

Night of 5s

Continental Tour Challenger

Saturday 17th December 2022

Millennium Centre, Auckland, New Zealand

Men: 5000m, Pole Vault

Women: 5000m, Pole Vault

Potts Classic

Continental Tour Challenger

Saturday 21st January 2023

Hawkes Bay Regional Sports Centre, Hastings, New Zealand

Men: 100m, 400m, 800m, Long Jump, Discus Throw, Hammer Throw, Pole Vault, Shot Put

Women: 100m, 400m, 800m, 3000m Steeplechase, Long Jump, Discus Throw, Hammer Throw, Pole Vault, Shot Put

Cooks Classic

Continental Tour Challenger

Sunday 28th January 2023

Cooks Gardens, Wanganui, New Zealand

Men: 200m, 400m, Mile*, 400m H, Long Jump, High Jump, Javelin Throw, Shot Put

Women: 200m, 400m, Mile*, 400m H, Long Jump, High Jump, Hammer Throw, Javelin Throw

NZL National Championships*Capital Classic**

Continental Tour Challenger

Friday 3rd February 2023

Newtown Athletics Stadium, Wellington, New Zealand

Men: 100m, 200m, 800m, 3000m*, 3000m SC, 110m H, Triple Jump, High Jump, Hammer Throw, Javelin Throw, Shot Put

Women: 100m, 200m, 800m, 3000m*, 3000m SC, 100m H, Triple Jump, High Jump, Hammer Throw, Javelin Throw, Shot Put

NZL National Championships*Sola Power Throws Meet**

Continental Tour Challenger

Saturday 4th February 2023

Solapower Throwing Academy, Wellington, New Zealand

Men: Discus Throw, Shot Put

Women: Discus Throw, Shot Put

Adelaide Track Classic

Continental Tour Challenger

Saturday 11th February 2023

SA Athletics Stadium, Adelaide, Australia

Men: 100m, 200m, 800m, 5000m, 3000m Steeplechase, Pole Vault, Triple Jump, Discus Throw

Women: 100m, 200m, 800m, 5000m, 3000m Steeplechase, Pole Vault, Triple Jump, Discus Throw

International Track Meet

Continental Tour Bronze

Sunday 19th February 2023

Nga Puna Wai, Christchurch, New Zealand

Men: 100m, 200m, 800m, 110m H, Triple Jump, High Jump, Discus Throw, Hammer Throw, Shot Put

Women: 100m, 200m, 800m, 100m H, Triple Jump, High Jump, Discus Throw, Hammer Throw, Shot Put

Melbourne Track Classic

Continental Tour Silver

Thursday 23rd February 2023

Lakeside Stadium, Melbourne, Australia

Men: 100m, 200m (Peter Norman Memorial), 800m, 1500m (National Permit), (John Landy Memorial) Mile, 3000m, 110m Hurdles, High Jump, Long Jump, Discus Throw, Javelin Throw

Women: 100m, 200m, 800m, 1500m, 3000m, 100m Hurdles, High Jump, Long Jump, Javelin Throw, Hammer Throw

Sydney Track Classic

Continental Tour Challenger

Saturday 11th March 2023

Sydney Olympic Park Athletics Centre, Sydney, Australia

Men: 100m, 400m, 800m, 3000m*, 110m Hurdles, High Jump, Long Jump, Shot Put; Hammer Throw, Javelin Throw

Women: 100m; 400m; 800m; 3000m*, 100m Hurdles, 400m Hurdles, High Jump, Long Jump, Shot Put; Hammer Throw; Javelin Throw

**AUS National Championships*

Sir Graeme Douglas Memorial Track Classic

Continental Tour Bronze

Thursday 16th March 2023

Waitakere, Auckland, New Zealand

Men: 100m, 400m, 1500m, 3000m SC, 5000m, 400m H, Long Jump, Javelin Throw, Pole Vault, Shot Put

Women: 100m, 400m, 1500m, 5000m, 400m H, Long Jump, Javelin Throw, Pole Vault, Shot Put

Brisbane Track Classic

Continental Tour Silver

Saturday 25th March 2023

Queensland Sports and Athletics Centre, Brisbane, Australia

Men: 100m, 200m, 400m, 800m, 110mH, 400mH, High Jump, Pole Vault, Long Jump, Discus Throw, Javelin Throw

Women: 100m, 200m, 400m, 800m, 100mH, 400mH, Pole Vault, Long Jump, Discus Throw, Javelin Throw