

- Please note, this is a **draft timetable** which is **subject to change**. Timings will not be published until after the closing date (28/06/2026).
- **Days are subject to change**. Please ensure flexibility with your planning to account for potential changes to published days.
- Please note – the schedule will not be changed for athletes competing in multiple events.
- The number of rounds could change depending on entry numbers.
- Timings each day are likely to be 10:00 – 18:00 (this will be confirmed after entries close).

Track Saturday		Track Sunday	
Heat/Semi Final	100m	Heat/Semi/Final	200m
Heat/Semi	300m Hurdles	Final	300m Hurdles
Heat/Semi	400m Hurdles	Final	400m Hurdles
Heat/Semi	300m	Final	300m
Heat/Semi	400m	Final	400m
Heat	800m	Final	800m
Heat	1500m	Final	1500m
Final	3000m	Heat/Semi/Final	Sprint Hurdles
Final	2000m Steeplechase	Final	3000m Race Walk
	Amb 100m		WC 100m
	Frame Running 100m		WC 200m
	Amb 200m		WC 800m
	Amb 400m		
	Amb 1500m		

Field Saturday		Field Sunday	
High Jump	U18M	High Jump	U16B
High Jump	U18W	High Jump	U16G
Long Jump	U18W	Long Jump	U18M
Long Jump	U16B	Long Jump	U16G
Triple Jump	U18M	Triple Jump	U16B
Triple Jump	U16G	Triple Jump	U18W
Pole Vault	U16B	Pole Vault	U18M
Pole Vault	U16G	Pole Vault	U18W
Discus	U18M	Discus	U16B
Discus	U18W	Discus	U16G
Shot	U18M	Shot	U16B
Shot	U18W	Shot	U16G
Hammer	U16B	Hammer	U18M
Hammer	U16G	Hammer	U18W
Javelin	U16B	Javelin	U18M
Javelin	U16G	Javelin	U18W
Long Jump	Ambulant	Shot	Seated
Discus	Ambulant	Club/Discus	Seated
Shot	Ambulant		
Javelin	Ambulant		