

## DRAFT Timetable

**This is a draft timetable for entry purposes only, a FINAL timetable will be published on Friday 21st August 2026**

| Track                                                                                                                                         |       |              |                                |            |
|-----------------------------------------------------------------------------------------------------------------------------------------------|-------|--------------|--------------------------------|------------|
| Event No                                                                                                                                      | Time  | Event        | Age Group                      | Round      |
|                                                                                                                                               | 10:00 | 400m Hurdles | U18 Women                      | 1          |
|                                                                                                                                               | 10:15 | 100m         | Sen/Amb Men                    | 1          |
|                                                                                                                                               | 10:53 | 100m         | Sen/Amb Women                  | 1          |
|                                                                                                                                               | 11:09 | 100m         | U18 Women                      | 1          |
|                                                                                                                                               | 11:29 | 100m         | U18 Men                        | 1          |
|                                                                                                                                               | 11:45 | 100m         | Wheelchair / Frame Running Men | Final      |
|                                                                                                                                               | 11:50 | 100m         | Wheelchair / Frame Running Wom | Final      |
|                                                                                                                                               | 12:00 | 800m         | Sen Men                        | 1          |
|                                                                                                                                               | 12:12 | 800m         | Sen Women                      | 1          |
|                                                                                                                                               | 12:20 | 800m         | U18 Men                        | 1          |
|                                                                                                                                               | 12:32 | 800m         | U18 Women                      | 1          |
|                                                                                                                                               | 12:44 | 400m         | Sen/Amb Men                    | 1          |
|                                                                                                                                               | 13:00 | 400m         | Sen/Amb Women                  | 1          |
|                                                                                                                                               | 13:16 | 400m         | U18 Men                        | 1          |
|                                                                                                                                               | 13:28 | 400m         | U18 Women                      | 1          |
| Lunch                                                                                                                                         |       |              |                                |            |
|                                                                                                                                               | 14:10 | 1500m SC     | U18 Men                        | Final      |
|                                                                                                                                               | 14:20 | 100m         | Sen Men                        | Semi Final |
|                                                                                                                                               | 14:32 | 100m         | Sen Women                      | Semi Final |
|                                                                                                                                               | 14:40 | 100m         | U18 Women                      | Semi Final |
|                                                                                                                                               | 14:52 | 100m         | U18 Men                        | Semi Final |
|                                                                                                                                               | 15:15 | 400m Hurdles | U18 Women                      | Final      |
|                                                                                                                                               | 15:20 | 400m Hurdles | Sen Women                      | Final      |
|                                                                                                                                               | 15:25 | 400m Hurdles | U18 Men                        | Final      |
|                                                                                                                                               | 15:30 | 400m Hurdles | Sen Men                        | Final      |
|                                                                                                                                               | 15:40 | 800m         | Sen Men                        | Final      |
|                                                                                                                                               | 15:44 | 800m         | Sen Women                      | Final      |
|                                                                                                                                               | 15:48 | 800m         | U18 Men                        | Final      |
|                                                                                                                                               | 15:52 | 800m         | U18 Women                      | Final      |
|                                                                                                                                               | 16:00 | 3000m SC     | Sen Men                        | Final      |
|                                                                                                                                               | 16:18 | 100m         | Sen Men                        | Final      |
|                                                                                                                                               | 16:22 | 100m         | Sen Women                      | Final      |
|                                                                                                                                               | 16:26 | 100m         | U18 Women                      | Final      |
|                                                                                                                                               | 16:30 | 100m         | U18 Men                        | Final      |
|                                                                                                                                               | 16:35 | 5000m        | Sen / U20 Women                | Final      |
|                                                                                                                                               | 17:00 | 400m         | Wheelchair / Frame Running Men | Final      |
|                                                                                                                                               | 17:05 | 400m         | Wheelchair / Frame Running Wom | Final      |
|                                                                                                                                               | 17:15 | 400m         | Sen Men                        | Semi Final |
