.838m	Final
14:00	Women	U18	Pole Vault	Final
14:00	Women	U16	Pole Vault	Final
14:00	Men	U16	Pole Vault	Final
14:00	Men	U18	Pole Vault	Final
14:18	Women	SW	400m H .762	Final
14:30	Men	SM	400m H .914	Final
14:20	Men	U17/Snr	Para Discus	Final
14:20	Women	U17/Snr	Para Discus	Final
14:30	Women	U18	Triple Jump	Final
14:30	Men	U16	Triple Jump	Final
14:43	Men	U18	800m	Round 1
14:59	Women	U20	1500m	Round 1
15:13	Men	SM	1500m	Round 1
15:33	Men	SM	200m	Semi Final
15:48	Women		200m Para	Final
15:55	Men		200m Para	Final
15:58	Men	U18	Discus	Final
16:09	Women	U18	2,000m Steeplechase 0.762	Final
16:19	Women	U16	2000m Steeple .762 TF	Final
16:29	Men	U16	2000m Steeple .762 TF	Final
16:47	Men	U18	2,000m Steeplechase 0.838	Final
17:02	Women	U16	100m	Final
17:07	Men	U16	100m	Final
17:12	Women	U18	100m	Final
17:17	Men	U18	100m	Final
17:27	Women	SW	4 x 100m Relay TF	Final
17:33	Men	SM	4 x 100m Relay TF	Final
17:39	Men	PC	4 x 100m Relay TF	Final

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FRIDAY 6 MARCH MORNING SESSION				
Start Time	Gender	Grade	Event Name	Round
9:00	Women	All	3,000m Race walk	Final
9:00	Men	All	3,000m Race walk	Final
9:15	Men	U18	Hammer	Final
9:20	Women	U16	Discus	Final
9:25	Men	U16	High Jump	Final
9:30	Men	SM	400m	Round 1
9:35	Women	U18	Long Jump	Final
9:35	Women	U20	Long Jump Para	Final
9:36	Men	SM	400m	Round 1
9:53	Women	U16	200m Heats	Round 1
10:08	Men	U16	200m Heats	Round 1
10:20	Women	U18	3,000m	Final
10:37	Men	U18	3,000m	Final
10:45	Men	U16	Discus	Final
10:54	Women	U18	200m Heats	Round 1
11:05	Men	U18	High Jump	Final
11:15	Women	SW	Hammer	Final
11:14	Men	U18	200m Heats	Round 1
11:30	Women	U16	Long Jump	Final
11:39	Women	U20/U17	Para 100m	Final
11:39	Men	U20/U17	Para 100m	Final
11:45	Men	U20	100m	Round 1
12:10	Women	U16	800m	Final
12:17	Men	U16	800m	Final
12:24	Women	U18	800m	Final
12:31	Men	U18	800m	Final
12:38	Women	U20	800m	Round 1
12:52	Men	U20	800m	Round 1

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FRIDAY 6 MARCH AFTERNOON SESSION				
Start Time	Gender	Age Group	Event Name	Round
13:25	Men	U20	Javelin	Final
13:30	Men	SNR & U17	Shot Put Para	Final
14:00	Women	U20	400m H .762	Final
14:05	Women	U16	High Jump	Final
14:15	Men	U20	400m H .914	Final
14:18	Men	U16	Long Jump	Final
14:26	Men	SM	100m	Round 1
14:48	Women	U16	3,000m	Final
14:52	Men	SM	Javelin	Final
15:03	Men	U16	3,000m	Final
15:18	Women	U16	4 x 100m Relay TF	Final
15:24	Men	U16	4 x 100m Relay TF	Final
15:28	Women	U16	Shot Put	Final
15:30	Women	U20	4 x 100m Relay TF	Final
15:36	Men	U20	4 x 100m Relay TF	Final
15:42	Women		400m Para final	Final
15:42	Men		400m Para final	Final
15:52	Women	U16	200m	Final
15:57	Men	U16	200m	Final
16:02	Women	U18	200m	Semi Final
16:19	Women	U18	High Jump	Final
16:12	Men	U18	200m	Semi Final
16:22	Women	U20	5,000m	Final
16:42	Men	U20	5,000m	Final
16:42	Men	SM	Para 5000m	Final
17:10	Women	SW	Triple Jump	Final
17:06	Women	U16	4 x 400m Relay TF	Final
17:12	Men	U16	4 x 400m Relay TF	Final
17:20	Women	U18	4 x 100m Relay TF	Final
17:35	Women	SW	Javelin	Final
17:26	Men	U18	4 x 100m Relay TF	Final
17:32	Universal		4 x 100m Relay Para	Final
17:40	Women	SW	200m	Final
17:45	Men	SM	200m	Final
17:50	Women	SW	5,000m	Final
18:10	Men	SM	5,000m	Final

