

2025 National Summer Games

Sports Formats/Events

Athletics

Ngā Puna Wai Sport Hub

1. Track Events

- 60m Run / Walk
- 100m Run / Walk
- 200m Run / Walk
- 400m Run / Walk
- 800m Run / Walk
- 1500m Run / Walk
- 3000m Run / Walk
- 4 x 100m Relay

2. Field Events

- Long Jump
- Standing Long Jump
- Softball Throw
- Shot Put
- Mini-Javelin

Basketball

Parakiore Recreation and Sports Centre

1. Standard

- 5x5

2. Unified

- 3x3

Basketball players **CAN** enter in a standard event and the unified event if they wish.

Bocce

Cowles Stadium

1. Standard

- Doubles/Pairs (can be mixed gender)
- Teams/Fours (can be mixed gender)



2. Unified

- Doubles/Pairs (can be mixed gender)
- Teams/Fours (can be mixed gender)

Bocce players **CAN** enter in a standard event and the unified event if they wish.

Equestrian

Riding For The Disabled

- Dressage
- Equitation
- Working Trails

Football

Ngā Puna Wai Sport Hub

- 7-a-side

Golf

Harewood Golf Club

1. Standard

- Level 1 – Skills Assessment
- Level 4 - 9 Hole Stroke Play
- Level 5 - 18 Hole Stroke Play

2. Unified

- Level 2 – Alternate Shot 9 hole
- Level 3 - Alternate Shot 18 hole

Golfers **MUST** either be entered in a standard event or a unified event, **NOT BOTH**.



Indoor Bowls

Canterbury Indoor Bowls

- A Grade Pairs
- A Grade Fours
- B Grade Pairs
- B Grade Fours
- C Grade Pairs
- C Grade Fours

Powerlifting

Ngā Puna Wai Sport Hub

- Female Two Lift Combination
- Female Three Lift Combination
- Female Bench
- Male Two Lift Combination
- Male Three Lift Combination
- Male Bench

Swimming

Parakiore Recreation and Sports Centre

1. Fundamental Events

- 15m Assisted Swim
- 25m Assisted Swim
- 15m Kick Board
- 15m Unassisted Swim
- 15m Walk
- 25m Kick Board

2. Core Events

- Backstroke (25m, 50m, 100m, 200m, 400m)
- Breaststroke (25m, 50m, 100m, 200m, 400m)
- Butterfly (25m, 50m, 100m, 200m)
- Freestyle (25m, 50m, 100m, 200m, 400m, 800m, 1500m)
- Individual Medley (100m, 200m)
- Freestyle relay male, female, and mixed (4 x 25m)
- Freestyle relay male, female, and mixed (4 x 50m)
- Medley relay male, female, and mixed (4 x 25m, 4 x 50m)

Swimmers competing at NSG **MUST** either be entered in the Fundamental events or the Core events, **NOT BOTH**.

Tenpin Bowling

Zone Bowling

- Doubles
- Teams