|                                                                                                                                               | 17:23 | 400m         | Sen Women                      | Final      |
|                                                                                                                                               | 17:27 | 400m         | U18 Men                        | Final      |
|                                                                                                                                               | 17:31 | 400m         | U18 Women                      | Final      |
| If Heats are not required FINALS will go at HEAT Time                                                                                         |       |              |                                |            |
| the open championship. RAZA points will be used to determine male and female medal awards for each event containing multiple classifications. |       |              |                                |            |
| Event No                                                                                                                                      | Time  | Event        | Age Group                      | Info       |
|                                                                                                                                               | 10:00 | Javelin      | Sen Women                      |            |
|                                                                                                                                               | 10:00 | Shot Put     | U18 Men                        |            |
|                                                                                                                                               | 10:45 | Pole Vault   | U18 Men                        | SH 2m50    |
|                                                                                                                                               |       |              | Sen Men                        | SH 3m75    |
|                                                                                                                                               | 11:15 | Javelin      | U18 Women                      |            |
|                                                                                                                                               | 11:15 | Triple Jump  | U18 Men                        | 9m/11m     |
|                                                                                                                                               |       |              | Sen Men                        | 11m/13m    |
|                                                                                                                                               | 11:15 | High Jump    | Sen Women                      | SH 1m39    |
|                                                                                                                                               | 12:30 | Discus       | U18 Men                        |            |
|                                                                                                                                               | 13:00 | Triple Jump  | U18 Women                      | 7m/9m/11m  |
|                                                                                                                                               | 13:45 | Discus       | Sen Men                        |            |
|                                                                                                                                               | 13:30 | High Jump    | U18 Women                      | SH 1m29    |
|                                                                                                                                               | 15:00 | Hammer       | Sen Women                      |            |
|                                                                                                                                               | 15:30 | Shot Put     | Sen Men                        |            |
|                                                                                                                                               | 15:45 | Triple Jump  | Sen Women                      | 9m/11m     |
|                                                                                                                                               | 16:15 | Hammer       | U18 Women                      |            |
| Minimum 2 Warm Up Attempts                                                                                                                    |       |              |                                |            |

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| Track                                                                                                                                              |       |                |               |            |
|----------------------------------------------------------------------------------------------------------------------------------------------------|-------|----------------|---------------|------------|
| Event No                                                                                                                                           | Time  | Event          | Age Group     | Round      |
|                                                                                                                                                    | 10:00 | 200m           | U18 Women     | 1          |
|                                                                                                                                                    | 10:20 | 200m           | U18 Men       | 1          |
|                                                                                                                                                    | 10:36 | 200m           | Sen Women     | 1          |
|                                                                                                                                                    | 10:52 | 200m           | Sen Men       | 1          |
|                                                                                                                                                    | 11:16 | 1500m          | Wheelchair    | Final      |
|                                                                                                                                                    | 11:31 | 1500m          | Frame Runner  | Final      |
|                                                                                                                                                    | 11:46 | 1500m          | U18 Women     | 1          |
|                                                                                                                                                    | 12:01 | 1500m          | U18 Men       | 1          |
|                                                                                                                                                    | 12:16 | 1500m          | Sen/Amb Women | 1          |
|                                                                                                                                                    | 12:31 | 1500m          | Sen/Amb Men   | 1          |
|                                                                                                                                                    | 12:46 | 5000m          | Sen Men       | Final      |
|                                                                                                                                                    | 13:01 | 200m           | U18 Women     | Semi Final |
|                                                                                                                                                    | 13:16 | 200m           | U18 Men       | Semi Final |
|                                                                                                                                                    | 13:31 | 200m           | Sen Women     | Semi Final |
|                                                                                                                                                    | 13:46 | 200m           | Sen Men       | Semi Final |
| Lunch                                                                                                                                              |       |                |               |            |