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SATURDAY 7 MARCH MORNING SESSION				
Start Time	Gender	Grade	Event Name	Round
9:15	Men	U20	Discus	Final
9:20	Women	U18	Hammer	Final
9:25	Men	U20	Long Jump	Final
9:25	Men	SM/U17	Long Jump Para	Final
9:30	Men	U18	Shot	Final
9:30	Men	SM	800m	Round 1
9:45	Women	U16	80mH .762	Round 1
9:55	Women	U20	High Jump	Final
10:01	Women	U18	100mH .762	Round 1
10:18	Women	U18	200m	Final
10:23	Men	U18	200m	Final
10:33	Women	U16	400m	Round 1
11:00	Men	U16	Javelin	Final
11:00	M & W	Snr & U17	Javelin Para	Final
11:02	Women	U20	100m	Round 1
11:05	Women	SW	Discus	Final
11:07	Men	U20	100m	Semi Final
11:15	Men	SM	Long Jump	Final
11:17	Women	U20	400m	Round 1
11:29	Men	U20	400m	Round 1
11:41	Women	U18	400m	Round 1
11:53	Men	U18	400m	Round 1
12:11	Women	SW	400m	Round 1

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SATURDAY 7 MARCH AFTERNOON SESSION				
Start Time	Gender	Age Group	Event Name	Round
13:15	Women	U16	Triple Jump	Final
13:20	W & M	U20	Discus Para	Final
13:25	Women	U18	Javelin	Final
13:30	Women	U16	80mH .762	Final
13:37	Women	U18	100mH .762	Final
13:46	Men	U16	100mH .838	Final
13:50	Women	SW	Pole Vault	Final
13:55	Men	U18	110mH .914	Final
14:10	Men	SM	100m	Semi Final
14:20	Women	SW	100m	Round 1
14:30	Women	U20	Discus	Final
14:35	Women	U16	400m	Final
14:42	Men	U16	400m	Final
14:49	Women	U18	400m	Final
14:50	Women	U20	Triple Jump	Final
14:56	Men	U18	400m	Final
15:08	Women	Wheelchair	1500m Para	Final
15:15	Men	Wheelchair	1500m Para	Final
15:22	Women	U16	1500m TF	Timed Final
15:38	Men	U16	1500m TF	Timed Final
15:38	Men		1500m Para	Final

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SATURDAY 7 MARCH				
TRACK STARS – LIVE ON TVNZ 1				
EVENING SESSION				
Start Time	Gender	Age Group	Event	Round
19:15	Women	SW	Shot	Final
19:15	Women	SW	Shot Put Para	Final
19:18	Men	SM	Shot	Final
19:24	Women	U20	100m	Final
19:25	Men	SM	High Jump	Final
19:30	Women	SW	100m	Final
19:36	Women		Para 100m	Final
19:46	Men		Para 100m	Final
19:51	Men	SM	100m	Final
19:45	Men	SM	Discus	Final
20:01	Women & Men	Celeb	400m	
20:07	Women	U20	400m	Final
20:00	Women	SW	Long Jump	Final
20:14	Women	SW	400m	Final
20:20	Men	SM	400m	Final
20:27	Men	U20	400m	Final
20:37	Women	U20	1500m	Final
20:42	Women & Men	Celeb	Shot	
20:48	Men	U20	100m	Final
20:54	Women	PC	100m	Final
21:00	Men	PC	100m	Final
21:06	Women & Men	Celeb	100m	
21:16	Men	U20	1500m	Final
21:26	Women	SW	1500m	Final
21:35	Men	SM	1500m	Final

