

<b>This is a draft timetable for entry purposes only, a FINAL timetable will be published on Friday 23rd January 2026</b>				
<b>Track</b>				
<b>Event No</b>	<b>Time</b>	<b>Event</b>	<b>Age Group</b>	<b>Heat Info</b>
	15:20	Open 60m	All	A 1 to 3
	15:35	Open 60m	All	B 4 to 6
	15:50	Open 60m	All	C 7 to 9
	16:05	Open 60m	All	D 10 to 12
	16:20	Open 60m	All	E 13 to 15
	16:38	Open 800m	All	A 1 to 3
	16:53	Open 800m	All	B 4 to 6
	17:08	Open 800m	All	C 7 to 9
	17:23	Open 800m	All	D 10 to 12
<b>Open races will be seeded on time and will run slowest to fastest</b>				
<b>Break</b>				
	18:06	60m Hurdles	Women	1
	18:20	60m	Women	1
	18:35	60m	Men	1
	18:50	60m	Para Men	Final
	18:55	60m	Para Women	Final
	19:01	Mile	Women	Final
	19:08	Mile	Men	Final
	19:16	400m	U20 Women	Final
	19:21	400m	U20 Men	Final
	19:26	400m	Women	Finals
	19:41	400m	Men	Finals
	19:57	60m Hurdles	Women	Final
	20:05	60m	Women	Final
	20:10	60m	Men	Final
	20:16	800m	Women	Final
	20:26	800m	Men	Final
	20:37	200m	Women	Finals
	20:47	200m	Men	Finals
<b>Field</b>				
<b>Event No</b>	<b>Time</b>	<b>Event</b>	<b>Age Group</b>	<b>Info</b>
	15:45	Open Triple Jump	Male and Female	9m / 11m Board
	18:00	Long Jump	Senior & U20 Women / Para Women	Final
	19:42	Long Jump	Senior & U20 Men / Para Men	Final
<b>Long Jump - all athletes will receive 3 trials with the top 8 receiving an additional 3 trials</b>				

