

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

Fundamental events are designed to enable new and developing athletes the opportunity to compete. Coaches should encourage their athletes to enter core events if they are capable of doing so.

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

Ngā Puna Wai Sport Hub

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)
- Medley relay male, female and, mixed (4 x 50m)

Swimmers can enter both Core and Fundamental events at NSG.

Fundamental events are designed to enable new and developing swimmers the opportunity to compete. Coaches should encourage their athletes to enter core events if they are capable of doing so.

Tenpin Bowling

Zone Bowling

- Doubles
- Teams