



**PROVISIONAL 2026 SOUTHERN CUP INCORPORATING ILT SOUTHLAND TRACK CHAMPIONSHIPS
PROGRAMME**

FRIDAY 5th DECEMBER 2025 (PM)

4:00PM - 4:40PM Warm Up

4:45PM - 4:55PM - NZ Record Attempts

5:00PM Start

	Under 13 Girls 500m Time Trial	Final	
1	Under 13 Boys 500m Time Trial	Final	
1a	Under 15 Girls 500m Time Trial	Final	
2	Under 15 Boys 500m Time Trial	Final	
3	Under 17 Girls 500m Time Trial	Final	
4	Under 17 Boys 500m Time Trial	Final	
5	Masters Women (50+) 500m Time Trial	Final	Combined Race, Separate Podium
6	Masters Men (50+) 500m Time Trial	Final	Combined Race, Separate Podium
7	Masters Women (40-44, 45-49) 750m Time Trial	Final	Combined Race, Separate Podium
8	Masters Men (40-44, 45-49) 750m Time Trial	Final	Combined Race, Separate Podium
	Masters Women (35-39) 1000m Time Trial	Final	
	Masters Men (35-39) 1000m Time Trial	Final	
	Para Women 1000m Time Trial	Final	Combined Race, Separate Podium
	Para Men 1000m Time Trial	Final	Combined Race, Separate Podium
9	Under 19 Women 1000m Time Trial	Final	
10	Elite Women 1000m Time Trial	Final	
11	Elite Men & Under 19 Men 1000m Time Trial - MacLean Cup	Final	Combined Race, Separate Podium
	Under 13 Girls & Boys 1000m Scratch Race	Final	Combined Race, Separate Podium
	Under 15 Girls 1500m Scratch	Final	
12	Under 13 + Under 15 Girls & Boys 2000m Scratch	Final	Combined Race, Separate Podium
13	Under 17 Girls 5km Scratch Race	Final	
	PRESENTATIONS		
14	Under 17 Boys 7.5km Scratch Race	Final	Combined Race, Separate Podium

15	Masters Women 5km Scratch Race	Final	Combined Race, Separate Podium
16	Elite, Under 19 & Masters Women 10km Scratch Race	Final	Combined Race, Separate Podium
17	Masters Men (35-44, 45-54, 55-64, 65+) 5km Scratch Race	Final	Combined Race, Separate Podium
18	Elite Men & Under 19 Men 10km Scratch Race	Final	Combined Race, Separate Podium
19	Under 17 Girls Sprint	Qualifying	Top 3 to Semi Final, rest (4&5) to 1/4 Final
20	Under 17 Boys Sprint	Qualifying	Top 1 to Semi Final, rest to 1/4 final
21	Master Women Sprint	Qualifying	Top 4 to Semi Final
22	U19 Women Sprint	Qualifying	Top 4 to Semi Final
	Elite Women Sprint	Qualifying	Top 8 to 1/4 final
	Para Sprint	Qualifying	Rounds depending on Entries
23	Master Men Sprint (55+)	Qualifying	Top 8 to 1/4 final
24	Master Men Sprint (45-49, 50-54)	Qualifying	Top 3 to Semi Final, rest (4&5) to 1/4 Final
25	U19 Men Sprint	Qualifying	Top 4 to Semi Final
	Elite Men Sprint	Qualifying	Top 8 to 1/4 final