

## NZMA Track & Field Championships - Friday 13th March 2026

			4:00 pm	W30-49 (10)	Hammer
				M70+ (8)	Javelin
				W70+ (9)	Discus
			4:15 pm	W30+	Long Jump
			4:30 pm	W50-69 (9)	shot Put
				W30+ / M30+	Pole Vault
4:45 pm	M30+ / W30+	3000m Track Walk			
			5:00 pm	M70+ (7)	Weight
				M55-69 (10)	Javelin
				M30-54 (5)	Discus
			5:15 pm	M30-54 (7)	Long Jump
				W70+ (10)	Hammer
			5:30 pm	W30-49 (8)	Shot Put
5:45 pm	M30+ / W30+	Long Hurdles			
			6:00 pm	M55+	Long Jump
6:15 pm	W30+	3000m	6:15 pm	M55-69 (6)	Weight
				M30-54 (10)	Javelin
				W50-69 (9)	Discus
6:30 pm	M30+	3000m			

## NZMA Track & Field Championships - Saturday 14th March 2026

			9:15 am	M30+	Triple Jump
				M55-69 (13)	Discus
9:30 am	M30+ / W30+	Sprint Hurdles	9:30 am	W30+	High Jump
				M70+ (9)	Shot Put
				M30-54 (5)	Hammer
			9:45 am	W70+ (9)	Weight
				W30-49 (9)	Javelin
10:00 am	M30+ / W30+	1500m	10:00 am	M70+ (10)	Discus
		(Seeded mixed gender)	10:15 am	M30-54 (10)	Shot Put
			10:30 am	M55-69 (6)	High Jump
				W50-69 (8)	Weight
10:45 am	M30+ / W30+	1500m Track Walk	10:45 am		
			11:00 am	M55-69 (7)	Hammer
11:15 am	M30+ / W30+	100m Finals			
		(Seeded Timed Finals)	11:30 am	W70+ (10)	Shot Put
			11:45 am	W50-69 (9)	Javelin
				W30-49 (10)	Discus
1:30 pm	M60+ / W30+	2000m Steeplechase	1:30 pm	W30+	Triple Jump
				M30-54 (5)	Weight
				M70+ (7)	Hammer
1:45 pm	M30-59	3000m Steeplechase	1:45 pm	M30-54 (6)	High Jump
			2:00 am	M55-69 (10)	Shot Put
				W70+ (8)	Javelin
2:15 pm	M30+ / W30+	400m Finals			
		(Seeded Timed Finals)	2:30 pm	W30-49 (8)	Weight
				W50-69 (9)	Hammer
3:00 pm		RELAYS on demand			

## NZMA Track & Field Championships - Sunday 15th March 2026

	Grade	Track			
9:00 am	*WTP1	100m	9:00 am	All Grades	Throws Pentathlon
9:00 am	*MTP1	Long Jump		All Grades	Track Pentathlon
9:10 am	Mixed	5000m	Start Times TBC		
		(Seeded mixed gender)			
9:45 am	M30+ / W30+	5000m TW	Message to all THROWERS  Based on entry numbers from 2025, THREE throwing groups have been created. Once entries close, this decision will be revised and groups may be adjusted.		
		(May include 5000m runners)			
10:30 am	M30+ / W30+	60m Finals			
		(Seeded Timed Finals)			
11:35 am	M30+ / W30+	200m Finals			
		(includes MTP3)			
12:30 pm	M30+ / W30+	800m			
		(includes WTP5)			
1:15 pm		1500m MTP5			