|                                                                                                                                                    | 14:25 | 1500m SC       | U18 Women     | Final      |
|                                                                                                                                                    | 14:35 | 3000m SC       | Sen Women     | Final      |
|                                                                                                                                                    | 14:53 | 400m           | Sen Men       | Final      |
|                                                                                                                                                    | 14:58 | 5000m          | Sen/U20 Men   | Final      |
|                                                                                                                                                    | 15:23 | 110m Hurdles   | Sen Men       | Final      |
|                                                                                                                                                    | 15:28 | 110m Hurdles   | U18 Men       | 1          |
|                                                                                                                                                    | 15:38 | 100m Hurdles   | Sen Women     | 1          |
|                                                                                                                                                    | 15:52 | 100m Hurdles   | U18 Women     | 1          |
|                                                                                                                                                    | 16:18 | 200m           | U18 Women     | Final      |
|                                                                                                                                                    | 16:23 | 200m           | U18 Men       | Final      |
|                                                                                                                                                    | 16:28 | 200m           | Sen Women     | Final      |
|                                                                                                                                                    | 16:33 | 200m           | Sen Men       | Final      |
|                                                                                                                                                    | 16:38 | 1500m          | U18 Women     | Final      |
|                                                                                                                                                    | 16:46 | 1500m          | U18 Men       | Final      |
|                                                                                                                                                    | 16:54 | 1500m          | Sen Women     | Final      |
|                                                                                                                                                    | 17:02 | 1500m          | Sen Men       | Final      |
|                                                                                                                                                    | 17:12 | 100m Hurdles   | U18 Women     | Final      |
|                                                                                                                                                    | 17:18 | 100m Hurdles   | Sen Women     | Final      |
|                                                                                                                                                    | 17:23 | 100m Hurdles   | U18 Men       | Final      |
| If Heats not required FINALS will go at HEAT Time                                                                                                  |       |                |               |            |
| Parallel Success: Para Ambulant 1500m: RAZA points will be used to determine male medal awards for each event containing multiple classifications. |       |                |               |            |
| Field                                                                                                                                              |       |                |               |            |
| Event No.                                                                                                                                          | Time  | Event          | Age Group     | Info       |
|                                                                                                                                                    | 10:00 | Javelin        | U18 Men       |            |
|                                                                                                                                                    | 10:00 | Seated Club    | Men/Women     |            |
|                                                                                                                                                    |       | Seated Discus  |               |            |
|                                                                                                                                                    | 10:00 | Long Jump      | U18 Women     |            |
|                                                                                                                                                    | 10:15 | High Jump      | U18 Men       | SH 1m43    |
|                                                                                                                                                    |       |                | Sen Men       | SH 1m63    |
|                                                                                                                                                    | 11:15 | Discus         | U18 Women     |            |
|                                                                                                                                                    | 12:00 | Long Jump      | Sen Women     |            |
|                                                                                                                                                    | 12:15 | Shot Put       | U18 Women     |            |
|                                                                                                                                                    | 13:00 | Discus         | Sen Women     |            |
|                                                                                                                                                    | 13:30 | Long Jump      | Sen Men       |            |
|                                                                                                                                                    | 14:15 | Javelin        | Sen Men       |            |
|                                                                                                                                                    | 14:15 | Seated Javelin | Men/Women     |            |
|                                                                                                                                                    |       | Seated Shot    |               |            |
|                                                                                                                                                    | 14:15 | Pole Vault     | U18 Women     | SH 2m00    |
|                                                                                                                                                    |       |                | Sen Women     | SH 2m20    |
|                                                                                                                                                    | 15:00 | Long Jump      | U18 Men       |            |
|                                                                                                                                                    | 15:30 | Shot Put       | Sen Women     |            |
|                                                                                                                                                    | 15:30 | Hammer         | Sen Men       |            |
|                                                                                                                                                    |       |                | U18 Men       |            |
| Minimum 2 Warm Up Attempts                                                                                                                         |       |                |               |            |