



ATHLETICS WELLINGTON

Track & Field Championships

EVENTS for ATHLETICS WELLINGTON TRACK AND FIELD CHAMPIONSHIPS

- 1 Annual Track & Field Championships for Men, Women, Men Under 20 (M20), Women Under 20, (W20), Men Under 18 (M18) and the Women Under 18 (W18), Boys Under 16 (B16) and the Girls Under 16 (G16), shall be contested for the following championship events:
 - a. Ages grades are that the athlete is Under the age grade on 31 December of that year for the above grades
 - b. Masters events are Age on the day of the event
 - c. Masters events will be the same as for Seniors but will also include **60 metres** and **Weighted Throw** event

MEN		WOMEN	
100 metres	High Jump	100 metres	High Jump
200 metres	Pole Vault	200 metres	Pole Vault
400 metres	Long Jump	400 metres	Long Jump
800 metres	Triple Jump	800 metres	Triple Jump
1500 metres	Shot Put	1500 metres	Shot Put
1 mile	Discus	1 mile	Discus
3000 metres	Hammer	3000 metres	Hammer
5,000 metres	Javelin	5,000 metres	Javelin
10,000 metres		10,000 metres	
3000m Steeplechase		3000m Steeplechase	
110 metres Hurdles		100 metres Hurdles	
400 metres Hurdles	4x100 metres Relay	400 metres Hurdles	4x100 metres Relay
3,000m Race Walk	4x400 metres Relay	3,000m Race Walk	4x400 metres Relay
5,000m Race Walk		5,000m Race Walk	
10,000m Race Walk		10,000m Race Walk	

MEN 20		WOMEN 20	
100 metres	High Jump	100 metres	High Jump
200 metres	Pole Vault	200 metres	Pole Vault
400 metres	Long Jump	400 metres	Long Jump
800 metres	Triple Jump	800 metres	Triple Jump
1500 metres	Shot Put	1500 metres	Shot Put
1 mile	Discus	1 mile	Discus
3000 metres	Hammer	3000 metres	Hammer
5,000 metres	Javelin	5,000 metres	Javelin
10,000 metres			
3000m Steeplechase		3000m Steeplechase	
110 metres Hurdles		100 metres Hurdles	
400 metres Hurdles	4x100 metres Relay	400 metres Hurdles	4x100 metres Relay
3,000m Race Walk	4x400 metres Relay	3000m Race Walk	4x400 metres Relay
10,000m Race Walk		10,000m Race Walk	



ATHLETICS WELLINGTON

Track & Field Championships

MEN 18		WOMEN 18	
100 metres	High Jump	100 metres	High Jump
200 metres	Pole Vault	200 metres	Pole Vault
400 metres	Long Jump	400 metres	Long Jump
800 metres	Triple Jump	800 metres	Triple Jump
1500 metres	Shot Put	1500 metres	Shot Put
3000 metres	Discus	3000 metres	Discus
2000m Steeplechase	Hammer	2000m Steeplechase	Hammer
110 metres Hurdles	Javelin	100 metres Hurdles	Javelin
300 metres Hurdles	4x100 metres Relay	300 metres Hurdles	4x100 metres Relay
3000m Race Walk	4x400 metres Relay	3000m Race Walk	4x400 metres Relay
5,000m Race Walk		5,000m Race Walk	

5,000m Race Walk * an addition.

BOYS 16		GIRLS 16	
100 metres	High Jump	100 metres	High Jump
200 metres	Pole Vault	200 metres	Pole Vault
400 metres	Long Jump	400 metres	Long Jump
800 metres	Triple Jump	800 metres	Triple Jump
1500 metres	Shot Put	1500 metres	Shot Put
3000 metres	Discus	3000 metres	Discus
2000m Steeplechase	Hammer	2000m Steeplechase	Hammer
100 metres Hurdles	Javelin	80 metres Hurdles	Javelin
300 metres Hurdles	4x100 metres Relay	300 metres Hurdles	4x100 metres Relay
2,000m Race Walk	4x400 metres Relay	2,000m Race Walk	4x400 metres Relay
3000m Race Walk		3000m Race Walk	

2. The Championships shall be conducted at a ground where the track and jumping runways are on all-weather surfaces, the throwing circles are of concrete or similar material, and all are approved from time to time by the Athletics Wellington and specifications eligible for purpose of setting NZ records.
3. Athletics Wellington on the approval of the Board of Directors may hold any individual Championship event at a time and venue different from the main Track and Field Championships.
 - (a) In general, whenever possible the **1 mile and 3000 metres** and **10,000 metres** and **10000m track walk** events shall be held at a time different from the main Track and Field Championships.
 - (b) Athletics Wellington on the approval of the Board of Directors may hold one or more Championship grades at a time and venue different from the other grades of the Track and Field Championships. *i.e. Under 20 and Under 16 on different days*
 - (c) Athletics Wellington on the approval of the Board of Directors may hold at separate time to the above events a Combined Events Championships for Senior Men and Women. Men 20 and Women 20, Men 18 and Women 18 in Decathlon and Heptathlon respectively and a Boys 16 Octathlon and Girls 16 Pentathlon.