



Athletics
New Zealand Masters Games Programme 2025
Sunday 2nd February 2025

Morning

Field Events

									Number
9-00am	Javelin	M30-34	M35-39	M40-44	M45-49	M50-54	M55-59	M 60-64	14
10-30 am	Javelin	M 65-69	M 70-74	M 75-79	M80-84	M85-89	M90+		17
9-00 am	Triple Jump	W30 + and all older grades			All Grades				4
9-30am	Triple Jump	M30 + and all older grades			All Grades				11
10-15 am	Shot	W30 + and all older grades			All Grades				14
11-30 am	Shot	M 30-34	M 35-39	M40-44	M 45-49	M 50-54	M 55-59	M 60-64	14
12-30pm	Shot	M 65-69 and all older grades							17
11-00am	High Jump	W30 + and all older grades			All Grades				3
11-00 am	High Jump	M65-69 and all older grades							8
12-00 prr	High Jump	M 40-44	M40-49	M50-54	M 55-59	M60-64			10
Track Events									
9-00 am	Mile	M 30-34	M 45-49	M 50-54	M 55-59				4
9-10 am	Mile	M 60-64	M 65-69	M 70-74	M 75-79	M 80-84			8
9-30 am	Mile	W30 + and all older grades			All Grades				8
10-15 am	200m	W 30-34	W 35-39	W 40-44	W 45-49	W 50-54			3
10-25 am	200m	W 55-59	W 60-64	W70-74					7
10-35 am	200m	M 30-34	M 35-39	M 40-44	M 45-49				2
10-45 am	200m	M 50-54							2
10-55 am	200m	M 55-59							5
11-05 am	200m	M 60-64							3
11-15 am	200m	M 65-69							6
11-25 am	200m	M70-74	M 75-79						6
11-35 am	200m	M 80-84	M85-89						2
11 -45 an	3000m Race Walk	M30+	and all older grades	All Grades		7 & 7			14
	3000m Race Walk	W30 +	and all older grades	All Grades					

Afternoon

Field Events

1-30 pm	Discus	W30 + and all older grades			All Grades				15
2-45 pm	Discus	M 35-39	M 40-44	M45-49	M 50-54	M 55-59			12
3-35 pm	Discus	M 60-64	M 65-69	M 70-74	M 75-79	M 80-84	M85-89	M90+	20
3-35 pm	Javelin	W30+	All Grades						9
2-00 pm	Long Jump	W30 + and all older grades			All Grades				4
2-45 pm	Long Jump	M30 + and all older grades			All Grades				19
5-00 pm	Hammer	W30 + and all older grades			All Grades				10
6-30 pm	Hammer	M30+ and all older grades			All Grades				18

Track Events

1-00 pm	3,000m Track Run	M30-34	and all older grades	All Grades				15	
1-20 pm	3,000m Track Run	W30-34	and all older grades	All Grades				8	
1-45 pm	100m	W 35-39	W 40-44	W 45-49					3
1-55 pm	100m	W 50-54	W 55-59	W 60-64					7
2-05 pm	100m	W 70-74	W 80-84	W 85-89					2
2-10pm	100m	M 35-39	M 40-44					2	
2-15pm	100m	M 45-49	M50-54					2	
2-20 pm	100m	M 55-59							5
2-22 pm	100m	M 60-64							4
2-25 pm	100m	M 65-69							7
2-30 pm	100m	M 70-74							4
2-35pm	100m	M 75-79							5
2-40 pm	100m	M 80-84	M 85+					4	
3-00 pm	800m	W 30-34	W 45-49	W 50-54	W 55-59	W 60-64	W 70-74		7
3-10 pm	800m	M 30-34	M 35-39	M 45-49	M 50-54	M 55-59	M 60-64		5
3-20 pm	800m	M 65-69	M 70-74	M 75-79	M 80-84				9
3-40pm	60m	W 30-34	W 35-39	W 40-44	W 45-49				1
3-45pm	60m	W 50-54	W 55-59	W 60-64				6	
3-50pm	60m	W 65-69	W 70-74	W 80-84					7
3-55pm	60m	M 30-34	M 35-39					1	
4-00pm	60m	M 45-49							0
4-05pm	60m	M 50-54							6
4-10pm	60m	M 60-64							4
4-15pm	60m	M 65-69							7
4-20pm	60m	M 70-74							7
4-25pm	60m	M75-79	M 85-89	M90+					8
4-45pm	400m	W 30-34	W 35-39	W 40-44	W 45-49				3
4-50pm	400m	W50-54	W55-59	W60-64	W70-74				3
4-55pm	400m	M30-34	M35-39	M 45-49					3
5-00pm	400m	M50-54	M55-59	M60-64					4
5-05pm	400m	M65-69	M70-74					5	
5-10pm	400m	M70-74	M75-79	M80-84					6
5-15pm	400m	M85-84	M85-89	M90+					2

NB: Please note field events timings could be slightly deferred on the day if the previous division takes longer than their allocated time. We have large numbers in the fields this year. 451

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