



COUNTIES MANUKAU SEVENS

15 NOVEMBER 2025



| MEN'S | | WOMEN'S | |
|--|-----------------|--|-----------------|
| Counties Manukau Waikato North Harbour Thames Valley Northland | | Counties Manukau Waikato North Harbour Thames Valley Northland | |
| MEN'S | | WOMEN'S | |
| Round 1 | : 10:00:00 AM | Round 1 | : 10:40:00 AM |
| 1 Counties Manukau | v Waikato | 3 Counties Manukau | v Waikato |
| | : 10:20:00 AM | | : 11:00:00 AM |
| 2 Thames Valley | v North Harbour | 4 Thames Valley | v North Harbour |
| Northland | BYE | Northland | BYE |
| Round 2 | : 11:20:00 AM | Round 2 | : 12:00:00 PM |
| 5 Counties Manukau | v North Harbour | 7 Counties Manukau | v North Harbour |
| | : 11:40:00 AM | | : 12:20:00 PM |
| 6 Northland | v Waikato | 8 Northland | v Waikato |
| Thames Valley | BYE | Thames Valley | BYE |
| Round 3 | : 12:40:00 PM | Round 3 | : 1:20:00 PM |
| 9 Northland | v Thames Valley | 11 Northland | v Thames Valley |
| | : 1:00:00 PM | | : 1:40:00 PM |
| 10 North Harbour | v Waikato | 12 North Harbour | v Waikato |
| Counties Manukau | BYE | Counties Manukau | BYE |
| Round 4 | : 2:00:00 PM | Round 4 | : 2:40:00 PM |
| 13 Counties Manukau | v Thames Valley | 15 Counties Manukau | v Thames Valley |
| | : 2:20:00 PM | | : 3:00:00 PM |
| 14 Northland | v North Harbour | 16 Northland | v North Harbour |
| Waikato | BYE | Waikato | BYE |
| Round 5 | : 3:20:00 PM | Round 5 | : 4:00:00 PM |
| 17 Counties Manukau | v Northland | 19 Counties Manukau | v Northland |
| | : 3:40:00 PM | | : 4:20:00 PM |
| 18 Waikato | v Thames Valley | 20 Waikato | v Thames Valley |
| North Harbour | BYE | North Harbour | BYE |

NORTHERN REGIONS RUGBY

