

ORDER OF EVENTS 2026 Day 1 & 2

TIME SATURDAY	TRACK	LONGJUMP A B	SHOTPUT A	DISCUS A B	HIGHJUMP	TIME SATURDAY
9.30AM	<u>800MT FINALS</u> 9GB	8G 8B	7G		10G	9.30AM
9.40AM	10GB			9G 9B		9.40AM
9.50AM	11GB		7B			9.50AM
10.00AM	12GB				10B	10.00AM
10.10AM	13GB & 14GB					10.10AM
10.30AM	<u>100MT HEATS</u> 7GB	11G 11B	12GB			10.20AM
10.40AM	9GB			13/14 13/14	12GB	10.40AM
11.00AM	8GB					11.00AM
11.10AM	10GB	7G 7B	9G			11.10AM
11.20AM	11GB					11.20AM
11.30AM	12GB					11.30AM
11.40AM	13GB 14GB			12G 12B		11.40
11.50AM	<u>60MT HEATS</u> 8GB 9GB				11GB	11.50AM
12.00NOON	7GB	13G 13B	9B			NOON
12.10PM	<u>400MT FINAL</u> 10GB			8G 8B		12.10PM
12.20PM	11GB					12.20PM
12.30PM	12GB	14GB	10GB			12.30PM
12.40PM	13GB					12.40PM
12.50PM	14GB					12.50pm
1.00PM	<u>60MT FINAL</u> 7GB		LUNCH		LUNCH	1.000PM
1.00PM	8GB & 9GB					1.00PM
1.10PM	LUNCH BREAK					1.10PM
1.20PM	LUNCH BREAK					1.20PM
1.30PM	LUNCH BREAK	10G 10B	8G	7G 7B	13/14GB	1.30PM
1.40PM	LUNCH BREAK					1.40PM
1.50PM	<u>100M FINAL</u> 7GB 8GB					1.50PM
2.00PM	9GB 10 GB		8B			2.00PM
2.10PM	11GB 12 GB	12G 12B		11G 11B		2.10PM
2.20PM	13GB 14GB					2.20PM
2.30PM	<u>4 x 100M Relays</u> 7GB					2.30PM
2.40PM	8GB		14GB			2.40PM
2.50PM	9GB					2.50PM
3.00PM	10GB			10G 10B		3.00PM
3.10PM	11GB	9G 9B	11G			3.10PM
3.20PM	12GB					3.20PM
3.30PM	13GB					3.30PM
3.40PM	14GB		11B			3.40PM
3.50PM						3.50PM
4.00PM						4.00PM

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TIME SUNDAY	TRACK	LONGJUMP A B FIELD RELAY	SHOTPUT A B FIELD RELAY	DISCUS A B FIELD RELAY	TIME SUNDAY
9.30AM	Hurdles/Walks	11G 11B	11G 11B	11G 11B	9.30AM
9.45AM	<u>200M HEATS</u> 7GB				9.45AM
9.55AM	8GB	7G 7B	7G 7B	7G 7B	9.55AM
10.05AM	9GB				10.05AM
10.15AM	10GB				10.15AM
10.20AM	11GB	8G 8B	8G 8B	8G 8B	10.20AM
10.30AM	12GB				10.30AM
10.40AM	13GB				10.40AM
10.50AM	14GB	9G 9B	9G 9B	9G 9B	10.50AM
11.00AM	<u>1500M FINAL</u> 10GB				11.00AM
11.10AM	11GB				11.10AM
11.20AM	12GB	10G 10B	10G 10B	10G 10B	11.20AM
11.30AM	13GB & 14 GB				11.30AM
11.40AM	<u>200M FINAL</u> 7GB 8GB				11.40AM
11.50AM	9GB 10GB				11.50AM
12.00 NOON	11GB 12GB	LUNCH	LUNCH	LUNCH	12.00 NOON
12.10PM	13GB 14GB				12.10PM
12.15PM	LUNCH	12G 12B	12G 12B	12G 12B	12.15PM
12.20PM	LUNCH				12.20PM
12.30PM	LUNCH				12.30PM
12.40PM	<u>MEDLEYS</u> 7 & 8	13/14G 13/14B	13/14G 13/14B	13/14G 13/14B	12.40PM
1.00PM	9 & 10				1.00PM
1.15PM	11 & 12				1.15PM
1.30PM	13 & 14				1.30PM