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SUNDAY 8 MARCH MORNING SESSION				
Start Time	Gender	Grade	Event Name	Round
9:00	Women		5,000m/10,000m RW	Final
9:00	Men		5,000m/10,000m RW	Final
9:10	Women	U20	Long Jump	Final
9:10	Women	SW/U17	Long Jump Para	Final
9:15	Men	U20	Shot	Final
9:20	Women	U20	Javelin	Final
10:00	Men	SM	Pole Vault	Final
10:00	Men	U20	Pole Vault	Final
10:05	Women	U20	200m	Round 1
10:30	Men	U20	High Jump	Final
10:25	Women	U20	800m	Final
10:32	Men	U20	800m	Final
10:45	M & W	U20	Shot Put Para	Final
10:39	Men		800m Para	Final
10:39	Women	Wheelchair	800m Para	Final
10:50	Men	U20	Hammer	Final
10:50	Men	SM	Hammer	Final
10:55	Men	SM	Triple Jump	Final
10:50	Women	U20	100mH .838	Round 1
11:05	Men	SM	110mH 1.067	Round 1
11:20	Women	SW	800m	Final
11:27	Men	SM	800m	Final
11:40	Women	SW	3,000m Steeplechase 0.762	Final
11:40	Women	U20	3,000m Steeplechase 0.762	Final
11:59	Men	SM	3,000m Steeplechase 0.914	Final
11:59	Men	U20	3,000m Steeplechase 0.914	Final

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SUNDAY 8 MARCH AFTERNOON SESSION				
Start Time	Gender	Grade	Event Name	Round
13:00	Women	U20	Hammer	Final
13:10	Men	U20	Triple Jump	Final
13:30	Women	SW	High Jump	Final
13:35	Women	U18	1500m TF	Timed Final
13:49	Men	U18	1500m TF	Timed Final
14:00	Women	U20	Shot	Final
14:17	Women	U20	100mH .838	Final
14:22	Women	SW	100mH .838	Final
14:30	Women	U20	Pole Vault	Final
14:30	Men	U18	Triple Jump	Final
14:32	Men	U20	110mH .991	Final
14:42	Men	SM	110mH 1.067	Final
14:57	Women	U20	200m	Final
15:02	Men	U20	200m	Final
15:12	Women	U18	4 x 400m Relay TF	Final
15:20	Men	U18	4 x 400m Relay TF	Final
12:28	Women	U20	4 x 400m Relay TF	Final
12:36	Men	U20	4 x 400m Relay TF	Final
15:43	Women	SW	4 x 400m Relay TF	Final
15:51	Men	SM	4 x 400m Relay TF	Final

Changelog:

A duplicate listing of the Men's 400m Round 1 was removed on Friday morning - 28/03/2026.

The Men's U20 200m Semi-Finals have been removed – 2/03/2026

The Men's 400m Semi-Finals have been removed – 2/03/2026

The time for the Men's 100m semis has been moved – 2/03/2026

The U20 Men's & Women's 800m round 1 has been moved from Thursday to Friday – 2/03/2026.

Minor event time changes at the end of Friday morning's schedule – 2/03/2026

Timing changes to Thursday AM session – 3/03/2026

Addition of U18 300m Hurdles Rounds on Thursday AM – 3/03/2026

1500m Para Wheelchair is now split – 3/03/2026

Major timing amendments throughout the programme – 4/03/2026