

This is a draft timetable for entry purposes only, a FINAL timetable will be published on Friday 7th August 2026				
Track				
Event No	Time	Event	Age Group	Round
	10:00	100m	U16 Girls	1
	10:16	100m	U16 Boys	1
	10:32	1500m	U16 Girls	1
	10:48	1500m	U16 Boys	1
	11:04	300m	U16 Girls	1
	11:19	300m	U16 Boys	1
	11:31	100m	U16 Girls	Semi Final
	11:39	100m	U16 Boys	Semi Final
	11:47	800m	U20 Women	1
	12:02	800m	U20 Men	1
	12:19	300m Hurdles	U16 Boys	1
	12:33	300m Hurdles	U16 Girls	1
LUNCH				
	13:14	1500m	U16 Girls	Final
	13:22	1500m	U16 Boys	Final
	13:30	400m Hurdles	U20 Men	Final
	13:38	400m Hurdles	U20 Women	Final
	13:46	300m Hurdles	U16 Boys	Final
	13:52	300m Hurdles	U16 Girls	Final
	13:58	100m	U16 Girls	Final
	14:02	100m	U16 Boys	Final
	14:07	800m	U16 Girls	1
	14:27	800m	U16 Boys	1
	14:47	300m	U16 Girls	Final
	14:52	300m	U16 Boys	Final
	14:58	80m Hurdles	U16 Girls	1
	15:18	200m	U20 Women	1
	15:34	200m	U20 Men	1
	15:50	200m	U16 Girls	1
	16:06	200m	U16 Boys	1
	16:20	80m Hurdles	U16 Girls	Semi Final
	16:30	100m Hurdles	U16 Boys	1
	16:40	200m	U20 Women	Semi Final
	16:48	200m	U20 Men	Semi Final
	16:56	200m	U16 Girls	Semi Final
	17:04	200m	U16 Boys	Final
	17:08	800m	U20 Women	Final
	17:13	800m	U20 Men	Final
	17:18	800m	U16 Girls	Final
	17:23	800m	U16 Boys	Final
	17:30	100m Hurdles	U16 Boys	Final
	17:36	80m Hurdles	U16 Girls	Final
	17:48	200m	U20 Women	Final
	17:56	200m	U20 Men	Final
	17:59	200m	U16 Girls	Final
If Heats are not required Finals will go at HEAT time				

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Field				
Event No.	Time	Event	Age Group	Info
	10:00	Hammer	U16 Girls/Boys	
	10:00	Long Jump	U16 Girls	Pool 2
	10:00	High Jump	U20 Women	SH 1m38
	10:00		U20 Men	SH 1m58
	11:00	Javelin	U16 Boys	
	11:00	Long Jump	U16 Girls	Pool 1
	11:00	Pole Vault	U20 Women	SH 2m23
			U16 Girls	SH 2m08
			U16 Boys	
	12:00	High Jump	U16 Girls	SH 1m18
	12:00	Javelin	U16 Girls	
	13:30	Long Jump	U16 Boys	
	13:30	Javelin	U20 Women	
			U20 Men	
	13:30	Shot Put	U16 Girls	
		Pole Vault	U20 Men	SH 3m03
	13:45	High Jump	U16 Boys	SH 1m28
	14:30	Long Jump	U20 Women	
	15:30	Shot Put	U16 Boys	
	15:30	Discus	U16 Girls	
	16:00	Triple Jump	U16 Girls	7m/9m
			U16 Boys	7m/9m
	16:45	Discus	U16 Boys	
Minimum 2 Warm Up Attempts				
U16G Long Jump athletes must declare 60 minutes before the start time of the earliest pool, regardless of which pool they will compete in				

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Track				
Event No	Time	Event	Age Group	Round
	10:00	200m Hurdles	U14 Girls	1
	10:10	200m Hurdles	U14 Boys	1
	10:18	100m	U20 Women	1
	10:34	100m	U20 Men	1
	10:50	100m	U14 Girls	1
	11:10	100m	U14 Boys	1
	11:26	400m	U20 Women	1
	11:41	400m	U20 Men	1
	11:56	100m	U20 Women	Semi Final
	12:04	100m	U20 Men	Semi Final
	12:12	100m	U14 Girls	Semi Final
	12:24	100m	U14 Boys	Semi Final
	12:32	800m	U14 Girls	Timed Final
	12:47	800m	U14 Boys	Timed Final
	12:59	200m Hurdles	U14 Girls	Final
	13:06	200m Hurdles	U14 Boys	Final
	13:16	100m	U20 Women	Final
	13:20	100m	U20 Men	Final
	13:24	100m	U14 Girls	Final
	13:28	100m	U14 Boys	Final
	13:32	2000m SC	U20 Men	Final
LUNCH				
	14:15	1500m SC	U20 Women	Final
	14:25	1500m SC	U16 Boys / Girls	Final
	14:35	200m	U14 Girls	1
	14:51	200m	U14 Boys	1
	15:03	1500m	U20 Women	1
	15:19	1500m	U20 Men	1
	15:37	110m Hurdles	U20 Men	Final
	15:43	100m Hurdles	U20 Women	1
	15:53	80m Hurdles	U14 Boys	1
	16:03	75m Hurdles	U14 Girls	1
	16:17	200m	U14 Girls	Semi Final
	16:25	200m	U14 Boys	Final
	16:29	400m	U20 Women	Final
	16:34	400m	U20 Men	Final
	16:39	1500m	U14 Girls	Timed Final
	16:55	1500m	U14 Boys	Timed Final
	17:11	1500m	U20 Women	Final
	17:19	1500m	U20 Men	Final
	17:29	75m Hurdles	U14 Girls	Final
	17:35	80m Hurdles	U14 Boys	Final
	17:41	100m Hurdles	U20 Women	Final
	17:47	200m	U14 Girls	Final
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Field				
Event No	Time	Event	Age Group	Round
	10:00	Hammer	U20 Women	
			U20 Men	
	10:00	High Jump	U14 Girls	SH 1m13
	10:00	Long Jump	U20 Men	
	11:15	Shot Put	U14 Boys	
	11:15	Javelin	U14 Girls	
	11:15	Long Jump	U14 Girls	Pool 2
	12:15	Long Jump	U14 Girls	Pool 1
	12:30	Javelin	U14 Boys	
	12:45	Shot Put	U20 Women	
			U20 Men	
	13:45	Shot Put	U14 Girls	
	13:45	Long Jump	U14 Boys	
	14:45	Discus	U20 Men	
			U20 Women	
	15:00	High Jump	U14 Boys	SH 1m13
	15:00	Triple Jump	U20 Women	9m/11m
	16:15	Triple Jump	U20 Men	9m/11m
	16:15	Discus	U14 Boys	
			U14 Girls	
Minimum 2 Warm Up Attempts				
U14G Long Jump athletes must declare 60 minutes before the start time of the earliest pool, regardless of which pool they will compete in				