

**NZMA Championship Programme(Updated FEB 2025)**

										DT CIRCLE 1			DT CIRCLE 2
Friday	Track	Grade	Friday	POLE VAULT	LONG JUMP	TRIPLE JUMP	HIGH JUMP	SHOT PUT	WEIGHT	HAMMER	JAVELIN	DISCUS	
			4:00 pm							W30-49 (10)	M70+ (8)	W70+ (9)	
			4:15 pm		W30+								
			4:30 pm					W50-69 (9)					
4:45 pm	3000m Track Walk	M30+ / W30+	4:30 pm	W30+ / M30+									
			4:45 pm										
			5:00 pm						M70+ (7)		M55-69 (10)	M30-54 (5)	
5:45 pm	Long Hurdles	M30+ / W30+	5:15 pm		M30-54 (7)					W70+ (10)			
			5:30 pm					W30-49 (8)					
6:15 pm	3000m	W30+	5:45 pm										
6:30 pm	3000m	M30+	6:00 pm		M55+								
(Seeded mixed gender)													
			6:15 pm						M55-69 (6)		M30-54 (10)	W50-69 (9)	
			6:30 pm										
			6:45 pm										

										DT CIRCLE 1			DT CIRCLE 2
Saturday	Track	Grade	Saturday	POLE VAULT	LONG JUMP	TRIPLE JUMP	HIGH JUMP	SHOT PUT	WEIGHT	HAMMER	JAVELIN	DISCUS	
			9:15 am			M30+						M55-69 (13)	
9:30 am	Sprint Hurdles	M30+ / W30+	9:30 am				W30-49 (2)	M70+ (9)		M30-54 (5)			
							W50-69 (3)						
			9:45 am				W70+ (1)		W70+ (9)				
			9:45 am								W30-49 (9)		
10:00 am	1500m	M30+ / W30+	10:00 am									M70+ (10)	
(Seeded mixed gender)			10:15 am					M30-54 (10)					
			10:30 am				M55-69 (6)		W50-69 (8)				
10:45 am	1500m Track Walk	M30+ / W30+	10:45 am							M55-69 (7)			
			11:00 am										
11:15 am	100m Finals	M30+ / W30+	11:15 am										
(Seeded Timed Finals)			11:30 am					W70+ (10)					
			11:45 am								W50-69 (9)	W30-49 (10)	
			12:00 am										

LUNCH BREAK

			Saturday	POLE VAULT	LONG JUMP	TRIPLE JUMP	HIGH JUMP	SHOT PUT	WEIGHT	HAMMER	JAVELIN	DISCUS
1:30 pm	2000m Steeplechase	M60+ / W30+	1:30 pm			W30+	M30-54 (6)		M30-54 (5)			
1:45 pm	3000m Steeplechase	M30-59	1:45 pm							M70+ (7)		
			2:00 am					M55-69 (10)			W70+ (8)	
			2:15 pm									
			2:30 pm				M70+ (7)		W30-49 (8)			
										W50-69 (9)		
2:15 pm	400m Finals	M30+ / W30+										
	(Seeded Timed Finals)											
3:00 pm	RELAYS on demand											

SOCIAL GATHERING -Sir John Walker Lounge

Sunday	Track	Grade	Sunday
9:00 am	100m	*WTP1	9:00 am Throws Pentathlon *M30+ / *W30+ ORDER TBC
9:00 am	Long Jump	*MTP1	
9:10 am	5000m	Mixed	
(Seeded mixed gender)			
9:45 am	5000m TW	M30+ / W30+	
(May include some 5000m runners)			
10:30 am	60m Finals	M30+ / W30+	
(Seeded Timed Finals)			
11:35 am	200m Finals	M30+ / W30+	
(includes MTP3)			
12:30 pm	800m	M30+ / W30+	
(includes WTP5)			
	1500m MTP5		

The START order will be confirmed once entries close

\*WTP & \*MTP refers to Track Pentathlon events

Start TIMES		
TBC	Shot Put	WTP2
TBC	Javelin	MTP2
TBC	Long Jump	WTP3
TBC	Discus	MTP4
TBC	Javelin	WTP4
TBC	1500m	MTP5