



2026 New Zealand Sport Aerobics and Fitness Open

Please note - ALL times are approximate and subject to change

Published 21 May 2026

Saturday 13 June		Sunday 14 June		
HEATS		FINALS		
08:00	Warm up gym opens to athletes	08:10	Warm up gym opens to athletes	
08:15	Registration (Coaches) at gymnasium			
08:40	Doors open to spectators	08:40	Doors open to spectators	
09:00	Welcome	09:00	Welcome	
	<i>Entries</i>		<i>Finalists</i>	
09:10	NZCAF Individual Open Individual U12 Division 3	15	09:10 NZCAF Individual Open Individual U12 Division 3	6
09:55	NZCAF Individual Open Individual U14 Division 3	18	09:28 NZCAF Individual Open Individual U14 Division 3	6
Break		Break		
<i>Floor Testing for NZCAF Division 1 Individuals</i>				
11:10	NZCAF Individual Open Individual U19 Division 3	8	09:46 NZCAF Individual Open Individual U19 Division 3	5
11:34	NZCAF Individual Open Individual U16 Division 2	12	10:01 NZCAF Individual Open Individual U16 Division 2	5
12:10	NZCAF Individual Open Individual U19 Division 2	12	10:16 NZCAF Individual Open Individual U19 Division 2	5
12:46	NZCAF Individual Open Individual U16 Division 1	5	10:31 NZCAF Individual Open Individual U16 Division 1	5
13:01	NZCAF Individual Open Individual U19 Division 1	5	10:46 NZCAF Individual Open Individual U19 Division 1	5
13:16	NZCAF Individual Open Individual Adult Division 1	2	11:01 NZCAF Individual Open Individual Adult Division 1	2
Break		Break		
13:40	FISAF Fitness Cadet Petite	4	11:25 FISAF Fitness Cadet Petite	4
13:52	FISAF Fitness Cadet Grande	2	11:37 FISAF Fitness Cadet Grande	2
Break		Break		
<i>Floor Testing for FISAF Individuals</i>				
15:00	FISAF Individual Cadet	13	12:45 FISAF Individual Cadet	8
15:39	FISAF Individual Cadet Male	1	13:09 FISAF Individual Cadet Male	1
15:42	FISAF Individual Junior	8	13:12 FISAF Individual Junior	8
16:06	FISAF Individual Youth	8	13:36 FISAF Individual Youth	8
16:30	FISAF Individual Adult	7	14:00 FISAF Individual Adult	7
Break		Break		
<i>Floor Testing for FISAF Duos and Trios</i>				
17:20	NZCAF Team Open Team U12 Division 3	1	14:45 NZCAF Team Open Team U12 Division 3	1
17:23	NZCAF Team Open Team U14 Division 3	3	14:48 NZCAF Team Open Team U14 Division 3	3
17:32	NZCAF Team Open Team U19 Division 2	3	14:57 NZCAF Team Open Team U19 Division 2	3
17:41	NZCAF Team Open Team U19 Division 1	2	15:06 NZCAF Team Open Team U19 Division 1	2
17:47	FISAF Team Cadet Duos	2	15:12 FISAF Team Cadet Duos	2
17:53	FISAF Team Cadet Trios	1	15:18 FISAF Team Cadet Trios	1
17:56	FISAF Team Junior Duos	1	15:21 FISAF Team Junior Duos	1
17:59	FISAF Team Junior Trios	2	15:24 FISAF Team Junior Trios	2
18:05	FISAF Team Youth Duos	4	15:30 FISAF Team Youth Duos	4
18:17	FISAF Team Youth Trios	2	15:42 FISAF Team Youth Trios	2
18:23	FISAF Team Adult Duos	3	15:48 FISAF Team Adult Duos	3
18:32	FISAF Team Adult Trios	1	15:57 FISAF Team Adult Trios	1
Break		Break		
19:00	FISAF Individual Masters	3	16:25 FISAF Individual Masters	3
19:09	NZCAF Team NZCAF Fitness U14 Cadet	3	16:34 NZCAF Team NZCAF Fitness U14 Cadet	3
19:18	FISAF Fitness Junior Petite	4	16:43 FISAF Fitness Junior Petite	4
19:30	FISAF Fitness Junior Grande	3	16:55 FISAF Fitness Junior Grande	3
19:39	FISAF Fitness Adult Petite	1	17:04 FISAF Fitness Adult Petite	1
19:42	FISAF Fitness Adult Grande	2	17:07 FISAF Fitness Adult Grande	2
19:48	Heats finish		17:30 Prize Giving	
	Finalists posted online		18:15 Event ends	