

EGMONT ATHLETICS Inc 2026-27

Draft
20/09/2026

NOTE: Please be aware events may start 15 minutes earlier than programme **CANCELLATIONS:** only under exceptional circumstances

CLUB UNIFORM MUST be worn on club night. When uniforms are not available, club t-shirts may be worn

Date	5:45	6:00	6:25		7:00	7:20	7:40	8:00	7:30	7:45	Other events
13 Oct 26	Warm up & games	Track	Throw	The first 4 weeks are training	1km Walk	60m / 100m	1500m	3000m / 2kmwalk	Shot	L Jump	
20 Oct 26	Warm up & games	Throws	Jumps		1km Walk	60m / 100m	800m	2000m / 1500 walk	H Jump	Discus	
27 Oct 26	Warm up & games	Jumps	Track	based programme for an hour	1km Walk	60m / 100m	400m	5000m / 3km walk	T Jump - 12yr+	Shot	League meeting - Hastings
3 Nov 26	Warm up & games	Track	Throws		1km Walk	60m / 100m	1 mile	2000m / 2km walk	L Jump	Javelin	League meeting - PN
Date	5:45	6:00	6:15	6:45	7:00	7:25	7:45	6:40	6:45	7:15	
10 Nov 26	Sprint hurdles	1km walk	60m / 100m	600m	1600m walk	300m / 200m	3000m	T Jump 12+	L Jump	Discus	
17 Nov 26		1km walk	Team Relay	1500m	2000m	400m / 200m	3km walk	H Jump 10+	Shot Put	Javelin	League meeting - Masterton
24 Nov 26	Long hurdles	1km walk	60m / 100m	800m	[1500m walk]	200m	3000m	Weight throw	L Jump	Discus	NI Masters T&F - 27-29
1 Dec 26		1km walk	60m / 100m	1 mile	2km walk 3000m / 2000m	300m / 200m	-	T Jump 12+	L Jump	Shot Put	
8 Dec 26	Sprint hurdles	Team Relay	60m / 100m	600m	2000m	400m / 200m	3km walk	H Jump 10+	Shot Put	Javelin	NZSS T&F – 10-13
15 Dec 26		1km walk	60m / 100m	1500m	1600m walk	200m	{10.000m}	Hammer	L Jump	Discus	
22 Dec 26	Long hurdles	1km walk	60m / 100m	800m	2km walk 3000m / 2000m	300m / 200m	-	T Jump 12+	L Jump	Shot Put	
29 Dec 26		1km walk	Team Relay	600m	1.2km/1.6km walk / 2000m	400m / 200m	-	H Jump 10+	Shot Put	Javelin	
5 Jan 27	Sprint hurdles	1km walk	60m / 100m	1500m	2000m	200m	{5km walk}	Weight throw	L Jump	Discus	NI Colgate Games – 8-10
12 Jan 27		1km walk	60m / 100m	800m	2km walk 3000m	300m / 200m	-	T Jump 12+	L Jump	Shot Put	
19 Jan 27	{Long hurdles}	Team Relay	60m / 100m	600m	1500m walk	400m / 200m	{5000m}	H Jump 10+	Shot Put	Javelin	
26 Jan 27		1km walk	{60m M} 100m	1500m	3km walk 2000m	[200m]	-	[Hammer 14+]	L Jump	Discus	NZMZ T&F 27-31
2 Feb 27	{Sprint hurdles}	1km walk	[100m]	800m	1500m walk	[400m U12]	{3000m} J&S	T Jump 12+	L Jump	Shot Put	
9 Feb 27		1km walk	Team Relay	600m	2000m	200m	[3km walk]	[H Jump 10+]	[Shot Put U12]	Javelin	
16 Feb 27	{2k/3k Stpl}	1km walk	60m / 100m	1500m	1500m walk	[400m 12+]	3000m / 2000m	Weight throw	L Jump	[Discus 12+]	Tar Sen T&F Fri 19 Tar Jun T&F Sun 21
23 Feb 27		1km walk	[60m U10]	600m	[2km walk]	300m / 200m	2000m	T Jump 12+	[L Jump U10]	[Shot Put 12+]	
9 Mar 27	Sprint hurdles	Team Relay	60m / 100m	[800m]	2km / 3km walk 3000m / 2000m	200m	-	[T Jump 12+]	Shot Put	[Javelin]	Athletics NZ T&F – 11-14 Tar Master Games T&F 14 th
16 Mar 27		1km walk	60m / 100m	[1500m]	1500m walk	400m / 300m	3000m / 2000m	Hammer	[L Jump 10+]	[Discus U10]	
23 Mar 27	Long hurdles	1km walk	100m	800m	Relay	Long Jump	Shot Put	-	-	-	

Sprint Hurdles = 80m / 100m / 110m
Long Hurdles = 300m / 400m
Field Events = restricted to 3 throws/jumps (except High Jump)
Weight Throw = Master Men & Women only

[] = denotes Club Champs ~ 3 throws / jumps
{ } = denotes Taranaki & Club Championships
Steeplechase = by request ~ 2 weeks notice
Pole Vault = by request ~ 2 weeks notice
J = Men/Women U20; Men/Women U18; Men/Women U16
M = Masters **S** = Senior **J** = Junior