

This is a provisional timetable for entry purposes only, a FINAL timetable will be published on Friday 31st July 2026

Event No	Time	Event	Age	Round
	10:00	100m	U18 / U20 / Sen / Mas Men CE	CE
	10:16	100m	U16 Boys CE	CE
	10:35	100m Hurdles	U18 / U20 / Sen / Mas Wom	CE
	10:55	80m Hurdles	U16 Girls CE	CE
	11:10	75m Hurdles	U14 Girls CE	CE
	11:30	100m	Wheelchair / Frame Running	Final
	11:35	100m	Masters Women / Para	Final
	11:47	100m	Masters Men / Para	Final
	12:15	800m	Masters Women	Final
	12:27	800m	Masters Men	Final
	12:42	200m	Masters Women	Final
	12:50	200m	Masters Men / Para	Final
	13:10	2000m SC	Masters / Open Women	Final

LUNCH

	14:00	3000m SC	Masters / Open Men	Final
	14:20	400m	Wheelchair / Frame Running	Final
	14:35	400m	Masters Women	Final
	14:44	400m	Masters Men / Para	Final
	15:05	1500m	Masters Women	Final
	15:13	1500m	Masters Men / Para	Final
	15:30	1500m	Wheelchair	Final
	15:40	1500m	Frame Running	Final
	15:15	150m	U16 Girls CE	CE
	16:00	200m	Sen / U20 Women CE	CE
	16:10	200m	U18 Women CE	CE
	17:10	400m	Mas Men CE	CE
	17:45	400m	Sen / U20 / U18 Men CE	CE
	17:50	600m	U14 Girls CE	CE

Ambulant para athletes will be placed in appropriate Masters heats according to their seed time.

Event No	Time	Event	Age	Info
	10:00	Hammer	Masters Men / Wom / Para	
	10:45	Long Jump	Sen / U20 / U18 / Mas Men CE	
	11:15	Discus	U16 Boys / Mas Men CE	
	11:30	High Jump	Sen / U20 Women CE	SH 1m14
			U18 / Mas Women CE	SH 1m14
	11:30	Shot	U16 Girls	
	12:15	Long Jump	U14 Girls CE	
	12:15	Discus	Masters Wom / Para Wom	
	12:45	Shot	Sen / U20 / U18 / Mas Men CE	
	13:30	Discus	Masters Men	
	13:30	High Jump	U16 Girls	SH 1m04
	13:30	Long Jump	U16 Boys	
	13:45	Shot	Sen / U20 Women CE	
	15:00	High Jump	U14 Girls CE	SH 1m04
	15:00	Shot	U18 / Mas Wom CE	
	15:15	Javelin	Masters Men / Wom / Para	
	15:15	Pole Vault	Mas Men / Wom / Mas Men U16 Boys CE	
	16:30	High Jump	Sen / U20 / U18 Men CE	SH 1m20
	16:30	Shot	U14 Girls CE	
	16:30	Triple Jump	Masters Men / Wom / Para	7m/9m

Warm Up - Minimum 2 Attempts

Masters - athletes achieving the merit standard will be granted a further 3 attempts in field events
Combined Events Athletes - the start and report time for subsequent events will be listed at the Assembly Area.

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Event No	Time	Event	Age	Round
	10:00	110m Hurdles	Sen / U20 Men CE / Mas Men	CE
	10:10	110m Hurdles	U18 Men CE	
	10:20	100m Hurdles	U16 Boys CE	
	10:30	80m Hurdles	U14 Boys CE	CE
	11:30	5000m	Masters Men Pool 1	Timed Final
	12:00	400m Hurdles	Masters Men / Women	Final
	13:15	5000m	Masters Men / Women / Para	Timed Final
LUNCH				
	14:15	600m	U16 Girls CE	CE
	15:30	800m	U18 Women CE	CE
	15:45	800m	Sen / U20 / Mas Women CE	CE
	16:30	800m	U14 Boys CE	CE
	16:40	1000m	U16 Boys CE	CE
	16:40	1500m	Sen / U20 Men CE	CE
	17:30	1500m	U18 / Masters Men CE	CE
Event No	Time	Event	Age	Info
	10:00	Long Jump	U16 Girls CE	
	10:00	High Jump	Masters Men / Wom / Para	SH 1m03
	10:55	Discus	Sen / U20 / U18 Men CE	
	11:15	Shot Put	U14 Boys CE	
	11:30	Long Jump	Sen / U20 / U18 Women CE	
	11:45	Javelin	U16 Girls CE	
	11:45	High Jump	U16 Boys / Mas Men CE	
	12:30	Pole Vault	Sen / U20 / U18 Men CE	SH 2m11
	13:00	Long Jump	U14 Boys CE	
	13:15	Shot Put	Masters Wom / Para	
	13:30	Javelin	Sen / U20 / U18 Women CE	
	14:30	Pole Vault	Sen / U20 / U18 Men CE	SH 2m11
	15:00	Javelin	U16 Boys / Mas Men CE	
	15:00	High Jump	U14 Boys CE	SH 1m03
	16:00	Javelin	Sen / U20 / U18 Men CE	
	16:00	Shot Put	Masters Men	
	16:00	Long Jump	Masters Men / Wom / Para	
Warm Up - Minimum 2 Attempts				
Combined Events Athletes - the start and report time for subsequent events will be listed at the Assembly Area.				
Masters - Athletes achieving the field event Merit Standard will be granted a further 3 attempts				